

Power Promotions
presents the
Texas State Powerlifting and
BenchPress/ Deadlift Championships
Single Ply and Double Ply Divisions

**Please refer to the division section.
Official USPF Sanctioned Championship
Saturday, March 21st.2009

Location:
Austin YMCA www.austinyymca.org/7
5315 Ed Bluestein
Austin, TX 78723
www.powerpromotionsusa.com
1(304)376-7538 POWER PROMOTIONS

Eligibility Requirements:

Open to registered USPF members (Membership cards can be purchased at weigh-ins)

Weight Classes (lbs):

Male: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW

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

Competition Lifting and Weigh-in Schedule:

Friday, March 20th 2009

6:00pm to 8:00pm Early Weigh In for all lifters (at event venue)

Saturday, March 21st, 2009* Lifting will begin at 11:00.

9:00am to 10:30 am - Weigh-in & equipment check for all lifters classes

10:30am Rules Briefing/ Lifters begin warming up

11:00am Lifting will begin for all women and lightweight men. Lifting will begin at 11am

Divisions:

Open (13 and Up)

Teen I (13-15)

Teen II (16-17)

Teen III (18-19)

Police/Fire/Military

Junior (20-23)

Master I (40-49),

Master II (50-59),

Master III (60-69),

Master IV (70+)

SubMaster (35-39)

Division 2 Double Ply

Awards:

Awards will be presented to all 1st – 5th place finishers, for each weight class and division. A special Best Lifter award will be presented to the best overall male and female lifters for the contest. The overall best lifter is based on the Wilks formula for the contest.

Technical Rules: This competition is a USPF sanctioned and all USPF rules will be followed. If you are not familiar with these rules, they can be found at the following URL (S): www.uspf.com

***All lifters must wear a one piece lifting singlet. Singlets will be on Sale at the contest.**

Admission:

This event will have a **5.00** admission charge for the all day competition. Thanks for supporting TX powerlifting.

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

Address: _____

City: _____ State: _____ Zip Code: _____

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

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

RELEASE FROM LIABILITY AND CLAIMS:

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. I also release any liability from Power Promotions Matt McCCase, USPF, Austin YMCA, any and all sponsors, and associates from all liability to me for anything that might happen to me as a result from competing in this competition I also certify with my Signature that this release/agreement cannot be modified orally.

Signature of lifter		Date	
Signature of Parent Or Legal Guardian		Date	
If Contestant is under 18		Date	

Check the Divisions you will be lifting in:

- | | | |
|--|--|--|
| <input type="checkbox"/> Open (all ages 13 and up) | <input type="checkbox"/> Junior (20-23) | <input type="checkbox"/> Masters I (40-49) |
| <input type="checkbox"/> Teen I (13-15) | <input type="checkbox"/> Masters II (50-59) | <input type="checkbox"/> Police Division |
| <input type="checkbox"/> Teen II (16-17) | <input type="checkbox"/> Masters III (60-69) | <input type="checkbox"/> Fire Division |
| <input type="checkbox"/> Teen III (18-19) | <input type="checkbox"/> SubMaster (35-39) | <input type="checkbox"/> Masters III (70+) |

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

PLEASE SPECIFY T-Shirt SIZE(s): Cost at Meet - \$20.00 each: M L XL XXL XXXL

<p>ENTRY FEE (S): Place</p> <p>_____ \$60 Full Powerlifting</p> <p>_____ \$45 Single Lift Bench Press Division</p> <p>_____ \$45 Single Lift Deadlift Division</p> <p>_____ \$80 Combined Bench Press and Deadlift for Total</p> <p>_____ \$25 Each additional division Entered (see above)</p> <p>_____ \$15 Event T-shirt</p> <p>\$ _____ TOTAL ENCLOSED</p> <p>APPLICATIONS MUST BE POSTMARKED BY NO LATER THAN MONDAY March 9th, 2008</p> <p>Important Note: If your application/entry is late, you must notify the meet director either via e-mail, or by telephone.</p>

CHECK OR MONEY ORDERS PAYABLE AND MAILED TO THE FOLLOWING: New Address Below

Power Promotions/Matt McCCase - Contest Director
900 Lakeview Dr., Parkersburg, WV 26104
Telephone: 304-376-7538 * E-mail:mccase@yahoo.com



