

2010 USPF RI STATE & RI HIGH SCHOOL BENCH PRESS & DEADLIFT CHAMPIONSHIPS

DATE/TIME: SUNDAY, MARCH 21, 2010

LOCATION: Sheraton-Providence Airport Hotel, 1850 Post Road, Warwick, RI 02886, 401-738-4000

SANCTIONED BY: UNITED STATES POWERLIFTING FEDERATION

ELIGIBILITY: Open to all USPF Registered athletes, 13 years of age and over, with a valid USPF Card. Cards may be purchased at the meet for \$30.00, \$15.00 - High School student's w/ID.

WEIGHT CLASS: Men 52/114 56/123 60/132 67.5/148 75/165 82.5/181 90/198 100/220
110/242 125/275 140/308 SHW

Women 44/97 48/105 52/114 56/123 60/132 67.5/148 75/165
82.5/181 90/198 SHW

DIVISIONS: Men's Open & Women, Juniors, Sub-Master & Masters

RULES: All powerlifting gear to be of single ply material. One-piece lifting suits are mandatory, single ply polyester and denim bench shirts allowed. Velcro backed bench shirts are allowed, but must be of a closed neck design – no open back shirts allowed. Belt must be 4" width max, Lifting shoes or sneakers required
Rules briefing will between **8:00 - 9:00AM** on Sunday **March 21, 2010**.

SCHEDULE: All **WEIGHT CLASSES** will lift Sunday with lifting starting at **10:00AM**

WEIGH-INS: The weigh-ins will be at the **Sheraton-Providence Airport Hotel**. All weight classes will weigh-in on **SATURDAY, MARCH 20, 2010** from **6:00 – 8:00 PM**.

AWARDS: Open Men & Women classes (age 13 and over) 1st - 3rd in each weight class
Juniors (age 13-23) 1st - 3rd in each weight class
Sub-Masters Men (age 35-39) 1st - 3rd in each weight class
Masters Men (age 40 and over) 1st - 3rd in each weight class
Best Lifter – Open Light & Heavyweight classes

ENTRY FEES: See next page for details

DEADLINE: Entries must be **POST MARKED** no later than **SATURDAY, MARCH 6, 2010**; otherwise they will not be accepted. **NO EXCEPTIONS!!!**

PAYMENT: All entries are to be made payable to:
Ted J. Isabella, 40 Hillcrest Drive, Cranston, RI 02921-2615
NO PERSONAL CHECKS, THEY WILL NOT BE ACCEPTED.
CASHIERS CHECK OR MONEY ORDERS ONLY - THERE WILL BE NO EXCEPTIONS!!

INFORMATION: Ted Isabella 401-946-5350 or e-mail: uspf-ri@cox.net
Websites: www.ripl.org or www.wvuspf.com

ENTRY FORM - 2010 USPF RI STATE & RI H/S BP & DL CHAMPIONSHIPS

NAME _____ DOB _____

ADDRESS _____ PHONE _____

CITY _____ STATE _____ ZIP _____

E-MAIL _____ USPF # _____ EXP. DATE _____

CHECK THE CONTEST ENTRY, THAN CIRCLE THE DIV. & WGT CLASS YOU WISH TO ENTER.

IF YOU ARE ENTERING AN OPEN DIV. ALONG WITH ANOTHER AGE DIV. (Ex. MASTER), YOU MUST PAY FOR AN ADDITIONAL ENTRY

CONTEST: RI STATE ENTRY: \$ 45.00 - BP _____ \$ 45.00 - Deadlift _____ \$80.00 – Both _____

DIVISION: Men Women Juniors Sub-Master Masters

WEIGHT CLASS: KG/LBS

Men: 52/114 56/123 60/132 67.5/148 75/165 82.5/181 90/198 100/220 110/242 125/275 140/308 SHW

Women: 44/97 48/105 52/114 56/123 60/132 67.5/148 75/165 82.5/181 90/198 SHW

AGE GROUP: 13-15 16-17 18-19 20-23

35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80 +

CONTEST: RI HIGH SCHOOL ENTRY: \$ 25.00 - BP _____ \$ 25.00 - Deadlift _____ \$40.00 – Both _____

DIVISION: Men Women

WEIGHT CLASS: KG/LBS

Men: 52/114 56/123 60/132 67.5/148 75/165 82.5/181 90/198 100/220 110/242 125/275 140/308 SHW

Women: 44/97 48/105 52/114 56/123 60/132 67.5/148 75/165 82.5/181 90/198 SHW

Pre-order T-shirt – Cost **\$15.00** (specify quantity): M _____ L _____ XL _____ XXL _____

In consideration of the acceptance of my application for entry, I hereby for myself, my heirs, executors, administrators and assigns, waive, release, and discard any and all claims for damages, death, personal injury or property damage, which I may have or which may hereafter occur to me as a result of my participation in, said event. This release is intended to discharge in advance, the meet director(s), the USPF, the Sheraton-Providence Airport Hotel and any other unnamed sponsors, officials, agents, or representatives of these individual organizations from and against all liability arising out of or connected in any way with my participation in said event. Even though that liability may arise out of the negligence or carelessness on the part of persons or entities mentioned above. I understand that I am not covered for any personal injury and/or property damage under any medical or liability insurance policies of any of the aforementioned parties or any other sponsors. The meet director also reserves the right to deny entry to any lifter.

Signature _____ Date _____

Parent if under 18 _____ Date _____