

# CRAIN

presents the

## 2024 27th USPF CRAIN

### Powerlifting / Bench Press / Deadlift Championships Equipped & Raw 3

**DATE:** November 9, 2024

**MEET SITE:** CRAIN'S MUSCLE WORLD  
3803 NORTH BRYAN AVENUE  
SHAWNEE, OKLAHOMA 74804  
405.275.3689

**WEIGH-INS:** FRIDAY, November 8, 2024 6:00 TO 7:30 PM  
SATURDAY, November 9, 2024 8:00 TO 9:30 AM  
USPF Sanctioned - USPF MEMBERSHIP CARDS MUST BE PRESENTED AT WEIGH-IN. USPF MEMBERSHIP CARDS MUST BE PURCHASED ONLINE @ [www.uspftheLegend.com](http://www.uspftheLegend.com)

**LIFTING BEGINS:** SATURDAY, NOVEMBER 9, 2024 - 10:00 AM - ALL LIFTERS

**QUALIFICATIONS:** OPEN TO ANY USPF 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 DIVISION / EACH ADDITIONAL DIVISION ENTRY \$30.00  
\$60.00 TEAM ENTRY  
**ENTRY DEADLINE:** NOVEMBER 2, 2024 (POSTMARKED) **LATE FEE:** ADD \$30.00 (AFTER NOVEMBER 2, 2024)

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

**SEND ENTRY & PAYMENT TO:** RICKEY DALE CRAIN  
3803 NORTH BRYAN ROAD  
SHAWNEE, OKLAHOMA 74804  
405.275.3689 / 405.627.0134 RICKEY.DALE.CRAIN@GMAIL.COM

**CRAIN**

presents the

**2024 USPF 27th Crain Open**

**POWERLIFTING / BENCH PRESS / DEADLIFT CHAMPIONSHIPS Equipped & Raw 3**

**ENTRY FORM**

**NOVEMBER 9, 2024**

**ENTRY DEADLINE – NOVEMBER 2, 2024 (POSTMARKED)**

**ENTRY FEE \$60.00 EACH DIVISION**

**LATE FEE ADD \$30.00 (AFTER NOVEMBER 2, 2024)**

EQUIPPED \_\_\_\_\_ RAW 3 \_\_\_\_\_

WEIGHT CLASS \_\_\_\_\_ KG

DIVISIONS: MEN \_\_\_\_\_ WOMEN \_\_\_\_\_

POWERLIFTING (3 LIFT) \_\_\_\_\_ BENCH PRESS \_\_\_\_\_ DEADLIFT \_\_\_\_\_

OPEN \_\_\_\_\_ YOUTH (9-12) \_\_\_\_\_ JUNIOR (13-23) \_\_\_\_\_ SUBMASTER (35-39) \_\_\_\_\_ MASTER (40-UP) \_\_\_\_\_

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

E-MAIL \_\_\_\_\_

REGISTERED USPF CLUB / SCHOOL \_\_\_\_\_ CLUB # \_\_\_\_\_ USPF # \_\_\_\_\_ YEAR \_\_\_\_\_

**POWERLIFTING ACHIEVEMENTS & ITEMS OF INTEREST**

\_\_\_\_\_

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

I, \_\_\_\_\_ DO HEREBY RELEASE CRAIN, CRAIN'S MUSCLE WORLD, RICKEY DALE CRAIN, AND THE USPF FROM ANY RESPONSIBILITY FOR INJURIES SUFFERED BY ME PARTICIPATING IN OR TRAVELING TO OR FROM THE 2024 USPF 27TH CRAIN OPEN POWERLIFTING / BENCH PRESS / DEADLIFT CHAMPIONSHIPS EQUIPPED & RAW 3.

LIFTER'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

(IF LIFTER IS UNDER 18 YEARS OF AGE)

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