



## West Coast Open Powerlifting & Benchpress Multi-Ply only

- DATE & TIME:** Sunday, February 19, 2012, 9:30am
- LOCATION:** Diablo Barbell Club, 1018 Shary Circle #B, Concord, CA 94518
- DIRECTIONS:** Take 680 FWY North to exit 49B for Monument Blvd and turn right. Drive 1 ½ miles and turn right on Detroit Ave. Drive ½ mile and turn right on Shary Circle.
- SANCTIONED BY:** United States Powerlifting Association (USPA)
- ELIGIBILITY:** Any male or female age 18 years or older. Lifters must be current USPA members. Membership applications will be available at the weigh-in for \$30
- DIVISIONS:** Open Division only
- 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+
- RULES:** USPA Multiply rules. See USPA rulebook, Multiply annex, part 11, page 37  
Bench commands: Start, press, rack.
- SCHEDULE:**  
(All Lifters) Early Weigh-in: -----Saturday, 9:30am to 11:00am  
Regular Weigh-in: -----Sunday, 7:00am to 8:30am  
Warmup:-----Sunday, 8:30am  
Lifting Begins: -----Sunday, 9:30am
- AWARDS:** Open Division----- 1<sup>st</sup> - 3<sup>rd</sup> place in each weight class  
Best Lifter----- Open PL and BP.
- ENTRY FEE:** 60.00 per lifter, add \$30 if entering additional event (PL & BP=2 awards)
- DEADLINE:** Entries must be postmarked by Saturday, Feb 4, 2012. Entries postmarked after deadline must pay late fee of \$20.
- PAYMENT:** Make check or money order payable to: Diablo Barbell Club  
Send entry form and payment to: Diablo Barbell Club,  
1018 Shary Circle #B, Concord, CA 94518
- QUESTIONS:** Call Ted at 925-207-5780 home or 925-685-8818 gym or email at  
[ted@diablobarbell.com](mailto:ted@diablobarbell.com)
- WEBSITE:** You may go to [www.uspla.org](http://www.uspla.org) to print additional copies of the entry form or to view the California State and American Multiply records and USPA rules.
- ACCOMODATIONS:** Hilton-Concord, 1970 Diamond Blvd, Concord, CA 94520. 925-827-2000

**Entry Form**  
**West Coast Open Powerlifting and Benchpress, Multiply only**

Name: \_\_\_\_\_ Age on Feb 19: \_\_\_\_\_ Birth date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone # ( \_\_\_\_\_ ) \_\_\_\_\_

USPA Member Expiration: \_\_\_\_\_ Email: \_\_\_\_\_  
(cards can be purchased at the weigh-in)

**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

**Circle the Event you are entering**

Powerlifting:                      Open

Benchpress only:                      Open

**ENTRY FEE: \$60.00 for one event (Add \$30 for additional event).**

**DEADLINE: Feb 4, 2012 (Entries postmarked after Feb 4 pay \$20.00 late fee.**

**Please mail your entry form and payment to: Diablo Barbell, 1018 Shary Circle #B, Concord, CA**  
**94518**

**RELEASE OF LIABILITY -- READ BEFORE SIGNING and return with entry form and fee**

In consideration of being allowed to participate in any way in the West Coast Open PL & BP Multiply meet sanctioned by the USPA , its related events and activities,

I, \_\_\_\_\_ , the undersigned, acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the USPA officials immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE Meet Director/promoter, USPA, Denison Powerlifting LLC, and their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT , FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

x \_\_\_\_\_ Age: \_\_\_\_\_ Date Signed: \_\_\_\_\_  
PARTICIPANT'S SIGNATURE

**FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE**  
(UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

x \_\_\_\_\_  
PARENT/GUARDIAN'S SIGNATURE EMERG. PHONE # (s) : \_\_\_\_\_ Date Signed \_\_\_\_\_

**Please mail your entry form and payment to: Diablo Barbell, 1018 Shary Circle #B, Concord, CA 94518**