

2019 USPF NATIONAL CHAMPIONSHIPS

JUNE 15-16 SATURDAY & SUNDAY

United States Powerlifting Federation (Sanctioned/USPF Rules)
USPF Record's Database, Etc. www.USPFtheLegend.com

ALL WOMEN: SATURDAY 9:00am

MEN 113-165: SATURDAY after WOMEN'S SESSION

MEN 181-308+: SUNDAY 9:00am

AGE CATEGORIES: OPEN ~ JUNIOR ~ SUBMASTER ~ MASTER

EVENTS: Full Power ~ SL Bench Press ~ SL Deadlift ~ Push Pull

DIVISIONS: Raw, Geared/Single Ply (Division 1) and Multi-Ply (Division 2)

*****IMMEDIATELY FOLLOWING WOMEN'S AWARD PRESENTATIONS,
DOMINIC LICAVOLI, USPF CA STATE CHAIR, WILL BE PRESENTING
CERTIFICATES TO INDUCTEES INTO THE USPF CA HALL OF FAME
AND USPF CA POLICE & FIRE HALL OF FAME.**

Contact USPFtheLegend@aol.com

DANNI ELDRIDGE: Executive Committee Member, Interim AZ State Chair, National
CO-MEET DIRECTOR Referee, USPF CA Hall of Fame Inductee and USPF CA Police &
Fire Hall of Fame Inductee

SHERI HARTMANN: Executive Committee Member, American Records Chair,
CO-MEET DIRECTOR Classification Chair, National Referee

VENUE

TOMBSTONE, AZ



MEET INFO

Payment:

Check, Cashier's Check, Money Order or Paypal acceptable
(USPFtheLegend@aol.com for Paypal)

MAKE CHECKS PAYABLE TO: Danni Eldridge

MAIL ENTRY WITH FEES TO:

Meet Director Danni Eldridge,

2160 E. Fry Blvd., Suite C-5, PMB 424, Sierra Vista, AZ 85635

Entry Fees:

\$85 per each Event entered FP, SLB, SLD, and/or PP

\$110 for two Age Categories entered in each Event

(Open and/or Juniors, Submasters, or Masters)

Team Entry Fee:

\$50/Entry must be received on or 21 days before the Nationals commence.

Deadline:

Entries must be Postmarked on or before JUNE 8, FRIDAY. There will be a \$40 late fee if Entry is Postmarked after this date. Last day for mail pick up at P.O. is JUNE 13, THURSDAY.

Eligibility:

You MUST have a valid USPF Membership Card. Cost is \$30 and will be available to purchase at Weigh Ins. \$15 for high school students with a picture school ID card.

Age Categories: Open 13 and over, Teens 13-15, 16-17, 18-19 Juniors 20-23, Submasters 35-39, Masters 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & Over

Weight Classes: Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+
Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+

Weigh Ins: **Bring ALL of your gear you will wear or use to Weigh Ins for Equipment Check!**

<u>Friday</u>	All Women	11:30 am – 1:00 pm
	Men 114-165 Wt Class	1:00 pm - 3:30 pm
<u>Saturday</u>	All Women	7:00 am - 8:30 am
	Men 181-308+ Wt Class	9:30 am - 12:00 pm Noon
	Men 114-165 Wt Class	11:00 am - 12:30 pm Noon
<u>Sunday</u>	Men 181-308+ Wt	7:00 am - 8:30 am

Gear: **ALL GEAR WORN OR USED SHALL COMPLY WITH THE USPF RULES.**
Any Violation Will Negate Your Lift or May Disqualify You from Lifting.
*RAW: Support briefs are NOT allowed. Non support briefs cannot show below the leg portion of the lifting suit.

Awards: National Medals 1st-3rd Place, Best Lifter Trophies/Men & Women, Raw and Geared, Team Trophies. Medals awarded after each of the three sessions. Best Lifter Female Trophies awarded at end of Women's Nationals session. Best Lifter Men's Trophies and Team Trophies awarded at end of Men's Nationals 198-308+ session.

*Ammonia Snaps cannot be used on or near platform. Dispose of them upon use.

*Baby Powder or similar talc is illegal/Pool Chalk or Chalk is allowed.

*Swearing on or near platform will negate your lift or may disqualify you from lifting.

*Intentionally throwing, slamming or dropping the bar is illegal and will negate your lift.

PERTINENT INFORMATION FOR LIFTERS REGARDING RECORDS:

TO COMPETE, RECEIVE A RECORD(S) AND/OR AN AWARD(S), YOU MUST ENTER THE EVENT(S) AND DIVISION(S) BEFORE THE NATIONAL MEET COMMENCES. YOU CANNOT ENTER ANY EVENT TO COMPETE, RECEIVE A RECORD AND/OR AWARD DURING THE MEET. IF YOU WANT YOUR LIFTS TO APPLY TO POLICE, FIRE OR MILITARY, YOU MUST DECLARE IT ON YOUR ENTRY WITH THE REQUIRED NECESSARY INFO.

AMERICAN RECORDS CERTIFICATES: YOU MUST SIGN THE REQUEST SHEET AT THE SCOREKEEPER'S TABLE TO RECEIVE THEM! THEY WILL BE MAILED OUT WITH 2-5 WEEKS AFTER THE DATE YOU LIFT.

STATE RECORDS: CAN BE MADE AT THIS MEET

WORLD RECORDS: CANNOT BE MADE AT THIS MEET

ENTRY FORM

2019 USPF NATIONALS, TOMBSTONE, AZ ~ JUNE 15 & 16

CHECK ONE MALE FEMALE

CHECK ONE RAW GEARED/SINGLE PLY DIV 1 MULTI-PLY DIV 2

(Do a NEW Entry Form for each check.)

PRINT LEGIBLY

NAME _____

ADDRESS _____

DOB _____ AGE _____ PH#(____) _____

WT CLASS _____ EMAIL _____

MEN 114 123 132 148 165 181 198 220 242 275 308 308+
WOMEN 97 105 114 123 132 148 165 181 198 198+

TO COMPETE, RECEIVE A RECORD(S) AND/OR AN AWARD(S), YOU MUST ENTER THE EVENT(S) AND DIVISION(S) **BEFORE THE NATIONAL MEET COMMENCES**. YOU **CANNOT** ENTER ANY EVENT TO COMPETE, RECEIVE A RECORD AND/OR AWARD DURING THE MEET. IF YOU WANT YOUR LIFTS TO APPLY TO POLICE, FIRE OR MILITARY, **YOU MUST DECLARE IT ON YOUR ENTRY WITH THE REQUIRED NECESSARY INFO (SEE BELOW)**.

FULL POWER

Fees: \$85 for 1 Age Group OR \$110 for 2 Age Groups

CHECK Division(s) CIRCLE Age Group for Junior & Master

OPEN DIVISION 13 & Over
 TEEN DIVISION 13-15 16-17 18-19
 JUNIOR DIVISION 20-23
 SUBMASTER DIVISION 35-39
 MASTER DIVISION 40-44 45-49 50-54 55-59 60-64 65-69
70-74 75-79 80 & Over

SINGLE LIFT BENCH PRESS

Fees: \$85 for 1 Age Group OR \$110 for 2 Age Groups

CHECK Division(s) CIRCLE Age Group for Junior & Master

OPEN DIVISION 13 & Over
 TEEN DIVISION 13-15 16-17 18-19
 JUNIOR DIVISION 20-23
 SUBMASTER DIVISION 35-39
 MASTER DIVISION 40-44 45-49 50-54 55-59 60-64 65-69
70-74 75-79 80 & Over

SINGLE LIFT DEADLIFT

Fees: \$85 for 1 Age Group OR \$110 for 2 Age Groups

CHECK Division(s) CIRCLE Age Group for Junior & Master

OPEN DIVISION 13 & Over
 TEEN DIVISION 13-15 16-17 18-19
 JUNIOR DIVISION 20-23
 SUBMASTER DIVISION 35-39
 MASTER DIVISION 40-44 45-49 50-54 55-59 60-64 65-69
70-74 75-79 80 & Over

PUSH PULL

Fees: \$85 for 1 Age Group OR \$110 for 2 Age Groups

CHECK Division(s) CIRCLE Age Group for Junior & Master

____ OPEN DIVISION 13 & Over
____ TEEN DIVISION 13-15 16-17 18-19
____ JUNIOR DIVISION 20-23
____ SUBMASTER DIVISION 35-39
____ MASTER DIVISION 40-44 45-49 50-54 55-59 60-64 65-69
70-74 75-79 80 & Over

TEAM

Fees: \$50 Fill out Team Entry (end of this Entry)

RECORDS APPLIED If you want your lifts applied to Police, Fire or Military USPF Records, you must fill out the appropriate information below >completely.

Fees: \$20 for Each You must attach a copy of your active ID card to your Entry.

____ **POLICE RECORDS** Dept. _____ Title _____
____ **FIRE RECORDS** Dept. _____ Title _____
____ **MILITARY RECORDS** Branch _____ Title _____

MEET SHIRT \$15 Each

STATE HOW MANY OF EACH SIZE(S) ____ S ____ M ____ L ____ XL ____ XXL ____ XXXL
____ XXXXL Other _____

AMOUNTS ENCLOSED

Total Entry Fee(s) \$ _____
USPF Card \$ _____ Card Renewal ____ Exp. Date Old Card _____ or New Card ____
Records Applied \$ _____
Meet Shirt(s) \$ _____ **TOTAL AMOUNT ENCLOSED WITH ENTRY** \$ _____

RELEASE OF CLAIMS

I do hereby **waive, release and discharge** any & all claims for personal injury, death or property damage or loss which may have or may hereafter accrue, before or after the meet, as a result of traveling to or participation in the above said activity. I understand that this activity involves an element of risk and danger.

I hereby **assume** these risks and danger to be binding on my heirs and assigns. I hereby agree to indemnity and hold the United States Powerlifting Federation, Danni Eldridge, Sheri Hartmann, Junction 707, City of Tombstone, AZ, Staff, Workers, Officials, Volunteers, other Lifters, Spectators, Etc. **free and harmless** from any loss, liability, damage, cost of expense which may incur as a result of death, any, injury, or property damage or loss I may sustain while participating in said activity or in facility.

I agree to **pay** any attorney fees and litigation expenses incurred by any person, real or corporate, whom I may sue in an effort to challenge this Release of Claims. I understand that my agreement to pay attorney fees and litigation expenses is the *sine qua non* for the acceptance of my entry in this contest or my participation in this competition. If any provision of this Release of Claims shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release of Claims shall remain in full force and effect. I also certify with my signature that this Release of Claims cannot be modified orally.

I have carefully read this **RELEASE OF CLAIMS** and fully understand the contents. I certify that I **am physically fit to participate with NO Life Threatening Medical Problems. I have read and signed this RELEASE on my own free will.**

INITIAL _____

Date _____

LIFTER Signature _____

MINORS
LIFTER

Signature _____

Date _____

MINOR Parent/Guardian Signature

Date _____

Emergency Phone # (_____) _____

All USPF Membership & Entry Fees are non-refundable.

TEAM ENTRY, NEXT PAGE

TEAM ENTRY

TEAM NAME _____

DATE _____

Wt. Class

PLEASE PRINT NAMES CLEARLY

98 _____

Wilks Points _____

109 _____

Wilks Points _____

114 _____

Wilks Points _____

123 _____

Wilks Points _____

148 _____

Wilks Points _____

165 _____

Wilks Points _____

181 _____

Wilks Points _____

198 _____

Wilks Points _____

220 _____

Wilks Points _____

242 _____

Wilks Points _____

272 _____

Wilks Points _____

308 _____

Wilks Points _____

308+ _____

Wilks Points _____

Each Team is allowed 6-12 members, 2 max per weight class, composed of men, women or both. Each Team is also allowed 2 alternates or reserves that may be substituted before their weight classes begin weigh ins. The final Team Roster must be given to the Scorekeeper or Meet Director before the weigh in begins for the lightest weight class Team member. Team entry fee must be paid no later than 21 days before the Nationals commence. For info on Team scoring, refer to the USPF current rules.

