

**2017 USPF NORTHEAST POWER BOWL  
POWERLIFTING CHAMPIONSHIPS  
Men & Women Seniors, Masters & Juniors Powerlifting  
Bench Press and Deadlift  
Raw & Single Ply**

- DATE & TIME:** Saturday February 4<sup>TH</sup> 2017. Lifting will start at 10 AM.
- LOCATION:** UNIVERSAL ATHLETICS FITNESS CENTER 1901 S 12<sup>TH</sup> STREET  
ALLENTOWN, PA 18103
- SANCTIONED BY:** United States Powerlifting Federation (USPF)
- ELIGIBILITY:** Any male or female age 13 years or older. Lifters must be current USPF cardholders. Cards will be available at the weigh-in for \$30, High School--\$15 with valid ID
- DIVISIONS:** Open Men & Women, Junior 13-15, 16-17, 18-19, 20-23, Sub-masters 35-39, Masters 40 & up
- WEIGHT CLASSES:** Men (kg): 52 56 60 67.5 75 82.5 90 100 110 125 140 SHW  
Women (kg): 44 48 52 56 60 67.5 75 82.5 90 SHW
- RULES:** Current USPF rules apply. Raw basics: One piece wrestling type singlet must be worn, knee sleeves or knee wraps are allowed, wrist wraps, belt. Division I basics: Singleply Squat, bench, and deadlift suits only, knee, wrist wraps allowed. Visit [www.uspfthelegend.com](http://www.uspfthelegend.com) for complete rules. Contact Dave with any questions regarding the rules.
- SCHEDULE:** Weigh-in & Equipment Check:  
Friday 9am-12pm, Friday 5pm-7:30pm and Saturday 7am- 800 am  
Rules Briefing: -----9:00 am  
Lifting Begins: ----- 10:00 am
- AWARDS:** Open-----1<sup>st</sup> - 3<sup>rd</sup> place in each weight class  
Junior 13-15-, 16-17, 18-19, 20-23-----1<sup>st</sup> - 3<sup>rd</sup> place in each weight class  
Submaster 35-39-----1<sup>st</sup> - 3<sup>rd</sup> place in each weight class  
Master 40-44. 45-49, etc-----1<sup>st</sup> - 3<sup>rd</sup> place in each weight class  
Team Division-----1<sup>st</sup> - 3<sup>rd</sup> place  
Best Lifter-----open, junior, master, women (PL/BP)  
Must be 3 or more lifters competing in the same division to determine best lifter.
- ENTRY FEE:** \$70 for Full Power/ \$50 for any 1 single lift event. For any lifters interested in competing in another event or division is an additional \$30. Example: full power Open + full power Masters = \$100 or open bench only + open deadlift only =\$80
- DEADLINE:** Entries must be postmarked by January 27<sup>th</sup> 2017 . Entries sent or received after or on day of meet must pay a \$25 late fee. (no exceptions)
- PAYMENT:** Make check or money order payable to: David Barth  
Send entry form and payment to: Universal Athletics,  
1901 S 12<sup>th</sup> street, Allentown, Pa 18103
- QUESTIONS:** Call Dave at (484)554-0532 cell or email [David@universalathletics.org](mailto:David@universalathletics.org)
- WEBSITES:** Go to [uspfthelegend.com](http://uspfthelegend.com) for additional copies of the entry form

**2017 USPF NORTHEAST POWER BOWL POWERLIFTING**  
**CHAMPIONSHIPS**

Name: \_\_\_\_\_ Age on February 4th: \_\_\_\_\_ Birth date: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone # ( \_\_\_\_\_ ) \_\_\_\_\_  
USPF Card # \_\_\_\_\_ Expiration: \_\_\_\_\_ Email: \_\_\_\_\_  
(cards can be purchased at the weigh-in)

**Please Circle the weight class you are entering:**

Men's:

Weight Classes: 114LB 123LB 132LB 148LB 165LB 181LB 198LB 220LB 242LB 275LB 308LB 308+LB

Women's

Weight Classes: 97LB 105LB 114LB 123LB 132LB 148LB 165LB 181LB 198LB 198+LB

**Please Check mark your event or events you are competing in:**

FULL POWER RAW \_\_\_ OR EQUIPPED \_\_\_  
BENCH PRESS RAW \_\_\_ OR EQUIPPED \_\_\_  
DEADLIFT RAW \_\_\_ OR EQUIPPED \_\_\_  
MILITARY \_\_\_

**Please circle the division or divisions you will be competing in:**

Open, Junior 13-15, 16-17, 18-19, 20-23, Submaster 35-39,

Master 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80

T-shirts will be available for sale, pre order is \$15.00. Please include this amount with your entry fee if you are interested. Shirts will also be on sale at the event for \$20.00

Shirt size: small \_\_\_ medium \_\_\_ large \_\_\_ xl \_\_\_ xxl \_\_\_ xxxl \_\_\_ xxxxl \_\_\_

Total shirt order amount \$ \_\_\_\_\_

Total amount enclosed (entry and or t-shirt) \$ \_\_\_\_\_

**ENTRY DEADLINE:** Postmarked by January 27<sup>th</sup>,2017. \$25 late fee if sent after deadline

*Disclaimer:* In consideration of the acceptance of my application for entry into the 2017 USPF NORTHEAST POWERBOWL POWERLIFTING CHAMPIONSHIPS sanctioned by the United States Powerlifting Federation (USPF) on the 9<sup>TH</sup> of February 2017. I hereby 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 USPF, David Barth, Universal Athletics Fitness Center LLC. 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. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns.

Signature of Competitor or Legal Guardian if under 18

Date

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