



West Coast Open Benchpress & Deadlift

Raw and Single ply

- DATE & TIME:** Sunday, February 19, 2012, approximately 2:30pm (After the Multiply Full meet)
- 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 13 years or older. Lifters must be current USPA members. Membership applications will be available at the weigh-in for \$30 (High School--\$15)
- DIVISIONS:** Open, Junior 13-15, 16-17, 18-19, 20-23, Sub-master 35-39, Master 40-44, 45-49, etc
- 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:** CURRENT USPA RULES. One-piece wrestling type singlet must be worn as a minimum. Single-ply bench and deadlift suits only! Velcro allowed on bench shirt, but must close the back completely—no open back shirts. No velcro straps allowed on deadlift suit. Raw division only allows one piece singlet, 4 inch belt, wristwraps, and kneesleeves.
- SCHEDULE:** Early Weigh-in: -----Saturday, 2:30pm to 4:30pm
Regular Weigh-in: -----Sunday, 12-1:30pm
(All Lifters) Warmup:-----Sunday, 1:30pm
Lifting Begins: -----Sunday, 2:30pm
- AWARDS:** Open-----1st - 3rd place in each weight class
Junior 13-15-, 16-17, 18-19, 20-23-----1st - 3rd place in each weight class
Submaster 35-39-----1st - 3rd place in each weight class
Master 40-44. 45-49 etc-----1st - 3rd place in each weight class and age group.
Team Division-----1st - 3rd place
Best Lifter-----open, junior, master
- ENTRY FEE:** \$65.00 per lifter, add \$35 if entering additional event or division (Open & Master=2 awards) Separate Team entry fee-\$40.00. Individual entry required.
Team roster form available here: <http://www.uspla.org/resources.htm>
- DEADLINE:** Entries must be postmarked by Saturday, Feb 4, 2012. Entries postmarked after deadline must pay late fee of \$20. No entries accepted on day of contest. Please mail your entry on time.
- PAYMENT:** Make check or money order payable to: Denison Powerlifting LLC
Send entry form and payment to: Denison Powerlifting LLC,
PO Box 6028, Orange, CA 92863
- QUESTIONS:** Call Steve at 661-333-9800 cell or email at steve@uspla.org
- WEBSITE:** You may go to www.uspla.org to print additional copies of the entry form or to view the California State and American records and USPA rules.
- ACCOMODATIONS:** Hilton-Concord, 1970 Diamond Blvd, Concord, CA 94520. 925-827-2000

Entry Form
West Coast Open Benchpress & Deadlift Championship

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 type of gear division you will compete in, pick only one: Raw Single Ply

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 Division you are entering

Benchpress only: 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+

Deadlift only: 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+

Push-Pull: 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+

ENTRY FEE: \$65.00 for one event and one division (Add \$35 for each additional event or division). DEADLINE: Feb 4, 2012 (Entries postmarked after Feb 4 pay \$20.00 late fee. NO ENTRIES ACCEPTED ON DAY OF CONTEST.

DEADLINE: Postmarked by Feb 4, 2012.

ENTRY FEE: \$65.00 per division
Add \$35 for an additional division
EX: Open BP & Master BP = \$100

MEET T-SHIRTS: Pre-order for \$10 each.

CIRCLE T-SHIRT SIZE: S M L XL 2XL 3XL 4X

Entry fee \$65:	\$ _____
Additional division \$35 each:	\$ _____
Meet T-SHIRT \$10:	\$ _____
USPA Membership fee \$30: (For new or expired members)	\$ _____
Total Due:	\$ _____

Please mail your entry form and payment to: Denison Powerlifting LLC, P.O. Box 6028, Orange, CA 92863

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 Bench/Deadlift 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: Denison Powerlifting LLC, P.O. Box 6028, Orange, CA 92863