

CRAIN
presents the
2024 USPF RED RIVER OPEN
BENCH PRESS AND DEADLIFT CHAMPIONSHIPS
Equipped and Raw 3

DATE: February 10, 2024

MEET SITE: CRAIN'S MUSCLE WORLD GYM
3803 NORTH BRYAN AVENUE
SHAWNEE, OK. 74804
405.275.3689

WEIGH-INS: FRIDAY, February 9, 2024 – 6:00 TO 7:30 PM
SATURDAY, February 10, 2024 – 8:00 TO 9:30 AM

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

LIFTING BEGINS: SATURDAY, FEBRUARY 10, 2024 – 10:00 AM

QUALIFICATIONS: OPEN TO ANY 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: **MEN EQUIPPED BENCH PRESS** – OPEN, JUNIOR (13-23), SUBMASTERS (35-39), MASTERS (40-UP)
MEN RAW 3 BENCH PRESS – OPEN, YOUTH (9-12), JUNIOR (13-23), SUBMASTERS (35-39), MASTERS (40-UP)
WOMEN EQUIPPED BENCH PRESS – OPEN, JUNIOR (13-23), SUBMASTERS (35-39), MASTERS (40-UP)
WOMEN RAW 3 BENCH PRESS – OPEN, YOUTH (9-12), JUNIOR (13-23), SUBMASTERS (35-39), MASTERS (40-UP)
MEN EQUIPPED DEADLIFT – OPEN, JUNIOR (13-23), SUBMASTERS (35-39), MASTERS (40-UP)
MEN RAW 3 DEADLIFT – OPEN, YOUTH (9-12), JUNIOR (13-23), SUBMASTERS (35-39), MASTERS (40-UP)
WOMEN EQUIPPED DEADLIFT – OPEN, JUNIOR (13-23), SUBMASTERS (35-39), MASTERS (40-UP)
WOMEN RAW 3 DEADLIFT – OPEN, YOUTH (9-12), JUNIOR (13-23), SUBMASTERS (35-39), MASTERS (40-UP)

ENTRY FEE: \$60.00 EACH DIVISION \$30.00 EACH ADDITIONAL DIVISION **ENTRY DEADLINE:** FEBRUARY 3, 2024 (POSTMARKED)
\$60.00 TEAM ENTRY **LATE FEE:** ADD \$30.00 (AFTER FEBRUARY 3, 2024)

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

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

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ENTRY FORM

FEBRUARY 10, 2024

ENTRY DEADLINE – FEBRUARY 3, 2024 (POSTMARKED)

ENTRY FEE \$60.00 EACH DIVISION \$30.00 EACH ADDITIONAL DIVISION

LATE FEE ADD \$30.00 (AFTER FEBRUARY 3, 2024)

WEIGHT CLASS _____

DIVISIONS: MEN _____ WOMEN _____

EQUIPPED _____ RAW 3 _____

BENCH PRESS _____ DEADLIFT _____

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

NAME _____ PHONE () _____

ADDRESS _____ CITY _____

STATE _____ ZIP _____ DATE OF BIRTH _____

REGISTERED USPF CARD # _____ YEAR _____

ITEMS OF INTEREST _____

POWERLIFTING ACHIEVEMENTS _____

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

I, _____ DO HEREBY RELEASE 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 RED RIVER OPEN BENCH PRESS AND DEADLIFT CHAMPIONSHIPS . EQUIPPED AND RAW 3

LIFTER'S SIGNATURE _____ DATE _____

PARENT'S SIGNATURE _____ DATE _____

(IF LIFTER IS UNDER 18 YEARS OF AGE)

SEND ENTRIES
& MAKE CHECKS TO:

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

QUESTIONS? CALL 405.275.3689