2027 USPF Monsters of Bench 3

May 29th, 2027

United States Powerlifting Federation Sanctioned # (Insert Meet Sanction #) & USPF RULES – www.USPFtheLegend.com

Location:	Impakt Fitness 309 N Van Buren St Kennewick, WA 99336
Events:	Bench Only
Divisions:	Raw KS Division 3 – Single Ply Division 1 – Multi Ply Division 2 (Includes Band Shirts)
Age Categories:	Open – Teens/Juniors – SubMasters – Masters
Weight Classes:	Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+
	Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+
Eligibility:	You ***MUST*** have a valid USPF Membership Card. Memberships are $40. Special rate of $20 available for ages 19 y/o and younger. Memberships are **only available** for purchase from the online options available at www.USPFtheLegend.com. ***Memberships cannot be purchased at the meet.***
Meet Director:	Daniel Logman 541-969-6873
Entry Fee:	***Example:***
	$75.00 per each Event entered (FP, P/P, SLS, SLB, and/or SLD)
	$25.00 for an additional Age Category
	$30.00 for T-Shirt (Small to XL) $35.00 (2xl to 4xl)
	MUST PRE-PAY FOR SHIRTS
Deadline:	Entries must be postmarked by May 7th, 2027
Payment:	Make check or money order payable to:
	Daniel Logman
	Send entry form and payment to:
	Daniel Logman 717 SW 14th St Pendleton, OR 97801
Schedule:	**Weigh-ins** (YOU MUST BRING YOUR GEAR YOU ARE USING TO WEIGH INS TO BE INSPECTED.):
	MAY 28TH 9AM To 11am and 3pm to 5pm No same day weigh ins
	Rules Briefing: 9:00 am
	Warmup: 9:15 to 10:00 am
	Lifting Begins: 10:00 am
Awards:	Medals for 1st-3rd places. Best Raw Men, Best Equip Men, Best Female (Raw/Equip)

Gear: ALL GEAR WORN OR USED SHALL COMPLY WITH THE USPF RULES. Any Violation Will Negate Your Lift or May Disqualify You from Lifting. (Reference chart below. See USPF Rules for complete details.)

COSTUME AND PERSONAL EQUIPMENT *(Refer to APPENDIX A for Approved Gear)*

Quick Reference Chart *(See USPF Rules for actual specifications.)*

Division	Non Supportive Single Ply Singlet	Supportive Single Ply Singlet	Multi Ply Singlet	Belt	Knee Sleeves	Knee Wraps	Wrist Wraps	Elbow Wraps	Bench Shirt	Undershorts aka "Groove Briefs"
Raw KS Division 3 (Original Raw)	Yes	No	No	Yes	Yes	No	Yes	No	No	No
**Raw KW Division 4	Yes	No	No	Yes	No	Yes *Must Wear	Yes	No	No	No
Single Ply (Division 1)	Yes	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes
Multi Ply (Division 2)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes Squat Only	Yes	Yes

*No Headgear, Hats, or any type of gloves allowed in any Division.

Raw KW (Knee Wraps) Division 4 is **ONLY available for Full Power and Single Lift Squat. ***Knee Wraps MUST be worn.***

*Ammonia Snaps cannot be used on or near platform. Dispose of them upon use.

*Baby Powder or similar talc is illegal/Pool Chalk or Chalk is allowed.

*Swearing on or near platform will negate your lift or may disqualify you from lifting.

*Intentionally throwing, slamming or dropping the bar is illegal and will negate your lift.

***Pertinent information for lifters regarding records**: to compete, receive a record(s) and/or an award(s), you must enter the event(s) and division(s) before the meet commences. You cannot enter any event to compete, receive a record and/or award during the meet.*

ENTRY ON NEXT PAGE

USPF ENTRY FORM

Name of Meet, Location, and Date

Print Legibly:

Member #_____ Expiration Date_____ Circle one: M / F

Name_____ DOB_____ Age day of meet_____

Street Address_____ Apt #_____

City_____ State_____ Zip_____

Email_____ Phone # (_____)_____

BWT at Weigh In_____

Circle the weight class you are entering:

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

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

Check One *(Please use a SEPARATE Entry Form for each check.)*:

_____Raw KS Division 3 _____Raw KW Division 4 (Full Power & Single Lift Squat only)

_____Geared/Single Ply Division 1 _____Multi-Ply Division 2

****To compete, receive a record(s), and/or an award(s), you must enter the event(s) and division(s) before the national meet commences. You cannot enter any event to compete, receive a record and/or award during the meet.*

SINGLE LIFT BENCH PRESS

Fees: $__ for 1 Age Group OR $__ for 2 Age Groups

CHECK Division(s) CIRCLE Age Group for Junior & Master

_____OPEN DIVISION	13 & Over
_____TEEN DIVISION	13-15 16-17 18-19
_____JUNIOR DIVISION	20-23
_____SUBMASTER DIVISION	35-39
_____MASTER DIVISION	40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80 & Over

AMOUNT ENCLOSED:

$_____**TOTAL AMOUNT ENCLOSED WITH ENTRY**

RELEASE OF CLAIMS

I do hereby waive, release and discharge any & all claims for personal injury, death or property damage or loss which may have or may hereafter accrue, including before or after the meet, as a result of traveling to or participation in the above said activity. I understand that this activity involves an element of risk and danger.

I hereby assume the risks and danger to be binding on my heirs and assigns. I hereby agree to indemnity and hold the United States Powerlifting Federation, Meet Director, Danni Hawks, Sheri Hartmann, USPF Officials, the Venue, Staff, Workers, Volunteers, other Lifters, Spectators, etc. free and harmless from any loss, liability, damage, cost of expense which may incur as a result of death, any,

injury, or property damage or loss I may sustain while participating in said activity or in facility.

I agree to pay any 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. I understand that my agreement to pay attorney fees and litigation expenses is the *sine qua non* for the acceptance of my entry in this contest or my participation in this competition. If any provision of this Release of Claims shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release of Claims shall remain in full force and effect. I also certify with my signature that this Release of Claims cannot be modified orally.

I have carefully read this RELEASE OF CLAIMS and fully understand the contents. I certify that I am physically fit to participate with NO Life Threatening Medical Problems. I have read and signed this RELEASE on my own free will.

INITIAL_____

LIFTER'S SIGNATURE_____**DATE**_____

MINORS

LIFTER'S SIGNATURE_____**DATE**_____

MINOR'S PARENT/GUARDIAN SIGNATURE_____**DATE**_____

EMERGENCY PHONE NUMBER_(____)_____

All USPF Memberships & Entry Fees are non-refundable.