

2010 USPF Northeast



Individual Entry Form

(Circle the event(s) in each box you wish to enter below, including your weight class)

Division I Division II

Single Lift Bench Single Lift Deadlift

Push Pull

Juniors (13-15)(15-17)(18-19)(20-23)

Sub Masters (35-39)

Masters (40-44)(45-49)(50-54)(55-59)(60-64)(65-69)(70-74)(75-79)(80+)

Police Fire and Military

Men

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

Women

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

In consideration of the acceptance of this entry, I hereby for myself, my heirs, executors, administrators and assigns, waive and release forever any and all rights and claims for damages, injury, or personal loss against the meet director, meet location, or meet sponsors. Also including their representatives, successors and assigns for any and all injuries or bodily harm that I may suffer while competing or speculating at said contest. I acknowledge that by signing this waiver I am giving up all-important legal rights.

NAME _____ **DOB** _____

ADDRESS _____ **CITY** _____

STATE _____ **ZIP** _____ **PHONE ()** _____

E-Mail _____

Entry Fees:

Single Lift Bench.....	\$40.00	Single Lift Deadlift.....	\$40.00
Push Pull (Both Competitions).....			\$70.00

Example: If you enter the Single Lift Bench or Deadlift and you enter the open division its \$40.00. If you enter the open division and the masters division its \$70.00.

DATE/TIME: SUNDAY, April 25, 2010 - 10:00AM WEIGHT-INS & EQUIPMENT
CHECK WILL BE ON April 24, 2010 between 6:00 – 7:30PM at
Holiday Inn 31 Hampshire Street Mansfield, MA. 02048

THIS WILL BE THE ONLY WEIGHT-IN WITH EQUIPEMENT CHECK, SO PLAN ACCORDINGLY. Rules meeting Sunday April 25, at 8:00 - 9:00AM
AWARDS: Trophies to top 3 Places

UNIFORMS: 1 PIECE LIFTING SUITS MANDATORY, SINGLE PLY POLY, DENIM and VELCRO
STYLE BENCH SHIRTS ALLOWED (**VELCRO SHIRTS MUST BE A CLOSED NECK SHIRT**),
Belt to be 4" width max, Lifting shoes or sneakers.

ELIGIBILITY: Open to USPF Registered athletes 13 years of age and over. You must have a valid USPF membership Card. Cards may be purchased at the weigh-ins or the day of the meet for \$30.00, \$15.00 - High School student's w/ID.

ENTRY/ DEADLINE: Entries in by **April 10, 2010** THERE WILL BE LATE ENTRIES \$20.00 in addition to entry fees until April 17 2010. Make entries payable to: Bob Connell Jr., 32 B Whitford Street, Coventry, RI. 02816. CASHIERS CHECK OR MONEY ORDERS OR PAYPAL ONLY!!

Entry Fee _____

Signature _____ Date _____

(Under18 requires parent's signature)