

2021 U.S.P.F National Powerlifting Championships

USPF Sanctioned & Current USPF Rules

The Dils Center 521 Market St, Parkersburg, WV 26101

ENTRY FORM

Name: _____ Birth Date: _____ Age on August 28th _____

Address: _____ City: _____

State: _____ ZIP: _____ Phone #(_____) _____

USPF Card # _____ Expiration Date: _____ Email: _____

(cards can be purchased at weigh-ins)

Please circle the weight class you are entering:

Men's

weight classes: 114lb 123lb 132lb 148lb 165lb 181lb 198lb 220lb 242lb 275lb 308lb 308+

Women's

weight classes: 97lb 105lb 114lb 123lb 132lb 148lb 165lb 181lb 198lb 198+

Please check the event(s) in which you will be competing:

Weigh-ins:
 Friday August 27th
 Excessive Iron Gym
 9:00am – 11:00am
 5:00pm – 7:00pm

 Saturday August 28th
 7:00am to 9:00am
 Dils Center
 Start time:
 10:00am

<input type="checkbox"/>	Full Power Division 1 – Single Ply	<input type="checkbox"/>	Bench Press Single-ply	<input type="checkbox"/>	Deadlift Single-ply
<input type="checkbox"/>	Full Power Division 2 – Multi Ply	<input type="checkbox"/>	Bench Press Multi Ply	<input type="checkbox"/>	Deadlift Multi Ply
<input type="checkbox"/>	Full Power Raw Division 3 – Raw KS (Knee Sleeves)	<input type="checkbox"/>	Bench Press Raw	<input type="checkbox"/>	Deadlift Raw
<input type="checkbox"/>	Full Power Raw Division 4 – Raw KW (Knee Wraps)	<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>	Push-Pull Single-ply	<input type="checkbox"/>	Push-Pull Multi Ply	<input type="checkbox"/>	Push-Pull Raw

Please circle the division (s) in which you will be competing:

OPEN									
TEEN:	13-15	16-17	18-19	Juniors 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 is \$75.00 for initial event, and an additional \$25.00 for each additional event entered.

Mail Entry form and check or money order to:

Dan Lass
 917 33rd St.
 Parkersburg, WV 26104

ENTRY DEADLINE IS AUGUST 20th. NO ENTRIES WILL BE ACCEPTED AFTER THIS DATE!

Disclaimer: In consideration of the acceptance of my application for entry into the 2021 USPF West Virginia State powerlifting championships sanctioned by the United States Powerlifting Federation (USPF) on the 5th of June 2021, I hereby wave, release, and discard all claims for damages, death, personal injury, or property damage which I may have, or which may hereafter occur to me as a result of my participation and said event. This release is intended to discharge in advance, do USPF, Alan Haga, the Dils Center, and any other unnamed sponsors, officials, agents, or representatives of these individual organizations from an against all liability arising out of or connected in any way with my participation in said event, even though that liability may arise out of the negligence or carelessness on the part of persons or entities mentioned above. I understand that I am not covered for any personal injury and or property damage under any medical or liability insurance policies of any of the aforementioned parties or any other sponsors. It is further understood and agreed that this waiver, release, and assumption of risk is to be binding on my heirs and assigns.

 Signature or participant (or guardian if under 18 years old)

 Date