



# USPF NEWS & UPDATES from REGION 7

*Danni Eldridge & Sheri Hartmann*



## Upcoming USPF Meets:



### USPF AZ State Championship Meet:

September 21, 2013

Desert Diamond Casino & Hotel

Full Power, Push/Pull,

S/L Bench Press & S/L Deadlift

Open to ALL lifters (13+ years)

*Also included:*

### USPF AZ State High School Meet

*(Must show High School ID.)*

**2014 USPF Winter Blast ~ February 2014**

**Full Power Only**

**Qualifications: USPF Lifter Classification Class II & above.**

**More info to come!**

**USPF Region 7 Meet Photos:** Photos & Video are posted on [USPFtheLegend.com](http://USPFtheLegend.com) (Resources). Thank you to everyone who sent in photos & video.

**USPF Patches:** The Official USPF & USPF Region 7 Patches are now available for purchase online at [USPFtheLegend.com](http://USPFtheLegend.com) (Merchandise).

**Coming soon:** Vintage style USPF Patches! Go retro with the original USPF logo & design. Two sizes available: 4" (\$7) and 10" (\$20). Pricing includes shipping. Pre-order yours today! Contact [USPFtheLegend@aol.com](mailto:USPFtheLegend@aol.com) for more info.



**Referee Test:** Next available testing to be a USPF Referee in the Region 7 area is September 21, 2013. Contact Danni at [USPFtheLegend@aol.com](mailto:USPFtheLegend@aol.com) (Subject: Referee Test) if you are interested. You do not have to be a lifter to become a referee.

*For up to date info:*

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