



USAPL Southern Raw Championships

Meet Venue: Revolution Fitness 14 Lamar Blvd Hattiesburg, MS39402

Requirements:

Open to all registered male USAPL members (Membership cards can be purchased at weigh-in/ Equipment Check) As per the 2013 NGB, it is recommended that lifters purchase membership prior to the contest, as memberships done on paper are assessed an additional \$5 fee. If lifters still wish to purchase membership the day of, all forms of payment are accepted. Credit cards are ran on site for your convience.

Lifting:

Raw/Unequipped lifting is defined in USAPL competition as using only the following gear and accessories as previously described above: (a) Non-supportive singlet (b) T-shirt (c) Briefs (d) Socks (e) Belt (f) Shoes (g) Wrist wraps (h) Single-ply neoprene knee sleeves without attaching and/or tightening mechanisms like Velcro, clips, or straps

Equipped lifters are also welcome at this championship.

Weight Classes (lbs):

Men: 123, 132, 148, 165, 181, 198, 220, 242, 275 & SHW

Women: 105, 114, 123, 132, 148, 165, 181, 198 & SHW

Bench Only: By Formula

Competition and weigh-in Schedule:

Saturday, December 14th, 2013

7:30 – 9:00 Weigh-in & equipment check for all classes

9:00 – 9:30 Rules briefing/lifter warm-up

9:30 – Lifting begins for all competitors

\$5 from each entry will be donated to Blair E. Batson Children's Hospital, there is an additional slot for donations as well for those who chose.

Special Note: Please send your contest application/ entry in early. Entry forms must be post-marked by November 23, 2013 to avoid a late fee from being applied to your application.

Awards:

Awards will be presented to 1st – 3rd place finishers for each weight class. An award for the best overall lifter of the day will be presented as well.

Teams:

Teams are welcome at this contest, if anyone would like to enter a team, the team entry fee is \$25. For any team of 5 or greater, they may take advantage of the student rate of \$30 per lifter.

Technical Rules:

The competition is USAPL sanctioned and ALL IPF rules will be followed.

Drug – Testing:

The contest will be drug – tested in accordance with USAPL/IPF/WADA guidelines. Any questions with regards to the drug – testing procedures should be directed to the USAPL drug – testing committee. They can be reached at the following telephone number: 219.456.8485.

Check www.usapowerliftingms.org for contest information as the event draws closer, also follow us on Twitter (@USAPLMS) and like us on Facebook (USAPLMS)!!

Check or money orders payable and mailed to the following:

William Battenfield- Contest Director

PO BOX 1406 Brandon, MS 39043

Please contact Jim Battenfield with any questions

Telephone: 601-665-7783

Email: jimbattenfield@gmail.com

Please type or print clearly

Name: _____ Email: _____
(please print e-mail clearly)

Address: _____

City: _____ State: _____ Zip Code: _____

Day Telephone: () _____ Evening Telephone: () _____

USAPL Membership Card #: _____ Expiration Date: _____ Club: _____
(available at contest)

Category: _____ Open _____ Teen/Junior _____ Master Division: _____ Raw _____ Equipped

STUDENT RATE APPLIES TO COLLEGE AND HIGH SCHOOL STUDENTS!!



RELEASE FROM LIABILITY AND CONSENT TO DRUG TEST:
Read this carefully (When you sign it you will be giving up important legal rights)

In consideration of the acceptance of my Entry Form in this Powerlifting 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 and result of negligence, which may arise from this competition. Moreover, I agree that any testing method, which the meet directors and the sponsors of this meet use to detect the presence of strength inducing drugs, SHALL BE CONCLUSIVE. This is, whether I think the results of the test are right or wrong. I agree that I have n right to challenge the results of the drug tests. I further agree to submit to any physical test, which may be necessary to complete the drug testing. Should I fail to pass the drug tests I agree to forfeit any trophy, which I might otherwise have won. I understand and agree that if I fail to pass the drug test, my name will appear on a published list of suspended members. If it is determined that I have failed the drug test, I agree to waive any claim for which legal relief is available. I agree to pay any attorney fee and litigation expenses by any person, real or corporate, which 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 acceptance of my entry in this contest. If any provision of this Release from Liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release from Liability shall remain in force and effect. I also certify with my signature that this release/agreement cannot be modified orally.

Signature of Lifter: _____ Date: _____

Signature of Parent
or Legal Guardian

If Contestant is under 18: _____ Date: _____

CERTIFICATION

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 (36) months, nor have I used prescription diuretics or psychomotor stimulants during the seven (7) days prior to the 2013 USAPL Southern Raw Championships.

(Signature in full of Applicant)

(Date)

PARTICIPANT’S EMERGENCY CONTACT INFORMATION

Name: _____ Relation: _____

Address: _____ Phone: _____

Please specify the weight class that you will be lifting in: _____ Age: _____ DOB: _____

Entry Fee(s) _____ \$50.00 per adult lifter or \$30 for students for the contest, \$25 for additional division. Applications are to be post-marked by November 23, 2013 – Late fee of \$40.00 after this date.
Important Note: If your application/entry is late, you must notify the meet director either via e-mail, or by phone. No refund shall be provided to any athlete that withdraws from the contest.