



2020 USA Powerlifting Blue Mountain Collegiate Cup & Open

November 14th, 2020
Blue Mountain, MS/ Blue Mountain College
Sanction # MS-2020-03

Meet Venue:
Tyler Gymnasium
201 W. Main St. Blue Mountain, MS 38610

Requirements for USAPL Sanction #MS-2020-03:

Open to all registered USAPL members. Membership cards must be purchased prior to the contest online(www.usapowerlifting.com). Entry fees are as follows: \$85-Full Power, \$35-each additional divisions Covid-19 protocols can be found here:

<https://www.usapowerlifting.com/covid-19-updates/>

Lifting: Equipped or Raw **Divisions:** Collegiate, Open, Teen, Master, Youth

Weight Classes (kg):

Men: 59kg, 66kg, 74kg, 83kg, 93kg, 105kg, 120kg, & 120+kg

Women: 47kg, 52kg, 57kg, 63kg, 72kg, 84kg, & 84+kg

Competition Schedule:

Saturday, November 14th, 2020:

7:00am	Check in & equipment check
7:00am– 8:30 a.m	Weigh-in & equipment
8:30 a.m.	Rules briefing/lifter warm-up
9:00 a.m.	Lifting begins for all competitors

Awards:

Awards will be presented to 1st – 3rd place finishers for each weight class and division, as well as, best overall male and female lifter.

Technical Rules:

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

Drug-Testing/Doping Regulations:

The contest will be drug-tested in accordance with USAPL, IPF, and WADA guidelines. Any questions with regards to the drug-testing or doping procedures should be directed to the USAPL drug-testing committee and can be reached by phone at (219) 456-8485.

**Check www.usapowerliftingms.org for more contest information as the event draws closer or follow us on Instagram @usapl_ms

Admission: \$10.00

Check or money orders pay to:

BMC Powerlifting
201 W. Main St.
Blue Mountain, MS 38610

To use PayPal for entry email Nathan Gaillard at gaillardnathan25@gmail.com.

Please contact Nathan Gaillard for further information, if needed.

Telephone: 662-882-1110 (cell)

662-685-4771 ext. 404 (work)

Email: ngaillard@bmc.edu (Work)

gaillardnathan25@gmail.com (Personal)



Please type or print clearly

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____ Country: _____

Phone: _____ Email: _____

USAPL Card#: _____ Expiration Date: _____

Date of Birth: _____ Male Female

Division(s):

Raw:

Equipped:

POWERLIFTING Open Collegiate Teen Junior Master Special Oly

Weight Class(kg): _____ Age: _____

Weight Classes: Women (kg) 43 47 52 57 63 72 84 84+
Men (kg) 53 59 66 74 83 93 105 120 120+

Meet T-shirt (Included in Entry Fee, 3XL and 4XL add \$2)

Quantity: S _____ M _____ L _____ XL _____ 2XL _____ 3XL _____
4XL _____

Entry Fee:

\$85, plus \$15 for each additional event \$ _____ TOTAL \$ _____

Participant's Emergency Contact Information

Name: _____ Relation: _____

Address: _____

City/State/Zip: _____ Phone: _____

Mail Entry To: Nathan Gaillard / 201 W. Main St. / Blue Mountain, MS 38610

[Due Date: October 24th, 2020](#)



RELEASE FROM LIABILITY

ALL LIFTERS and MEET PARTICIPANTS, INCLUDING LOADERS AND SPOTTER, REFEREES, AND PLATFORM WORKERS, MUST SIGN THIS PRIOR TO WEIGH-IN OR THE COMMENCEMENT OF THE MEET, WHICHEVER IS APPLICABLE

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

Express Assumption of Risk

In consideration of being allowed to participate in the listed event or competition, I on behalf of not only myself, but also for my heirs, executors, representatives, agents, successors, assigns, and administrators ("Releasor") as competitor, loader, spotter, referee, platform worker, or participant in any other capacity as may apply to my participation, hereby agree and acknowledge that I am fully aware that participation in the event or competition involves risk, both direct and inherent, and I accept the risk of participating, even if the risks are created by the carelessness, negligence or gross negligence of USA Powerlifting, Inc., USA Powerlifting, Inc. officers, officials, administrative personnel, agents, independent contractors, meet director(s), loaders, spotters, referees, meet personnel or other employees associated with this competition (hereinafter "Released Parties").

I understand and am fully aware that there are significant risks, known and unknown, involved in all aspects of my participation in the event or competition and that many of these risks are essential to the activity and, therefore, cannot be eliminated. I understand that these risks include bodily injury ranging from minor sprains to death and disfigurement and include but are not limited to: equipment failure; failure to properly maintain equipment; inadequate coach/instructor/trainer supervision or training; failure to give adequate warnings or instruction; failure of participants to follow instructions; participants exceeding their own skill level or physical condition; the participant's own negligence and the negligence of others; dehydration; exhaustion; fatigue; collisions with other participants, equipment or other objects; collision with the ground or floor; and the unavailability of immediate medical care. These risks could result in minor injury, serious injury or even death; injury or death due to negligence on the part of myself or other people around me. I understand that an injury may impair a participant's future ability to earn a living, to engage in business, social and recreational activities, and to generally enjoy life.

I agree that participation is VOLUNTARY and based on my independent assessment of the risks involved and assume full responsibility for the risks that I am exposing myself to and accept full responsibility for any injury or death that may result from my participation in any event or competition under the direction of Released Parties.

Release of Claims and Liability and Indemnification Agreement

I have read and understand the foregoing Express Assumption of Risk, and Release of Liability and I understand that by signing it I am obligated to indemnify the Released Parties named for any liability for injury or death of any person and damage to property caused by my negligent or intentional act or omission(s) or the negligent or intentional act or omission(s) of the released parties.

I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless the Released Parties from any and all claims, demands, or causes of action, which are in any way connected with participation in the event or competition, including any such claims which allege negligent acts or omissions of the Released Parties. I accept sole financial and legal responsibility for myself in the event of injury or illness that I suffer or for which I am legally responsible for to a third-party and agree to indemnify and defend Released Parties from any and all claims, demands, damages, loss of service, or expense for property damage and for personal injuries or actions brought by a third-party against Released Parties resulting or arising from my participation in the above-described event or competition or my use of the facility in which this competition is held.

I accept sole financial and legal responsibility for myself for property damage, lost equipment, and/or disciplinary sanctions

I understand that by signing this form I am waiving valuable legal rights.

Photography/Video and Media Release

I hereby grant the USA Powerlifting, Inc., Promoter and/or any other USA Powerlifting approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph, videotape or otherwise record and reproduce (whether by film, tape, still photography or otherwise) my voice, appearance, likeness and name, and to exhibit, distribute, transmit,



and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing on digital or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in connection with any of the foregoing. The rights granted by me hereunder are irrevocable and shall endure in perpetuity and no further compensation shall be payable to me at any time in connection therewith.

Nothing contained herein shall be deemed to obligate the USA Powerlifting, Inc., Promoter, and/or any other USA Powerlifting, Inc. approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance, likeness or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that the USA Powerlifting, Inc., the Promoter and/or any USA Powerlifting, Inc. approved video or entertainment organization, are videotaping, photographing and recording the Event in express reliance upon the foregoing, and I represent and warranty that I am free to grant the aforementioned rights to USA Powerlifting, Inc., the Promoter and/or any other USA Powerlifting, Inc. approved video or entertainment organization.

Drug Testing Policy

I understand and agree that if asked to submit to a drug test, I agree that any testing method utilized by the meet director and/or the sponsors of this meet to detect the presence of performance enhancing substances shall be deemed procedurally conclusive. That is, whether I agree that the results of the tests are right or wrong, I agree that I have no right to challenge the procedure in which the results were obtained. I further agree to submit to any physical tests that may be necessary to complete and verify the testing. Should I fail the tests, I agree to forfeit any trophy or award that I might otherwise be entitled to based on my performance. I understand and agree that if I fail to pass the tests, my name will appear on a published list of suspended members. If the test to which I submit is reported as positive, then I waive any claim, action, or cause of action for which legal relief is available.

Attorney Fees and Costs

I agree to pay full reasonable attorney fees and litigation expenses incurred by any person, real or corporate, whom I may sue in an effort to challenge this Release of Claims, Liability and Indemnification Agreement. I understand that my agreement to pay attorney fees and litigation expenses is an essential condition for the acceptance of my entry in this event or my participation in this competition. If any provision of this Release of Claims and Liability and Indemnification Agreement shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release of Claims, Liability and Indemnification Agreement shall remain in full force and effect. I also certify with my signature that this Release of Claims, Liability and Indemnification Agreement cannot be modified orally.

BY SIGNING BELOW, I ACKNOWLEDGE THAT I HAVE READ AND FULLY UNDERSTAND THE INFORMATION CONTAINED IN THIS DOCUMENT AND THAT I SIGN THIS RELEASE OF CLAIMS VOLUNTARILY WITH KNOWLEDGE THAT I WAIVE IMPORTANT LEGAL RIGHTS.

_____ Signature of Participant		_____ Signature of Parent or Guardian if the Participant is under 18 years old	
_____ Print Your Name	_____ Date	_____ Print Your Name	_____ Date

CERTIFICATION FOR COMPETITORS

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 used prescription diuretics or psychomotor stimulants during the seven days prior to this meet.

Signature

Print Your Name

Date

