

**27th ANNUAL USAPL
NEW JERSEY STATE OPEN
BENCH PRESS & POWERLIFTING CHAMPIONSHIPS**

Officially Sanctioned USA Powerlifting Championship

Saturday and Sunday / July 31 – August 01, 2010

Contest Venue and Location

Hyatt Regency Hotel Grand Ballroom
102 Carnegie Center
Princeton, New Jersey 08540 – 6293
Telephone: 609.987.1234 / Fax: 609.987.2584

Eligibility Requirements:

Open to all registered USAPL members [Membership cards can be purchased at weigh-ins]

Weight Classes (lbs):

Male: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275 & SHW

Female: 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+

Competition Lifting and Weigh-in Schedule:

Friday – July 30, 2010 [Hyatt Regency Hotel Grand Ballroom]

6:00 to 7:00 pm – Early equipment check available to all lifters

7:00 to 8:00 pm – New Jersey State Meeting [Hotel Regency Hotel Grand Ballroom]

Saturday – July 31, 2010 [Hyatt Regency Hotel Grand Ballroom]

Session I

7:00 to 8:30 am – Weigh-in & equipment check for all women lifters

7:00 to 8:30 am – Weigh-in & equipment check for men's wt. classes 114 to 148

8:30 to 9:00 am – Rules briefing and/lifter warm-up

9:00 to 1:00 pm – Lifting for all women and men's wt. classes 114 to 148

1:00 to 1:30 pm – Drug-testing Protocol/Awards Presentation

Session II

12:00 to 1:30 pm – Weigh-in & equipment check for men's wt. classes 165 and 181

1:30 to 2:00 pm – Rules briefing and/lifter warm-up

2:00 to 5:00 pm – Lifting for all classes

5:00 to 5:30 pm – Drug-testing Protocol/Awards Presentation

6:00 to 8:00 pm – Powerlifting Training Seminar

Sunday – August 01, 2010 [Hyatt Regency Hotel Grand Ballroom]

Session I

7:00 to 8:30 am – Weigh-in & equipment check for men's wt. classes 198 and 220

8:30 to 9:00 am – Rules briefing and/lifter warm-up

9:00 to 1:00 pm – Lifting for all women and men's wt. classes 198 and 220

1:00 to 1:30 pm – Drug-testing Protocol/Awards Presentation

Session II

12:00 to 1:30 pm – Weigh-in & equipment check for men's wt. classes 242, 275 and SHW

1:30 to 2:00 pm – Rules briefing and/lifter warm-up for men's wt. classes 242, 275 and SHW

2:00 to 5:00 pm – Lifting for all classes

5:00 to 5:30 pm – Drug-testing Protocol/Awards Presentation

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Divisions:

Open (14 and Up)	Master II (50-59)
Teen I (14-15)	Master III (60-69)
Teen II (16-17)	Master IV (70+)
Teen III (18-19)	Police/Fire/Military
High School (JV/Varsity)	Special Olympian (14 and Up)
Junior (20-23)	Raw/Unequipped
Collegiate	Disabled / Paralympic Athletes
Master I (40-49)	

Awards:

Awards will be presented to all 1st – 5th place finishers for each weight class and division. A special Champion of Champions award will be presented to the best overall male and female lifter for the Bench Press and Powerlifting for both the equipped and raw/unequipped competitions. The overall best lifter is calculated by the use of the Wilks formula. Awards will also be presented to the 1st – 5th place teams.

Technical Rules:

No early weigh-ins. This competition is USAPL sanctioned and all USAPL/IPF Technical Rules will be followed. If you are not familiar with these rules, they can be found at the following website: www.powerlifting-ipf.com

New Jersey State Webpage and Forum Message Board:

Contest information, updates, lifter nominations/start list, etc. will be published on the following website: www.njpowerlifting.com

New Jersey State Records

The New Jersey State Bench Press and Powerlifting Records can be found at the following website: www.njpowerlifting.com

Travel and Hotel Arrangements

To make hotel reservations, please contact the Hyatt Hotel – Princeton at the following telephone number: 609.987.1234 and reserve your room for the special rate group of \$109.00 per night. Cut off date for making reservations is July 01, 2010. In order to receive the discounted rate, please indicate to Hyatt Customer Service Representative that you are with: USA Powerlifting – New Jersey State Powerlifting Championships. Important, if you experience difficulty making your reservations, or require alternative accommodations, please contact me directly at: rhk@verizon.net or 954.790.2249.

Training Seminar

On Saturday evening, July 31, 2010 from 6:00 – 8:00pm a Powerlifting training seminar will be held in the Hyatt Grand Ballroom. A donation of \$5.00 for High School/Collegiate Athletes and \$10.00 for adults will be collected and given to the presenters of the seminar. Training Seminar information to include presenters will be posted on www.njpowerlifting.com by April 01, 2010.

Spectator/Guest Parking:

There is no charge for guest parking.

Admission:

All spectators and coaches may enjoy the competition for an admission fee of \$5.00 per day. T-shirts will be available for a fee of \$15.00 [Small to Large] and \$20.00 [XL to XXXL].

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Name _____ E-mail: _____
(Please print E-mail clearly)

Address: _____

City: _____ State: _____ Zip Code: _____

Day Telephone: () _____ Evening Telephone: () _____

USAPL Membership Card #: _____ Expiration Date: _____ Powerlifting Club _____
(Can be purchased at the contest)

RELEASE FROM LIABILITY AND CONSENT TO DRUG TEST:

Read this carefully (When you sign it you will be giving up important legal rights)

In consideration of the acceptance of my Entry Form in this Powerlifting Competition I intend to be legally bound, for not only myself but also for my heirs, my executors and my administrators. In signing this release from liability I waive and release everyone connected with this competition from any and all liability, including any result of negligence, which may arise from this competition. Moreover, I agree that any testing method, which the meet directors and the sponsors of this meet use to detect the presence of strength inducing drugs, **SHALL BE CONCLUSIVE**. This is, whether I think the results of the test are right or wrong, I agree that I have no right to challenge the results of the drug tests. I further agree to submit to any physical test, which may be necessary to complete the drug testing. Should I fail to pass the drug tests I agree to forfeit any trophy or award, which I might otherwise have won. I understand and agree that if I fail to pass the drug tests, my name will appear on a published list of suspended members. If it is determined that I have failed the drug test, I agree to waive any claim for which legal relief is available. I agree to pay any attorney fee and litigation expenses by any person, real or corporate, which I may sue in an effort to challenge this release from liability form. I understand that my agreement to pay attorney fees and litigation expenses is the **SINE QUA NON** for acceptance of my entry in this contest. If any provision of this Release from Liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release from Liability shall remain in force and effect. I also certify with my signature that this release/agreement cannot be modified orally.

Signature of lifter		Date	
Signature of Parent Or Legal Guardian <i>If Contestant is under 18</i>		Date	

Check the Divisions you will be lifting in:

- | | | |
|--|---|---|
| <input type="checkbox"/> Open (all ages 14 and up) | <input type="checkbox"/> High School Varsity | <input type="checkbox"/> Masters I (40-49) |
| <input type="checkbox"/> Teen I (14-15) | <input type="checkbox"/> Junior (20-23) | <input type="checkbox"/> Masters II (50-59) |
| <input type="checkbox"/> Teen II (16-17) | <input type="checkbox"/> Disabled or Special Olympian | <input type="checkbox"/> Masters III (60-69) |
| <input type="checkbox"/> Teen III (18-19) | <input type="checkbox"/> Police/Fire/Military | <input type="checkbox"/> Masters III (70+) |
| <input type="checkbox"/> High School JV | <input type="checkbox"/> Collegiate | <input type="checkbox"/> Unequipped/Raw Lifting |

Please specify the weight class that you will be lifting at: _____ Age: _____ Date of Birth: _____

PLEASE SPECIFY T-Shirt Size(s): S M L XL XXL XXXL XXXXL

ENTRY FEE (S):

- _____ \$60.00 – NJ State Powerlifting Competition
- _____ \$50.00 – NJ State Bench Press Competition
- _____ \$75.00 – Combined NJ State Bench Press and Powerlifting Competitions
- _____ \$30.00 – Each additional Division Entered [please see above]
- _____ \$15.00 – Official NJ State Competition T-Shirt [Small to Large]
- _____ \$20.00 – Official NJ State Competition T-Shirt [XL – XXXXL]
- _____ \$50.00 – Team Fee [See Reverse Side]
- _____ \$50.00 – Late Fee [Entry Post-marked after Thursday, July 01, 2010]
- _____ **Total Amount**

APPLICATIONS MUST BE POSTMARKED BY NO LATER THAN THURSDAY, JULY 01, 2010!

Important Note: If your application/entry is late, you must notify the meet director either via e-mail or by telephone. There are no refunds. The late fee will apply to everyone after the deadline.

CHECK OR MONEY ORDERS PAYABLE AND MAILED TO THE CONTEST DIRECTOR:

Robert Keller - Contest Director
Post Office Box 829 – Ambler, Pennsylvania 19002
Telephone: 954.790.2249 * Fax: 954.301.3344 * E-mail: rhk@verizon.net
www.njpowerlifting.com

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FULL TEAM NAME: _____

HEAD COACH: _____ MANAGER: _____

PHONE: _____ USAPL Team Registration Number: _____ Expiration: _____

TEAM ENTRY FEE

Team entry fees are \$50.00 for each division (e.g., one men's and one women's team would be \$50.00 each totaling \$100.00). Also, you may have multiple team entries (e.g., Team A and Team B, in one division). Additionally, each team member must fully complete an individual entry form and forward the appropriate entry fees (see reverse side).

TEAM ROSTER

No.	Lifter	Weight Class	USAPL Card #:
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			

ALTERNATES

1	
2	

TEAM SCORING

Each team is allowed a maximum of 11 lifters spread throughout the range of the 11-bodyweight categories for men, and 10 lifters throughout the range of 10 bodyweight categories for women. Each team is allowed a maximum of two alternates. These alternates may be substituted at any time prior to the commencement of the weigh-in for a particular bodyweight category. Team scoring will be calculated in accordance with USAPL/IPF rules.

**ALL TEAM ROSTERS MUST BE RECEIVED BY 7:00 AM THE MORNING
OF SATURDAY, July 31, 2010 FOR DECLARATION INTO THE CHAMPIONSHIP**