

# USAPL South Carolina Power lifting and Bench Invitational

Saturday June 26, 2010  
DUTCH FORK HIGH SCHOOL  
1400 OLD TAMAH ROAD  
IRMO, S. C. 29063  
803.771.6333

**RULES:** This is a USAPL sanctioned meet. All USAPL rules apply. Only single Ply polyester gear will be allowed. You must have a current USAPL card to lift. If you do not have one, you can purchase one at the meet. All lifter are subject to drug testing. If a lifter refuses or is not available for drug testing, the lifter will be automatically disqualified from competition.

**Entry Fee:** \$45 before June 14; \$60 after June 15; \$25 each additional division

**Awards:** Open: 1<sup>st</sup> through 3<sup>rd</sup> for all weight classes  
Masters and Women: 1<sup>st</sup> through 3<sup>rd</sup> by formula  
(Women) light, middle, and heavyweight  
*Masters 9 age increment: Exam: age 40 thru 49, 50 thru 59, etc.*  
*Raw Divisions: 1<sup>st</sup> through 3<sup>rd</sup> for all weight classes*

*The only meet that South Carolina unequipped State Record can be set!*

**Best Lifter:** awarded to men's and women's open division and the Bench Press based on Wilks Formula

Please type or print clearly

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ M or F \_\_\_\_\_  
Address: \_\_\_\_\_ Phone ( ) \_\_\_\_\_  
City/State/Zip \_\_\_\_\_ Email \_\_\_\_\_

Send your entry form and payment by check or money order to **Dan Austin, 215 Windsorcrest Road, Columbia, S.C. 29229.** Tel.803-736-1956 or 803-622-3207  
**Division: Check Divisions that you wish to enter: Open\_\_Masters\_\_Raw\_\_Teen\_\_**  
**Please check: Full power\_\_\_\_ Bench Only\_\_\_\_ Full Power & Bench \_\_\_\_\_**  
**Weight Class \_\_\_\_\_ Men's Classes 123,132,148,165,181,198, 220,242,275, SHW**  
**Women's Classes: 105, 114, 123, 132, 148, 165, 198, SHW**

**Friday-June 25, 2009:**

**7:00-8:00 pm** –Early weigh-in & equipment check

**Saturday-June 26, 2009:**

**7:30-to 9:00 am** –weigh-in & equipment check of all lifters

**9:00 to 9:30** Rules Briefing and lifter warm-up

**10:00 am** – Lifting for starts

The Lifting, weigh-in and equipment check will be held at **DUTCH FORK HIGH SCHOOL**  
**1400 OLD TAMAH ROAD, IRMO 29063**

**RELEASE FROM LIABILITY**

**IMPORTANT: READ THIS RELEASE CAREFULLY. WHEN YOU SIGN IT YOU WILL BE GIVING UP IMPORTANT LEGAL RIGHTS.**

**In consideration of the acceptance of my entry blank in this power lifting competition I intend to be legally bound, for not only myself but also for my heirs, my executors and my administrators. In signing this release from liability, I waive and release everyone connected with this competition from any and all liability including any result of negligence which may arise from this competition.**

**Moreover I agree that any testing method which the meet director and the sponsors of this meet use to detect the presence of strength-inducing drugs SHALL BE CONCLUSIVE. That is, whether I think the results of the tests are right or wrong I agree that I have no right to challenge the results of the drug tests. I further agree to submit to any physical tests which may be necessary to complete the drug testing. Should I fail to pass the drug tests I agree to forfeit any trophy or award which I might otherwise have won? I understand and agree that if I fail to pass the drug tests, my name will appear on the published list of suspended members. If it is determined that I have failed the test, I agree to waive any claim for which legal relief is available.**

**I agree to pay any attorney fee and litigation expense incurred by any person, real or corporate, whom I may sue in an effort to challenge this Release from Liability form. 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. If any provision of this Release from Liability shall be deemed by the court of competent jurisdiction to be invalid, the remainder of this Release from Liability shall remain in full force and effect. I also certify with my signature that this release/agreement cannot be modified orally.**

\_\_\_\_\_  
**Signature in full of applicant**

\_\_\_\_\_  
**Signature in full of parent or guardian  
If applicant is under 21 years old**

**I hereby give my word of honor as an athlete that I have not used any strength inducing drugs (i.e. any anabolic steroid, natural hormone or synthetic growth hormone) as part of my training during the past thirty six months, nor have I use prescription diuretics or psychomotor stimulants during the seven prior to this meet.**

**Signature in full of powerlifter: \_\_\_\_\_ Date: \_\_\_\_\_**

