

## INFORMATION FOR THE

*~2020 USPF National Championship Meet~*

[www.USPFtheLegend.com](http://www.USPFtheLegend.com)

### **MEETING WITH JUDGES & USPF PRESIDENT**

**DATE & TIME:** November 12, Thursday/5pm

**LOCATION:** **The Animal House Gym**

1715 Starr Avenue

Toledo, Ohio 43605

*\*\*All are Welcome to Attend!*

### **2020 USPF NATIONALS CHAMPIONSHIP MEET**

**DATE & TIME:** November 13 & 14, Friday & Saturday/Meet Starts at 9am both days

**WARM-UPS:** Equipment will be available for use at 8am both days

**VENUE:** **Skyway Recreational Center**

525 Earlwood

Oregon, Ohio 43616

**MEET DIRECTOR:** **MARIO RIZO**

**FRIDAY COMPETITION:** ALL MEN, ALL WOMEN, ALL WEIGHT CLASSES:

***FULL POWER COMPETITION ONLY***

**SATURDAY COMPETITION:** ALL MEN, ALL WOMEN, ALL WEIGHT CLASSES:

***ALL SINGLE LIFTS SQUAT, BENCH and DEADLIFT AND PUSH-PULL***

***\*\*\*If you Weigh-In on Thursday and have entered a SL or the PP, you will have to Weigh-In again on Friday or Saturday.***

**PAYMENT METHOD:** Check, Money Order or PayPal

Mail Entry with Fees: 3046 Lantern Drive

Oregon, Ohio 43616

**ELIGIBILITY REQUIREMENTS:** **Must have a Current USPF Membership Card**

Pay online: [www.USPFtheLegend.com](http://www.USPFtheLegend.com) or at the Meet.

**RAW LIFTERS:** Wrist wraps & Knee Sleeves are OK. **No knee wraps allowed.**

**SINGLE-PLY/DIVISION 1 LIFTERS:** Basic Gear

**MULTI-PLY/DIVISION 2 LIFTERS:** Basic Gear

***\*\*\*See Current USPF Rules for details on acceptable gear.***

***\*\*\*Re Deadlift, your socks Must reach your knees.***

**AWARDS:** Best Lifter awards will be presented *after* Friday's competition as well as the individual awards for the Full Power meet. Saturday awards will be presented *after* the completion of all Single Lifts and Push-Pull competitions.

**WEIGH-IN REQUIREMENTS:** Singlet, Underwear or Nothing **You must bring all of your gear for Equipment Check to your Weigh-In.**

***\*\*\*You have to Weigh-In within 24 hours or less of your competition.***

**WEIGH-INS:** **November 12, Thursday/2:30pm-4pm for Friday Competitors Only.**

**LOCATION:** **The Animal House Gym**

1715 Starr Avenue  
Toledo, Ohio 43605

**WEIGH-INS: November 13 & 14, Friday & Saturday/7am- 8:30am**

**LOCATION: Meet Site Skyway Recreational Center**

525 Earlwood  
Oregon, Ohio 43616

**HAMPTON INN**

2131 Navarre Avenue  
Oregon, Ohio 43616  
(419) 724-3333

**TOWN PLACE SUITES**

2851 Navarre Avenue  
Oregon, Ohio 43616

*Thank you for supporting the USPF!*

## 2020 United States Powerlifting Federation Nationals

Name		DOB		Age	
City			State		
Zip					
Phone			Email		
Weight Class				Female	<input type="checkbox"/>
				Male	<input type="checkbox"/>
Raw		Single-Ply		Multi-Ply	
-Bench Press (\$50)		<input type="checkbox"/>		List Extra Divisions Entered	
-Single Squat (\$50)		<input type="checkbox"/>			
-Deadlift (\$50)		<input type="checkbox"/>			
-Push/Pull (\$70)		<input type="checkbox"/>			
-Full Power (\$100)		<input type="checkbox"/>		Hype Music: What song do you want played during your attempts?	
-Late Fee (\$10)		<input type="checkbox"/>		Arist Name	
-Total Spent (\$)				Song Name	
Teen	<input type="checkbox"/>	<p>In consideration of the acceptance of my application for entry into the 2020 USPF National Competition, sanctioned by the United States Powerlifting Federation (USPF) on the day of November 13-14, 2020, 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, Mario Rizo, the USPF, owners of venue where National meet is taking place, and employee's 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. And furthermore, no refunds of any kind of monies received.</p>			
Junior	<input type="checkbox"/>				
Open	<input type="checkbox"/>				
Sub-Master	<input type="checkbox"/>				
Master	<input type="checkbox"/>				
Signature of Competitor or Parent/Legal Guardian (If competitor is under 18 years old)				Date	
<b>For questions contact Mario Rizo by phone at 419-466-7986 or email at rizwalds2325@hotmail.com</b>					
<b>All registration forms and money paid by Nov 1st will receive a door prize and \$10.00 off each event entered.</b>					