

**SSP NUTRITION**  
**29<sup>th</sup> ANNUAL USA POWERLIFTING**  
**NEW JERSEY STATE OPEN CHAMPIONSHIPS**  
**BENCH PRESS / DEADLIFT/ PUSH-PULL / POWERLIFTING**  
**Hyatt Regency Hotel – New Brunswick, New Jersey**  
**Saturday/Sunday, August 11 & 12, 2012**

**Location of Championship:**

**Hyatt Regency Hotel – New Brunswick**  
Two Albany Street \* New Brunswick, New Jersey, USA 08901  
Telephone: 732.873.1234 / Fax: 732.873.1382  
[www.newbrunswick.hyatt.com](http://www.newbrunswick.hyatt.com)

**Eligibility Requirements:**

Open to all powerlifters. All lifters competing in the championship must be a member of USA Powerlifting. USA Powerlifting Membership cards can be purchased at registration before the start of the weigh-ins for each session.

**Weight Classes [lbs]:**

Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275 and 275+

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

**Championship Timetable of Events**

Friday – August 10, 2012 / Brunswick Ballroom

**5:00 to 6:00 pm – Early equipment check and technical rules briefing available to all lifters.**  
**There will be NO early weigh-ins for this championship.**

Saturday – August 11, 2012 / Brunswick Ballroom

**Session I**

**7:00 am to 8:30 am – Weigh-in & equipment check for ALL women’s weight classes**  
**7:00 am to 8:30 am – Weigh-in & equipment check for men’s weight classes 114 – 148**  
**8:30 am to 9:00 am – Rules briefing/lifter warm-up for ALL women + Men 114 – 148**  
**9:00 am to 1:00 pm – Competition lifting for all athletes**  
**1:00 pm to 1:30 pm – Awards presentation/Drug-testing Protocol**

**Session II**

**12:00 pm to 1:30 pm – Weigh-in & equipment check for men’s weight classes 165 and 181**  
**1:30 pm to 2:00 pm – Rules briefing/lifter warm-up for men’s weight classes 165 and 181**  
**2:00 am to 5:00 pm – Competition lifting for all athletes**  
**5:00 pm to 5:30 pm – Awards presentation/Drug-testing Protocol**  
**6:00 pm to 7:00 pm – NAPF Pro Grand Prix Bench Press and Deadlift Championship**

Sunday – August 12, 2012 / Brunswick Ballroom

**Session I**

**7:00 am to 8:30 am – Weigh-in & equipment check for men’s weight classes 198 and 220**  
**8:30 am to 9:00 am – Rules briefing/lifter warm-up for all men’s weight classes 198 and 220**  
**9:00 am to 1:00 pm – Competition lifting for all athletes**  
**1:00 pm to 1:30 pm – Awards presentation/Drug-testing Protocol**

**Session II**

**12:00 pm to 1:30 pm – Weigh-in & equipment check for men’s weight classes 242, 275 and 275+**  
**1:30 pm to 2:00 pm – Rules briefing/lifter warm-up for men’s weight classes 242, 275 and 275+**  
**2:00 am to 5:00 pm – Competition lifting for all athletes**  
**5:00 pm to 5:30 pm – Awards presentation/Drug-testing Protocol**

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**Divisions:**

Open (14 and Up)

Teen I (14-15)

Teen II (16-17)

Teen III (18-19)

High School (JV/Varsity)

Junior (20-23)

Collegiate (no age restriction)

Master I (40-49),

Master II (50-59),

Master III (60-69),

Master IV (70+)

Police/Fire/Military

Special Olympian (14 and Up)

Raw/Unequipped

**Awards:**

Awards will be presented to all 1<sup>st</sup> – 5<sup>th</sup> place finishers, for all weight classes and division. Champion of Champions award will be presented to the best overall male and female lifters for the championship for the Bench Press Only, Deadlift Only, Push/Pull and Powerlifting competitions. The overall best lifters will be determined by the Wilks formula. Awards will be presented to the 1<sup>st</sup> – 5<sup>th</sup> place teams.

**Technical Rules:**

This competition is sanctioned by USA Powerlifting. USA Powerlifting Technical Rules can be found here: [www.usapowerlifting.com/committees/technical](http://www.usapowerlifting.com/committees/technical)

**Championship Updates/Information:**

All contest information, updates, the start list/nominations, etc, will be posted on the following website: [www.njpowerlifting.com](http://www.njpowerlifting.com)

**Travel and Hotel Arrangements – Hyatt Regency / New Brunswick**

To make hotel reservations contact the Hyatt Regency – New Brunswick at the following telephone number: **732.873.1234** and reserve your room for \$109.00 + Tax, per night. Cut off date for making reservations is July 20, 2012. In order to receive the discounted rate, when making your reservations, indicate to the hotel staff member that you are with **USA Powerlifting**. If you have any difficulties making your hotel reservations, please contact me directly at: [rhk@verizon.net](mailto:rhk@verizon.net) (or) 954.790.2249.

**Admission:**

All spectators and coaches may enjoy the competition for an admission fee of \$5.00 per day. Children under 7 years old, there will be no charge. Parking for spectators and overnight night guests will cost \$7.00 per day.

**USA Powerlifting – Who We Are!**

**USA Powerlifting** (formerly American Drug Free Powerlifting Association) is the largest and leading powerlifting organization in the United States. USA Powerlifting is a member of the **International Powerlifting Federation (IPF)**, the governing body of powerlifting internationally. The IPF is comprised of member federations of 100+ countries on six continents. USA Powerlifting, through its affiliation with the IPF, also sends a national team to participate in the World Games. The World Games is an international multi-sports event hosted by the **International World Games Association (IWGA)** that falls under the direct patronage of the **International Olympic Committee (IOC)**. The event consists of official sports and demonstration sports selected from those not included in the Olympic Games. The Games are held every fourth year, following the year of the Summer Olympics.

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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.

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

**Check the Divisions you will be lifting in:**

- |  |  |  |  |
|--|--|--|--|
| <input type="checkbox"/> Open (all ages 14 and up) | <input type="checkbox"/> Collegiate/University | <input type="checkbox"/> Masters I (40-49)   | <input type="checkbox"/> Raw High School |
| <input type="checkbox"/> Teen I (14-15)            | <input type="checkbox"/> Junior (20-23)        | <input type="checkbox"/> Masters II (50-59)  | <input type="checkbox"/> Raw Teenage     |
| <input type="checkbox"/> Teen II (16-17)           | <input type="checkbox"/> Youth (12-13)         | <input type="checkbox"/> Masters III (60-69) | <input type="checkbox"/> Raw Masters 40+ |
| <input type="checkbox"/> Teen III (18-19)          | <input type="checkbox"/> Police/Fire/Military  | <input type="checkbox"/> Masters III (70+)   | <input type="checkbox"/> Raw Masters 50+ |
| <input type="checkbox"/> High School JV / Varsity  | <input type="checkbox"/> Special Olympian      | <input type="checkbox"/> Raw/Unequipped Open | <input type="checkbox"/> Raw Masters 60+ |

Please specify the **weight class** that you will be lifting in: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

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

**ENTRY FEE (S):**

- \_\_\_\_\_ \$50.00 – Bench Press Only Competition
- \_\_\_\_\_ \$50.00 – Deadlift Only Competition
- \_\_\_\_\_ \$60.00 – Combined Bench Press and Deadlift Competition [Push-Pull]
- \_\_\_\_\_ \$60.00 – Powerlifting Competition [Squat, Bench Press and Deadlift]
- \_\_\_\_\_ \$30.00 – Each additional division entered (see above)
- \_\_\_\_\_ \$60.00 – Team Entry Fee (please see reverse side of this form)
- \_\_\_\_\_ \$15.00 – Championship T-shirt [Small to Large]
- \_\_\_\_\_ \$20.00 – Championship T-shirt [XL to XXXL]
- \_\_\_\_\_ \$50.00 – Late Fee if competition entry form is post-marked after Friday, July 20, 2012

Total Enclosed \_\_\_\_\_

**APPLICATIONS MUST BE POSTMARKED BY NO LATER THAN FRIDAY, JULY 20, 2012**

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

**CHECK OR MONEY ORDERS PAYABLE AND MAILED TO THE FOLLOWING:**

**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](http://www.njpowerlifting.com)

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FULL TEAM NAME: \_\_\_\_\_

HEADCOACH: \_\_\_\_\_ MANAGER: \_\_\_\_\_

PHONE: \_\_\_\_\_ USAPL Team Registration Number: \_\_\_\_\_ Expiration: \_\_\_\_\_

**TEAM ENTRY FEE**

Team entry fees are \$60.00 for each division (e.g., one men's and one women's team would be \$60.00 each totaling \$120.00). 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 10 lifters spread throughout the range of the 10-bodyweight categories for men, and 9 lifters throughout the range of 9 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 rules.

**ALL TEAM ROSTERS MUST BE RECEIVED BY 7:00 AM THE MORNING  
 OF SATURDAY, AUGUST 11, 2012 FOR DECLARATION INTO THE CHAMPIONSHIP**