

CRAIN'S MUSCLE WORLD GYM

presents the

2024 60th USPF OKLAHOMA STATE

POWERLIFTING / BENCH PRESS / DEADLIFT CHAMPIONSHIPS

Equipped & Raw 3

DATE: May 18, 2024

MEET SITE Crain's Muscle World Gym
3803 North Bryan Avenue
Shawnee, Oklahoma 74804 USA
405.275.3689

WEIGH-INS: FRIDAY, May 17, 2024 – 6:00 TO 7:30 PM
SATURDAY, May 18, 2024 – 8:00 TO 9:30 AM

LIFTING BEGINS: 10:00 AM - SATURDAY, MAY 18, 2024

SANCTION AND RULES: USPF rules, equipment questions and membership card info can be found at www.uspfthelegend.com

You must purchase card online – You cannot buy them at the meet.

QUALIFICATIONS: OPEN TO ANY OKLAHOMA USPF REGISTERED LIFTER.

WEIGHT CLASSES: MEN 52 56 60 67.5 75 82.5 90 100 110 125 140 140+ KG
YOUTH BOYS 30 35 40 44 48 52 56 60 67.5 75 82.5 90 100 110 110+ KG
WOMEN 44 48 52 56 60 67.5 75 82.5 90 90+ KG
YOUTH GIRLS 30 35 40 44 48 52 56 60 67.5 75 82.5 82.5+ KG

DIVISIONS: **RAW 3 MEN POWERLIFTING** – OPEN, YOUTH (9-12), JUNIOR (13-23), SUBMASTER (35-39), MASTER (40-UP)
EQUIPPED MEN POWERLIFTING – OPEN, JUNIOR (13-23), SUBMASTER (35-39), MASTER (40-UP)
RAW 3 WOMEN POWERLIFTING – OPEN, YOUTH (9-12), JUNIOR (13-23), SUBMASTER (35-39 UP), MASTER (40-UP)
EQUIPPED WOMEN POWERLIFTING – OPEN, JUNIOR (13-23), SUBMASTER (35-39 UP), MASTER (40-UP)
RAW 3 MEN BENCH PRESS – OPEN, YOUTH (9-12), JUNIOR (13-23), SUBMASTER (35-39), MASTER (40-UP)
EQUIPPED MEN BENCH PRESS – OPEN, JUNIOR (13-23), SUBMASTER (35-39), MASTER (40-UP)
RAW 3 WOMEN BENCH PRESS – OPEN, YOUTH (9-12), JUNIOR (13-23), SUBMASTER (35-39), MASTER (40-UP)
EQUIPPED WOMEN BENCH PRESS – OPEN, JUNIOR (13-23), SUBMASTER (35-39), MASTER (40-UP)
RAW 3 MEN DEADLIFT – OPEN, YOUTH (9-12), JUNIOR (13-23), SUBMASTER (35-39), MASTER (40-UP)
EQUIPPED MEN DEADLIFT – OPEN, JUNIOR (13-23), SUBMASTER (35-39), MASTER (40-UP)
RAW 3 WOMEN DEADLIFT – OPEN, YOUTH (9-12), JUNIOR (13-23), SUBMASTER (35-39), MASTER (40-UP)
EQUIPPED WOMEN DEADLIFT – OPEN, JUNIOR (13-23), SUBMASTER (35-39), MASTER (40-UP)

ENTRY FEE: \$60.00 EACH FIRST DIVISION / EACH ADDITIONAL DIVISION ADD \$30.00
\$60.00 TEAM ENTRY

ENTRY DEADLINE: MAY 11, 2024 (POSTMARKED)

LATE FEE: ADD \$30.00 (AFTER MAY 11, 2024)

SEND ENTRY RICKEY DALE CRAIN
3803 NORTH BRYAN AVENUE
SHAWNEE, OK. 74804
405.275.3689

AWARDS: 1ST – 3RD PLACE IN EACH WEIGHT CLASS / IN EACH DIVISION
OUTSTANDING SQUAT / BENCH PRESS / DEADLIFT / LIFTER FOR MEN AND WOMEN
1ST – 3RD TEAM TROPHY

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ENTRY FORM

MAY 18, 2024

ENTRY DEADLINE –MAY 11, 2024 (POSTMARKED)

ENTRY FEE \$60.00 FIRST DIVISION / EACH ADDITIONAL DIVISION ADD \$30.00

LATE FEE ADD \$30.00 (AFTER MAY 11, 2024)

WEIGHT CLASS _____ KG

DIVISIONS: MEN _____ WOMEN _____

EQUIPPED _____ RAW 3 _____

POWERLIFTING (3 LIFT) _____ BENCH PRESS _____ DEADLIFT _____

OPEN _____ YOUTH (9-12) _____ JUNIOR (13-23) _____ SUBMASTER (35-39) _____ MASTERS (40-UP) _____

NAME _____ PHONE () _____

ADDRESS _____ CITY _____

STATE _____ ZIP _____ DATE OF BIRTH _____

E-MAIL _____

REGISTERED USPF CARD # _____ YEAR _____ TEAM _____

POWERLIFTING ACHIEVEMENTS & ITEMS OF INTEREST _____

PREVIOUS PERSONAL	SQUAT	BENCH	DEADLIFT	TOTAL
BEST IN POUNDS	_____	_____	_____	_____

I, _____ DO HEREBY RELEASE CRAIN'S MUSCLE WORLD GYM, RICKEY DALE CRAIN, AND THE USPF FROM ANY RESPONSIBILITY FOR INJURIES SUFFERED BY ME PARTICIPATING IN OR TRAVELING TO OR FROM THE 2024 60TH USPF OKLAHOMA STATE OPEN POWERLIFTING / BENCH PRESS / DEADLIFT POWERLIFTING CHAMPIONSHIP EQUIPPED & RAW 3

LIFTER'S SIGNATURE _____ DATE _____

PARENT'S SIGNATURE _____ DATE _____

(IF LIFTER IS UNDER 18 YEARS OF AGE)

SEND ENTRIES &
MAKE CHECKS PAYABLE:

RICKEY DALE CRAIN
3803 NORTH BRYAN AVENUE
SHAWNEE, OK. 74804
405.275.3689
RICKEY.DALE.CRAIN@GMAIL.COM