



3rd Annual Scary Strong Powerlifting Meet! Teen Division Saturday, October 26, 2024

United States Powerlifting Federation Sanctioned #2024-005 & USPF RULES –
www.USPFtheLegend.com

- Location:** CrossFit Sierra Vista: 999 E Fry Blvd Sierra Vista AZ 85635
- Events:** Full Power – Push/Pull – Single Lifts: Squat, Bench Press, & Deadlift
- Divisions:** Raw KS Division 3 – Raw KW Division 4 – Single Ply Division 1 – Multi Ply Division 2
- Age Categories:** Teens ages 13-19
- 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 \$30. Special rate of \$15 available for High School & College Students with school ID. Memberships are **only available** for purchase from the online options available at www.USPFtheLegend.com. **Memberships cannot be purchased at the meet.**
- Meet Director:** Kristina Thoman: KristinaThoman@USPFtheLegend.com
- Entry Fee:** \$65 per each Event entered (FP, P/P, SLS, SLB, and/or SLD)
50% of every entry fee goes to the Boulder Crest Foundation to support our Veterans
- Deadline:** Entries must be postmarked by October 18 2024. Entries sent after the postmarked deadline must pay a \$ 30 late fee. (no exceptions)
- Payment:** Make check or money order payable to: Kristina Thoman
~Venmo also accepted: Kristina Thoman on Venmo.
Send entry form and payment to:
Kristina Thoman 6471 S Jaxel Road Hereford AZ 85615, or email @ kmthoma75@gmail.com.
Questions? Email kmthoma75@gmail.com or call (720) 837-8910
- Schedule:** **Weigh-ins (YOU MUST BRING YOUR GEAR YOU ARE USING FOR WEIGH-INS & TO BE INSPECTED.):**
Friday, 25 Oct 2024 4:00 pm - 6:00 pm
Saturday, 26 Oct 2024 from 7:00 am – 0830 am
- Rules Briefing:** 0830 a.m.
- Warmup:** 8 a.m.- 9:00 a.m.
- Lifting Begins:** 9:00 a.m.
- Awards:** Medals for 1st-3rd places.

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 TEEN ENTRY FORM

Ethel Berger Center: 2950 E Tacoma St, Sierra Vista, AZ 85635

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

Circle the age group you are entering:

13-15 16-17 18-19

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

****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.*

Check the Events you are entering & enter the fee amount:

_____ **FULL POWER**

Fees: \$ _____

_____ **SINGLE LIFT SQUAT**

Fees: \$ _____

_____ **SINGLE LIFT BENCH PRESS**

Fees: \$ _____

_____ **SINGLE LIFT DEADLIFT**

Fees: \$ _____

_____ **PUSH PULL**

Fees: \$ _____

AMOUNT ENCLOSED:

Total 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, 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 indemnify and hold the United States Powerlifting Federation, Kristina Thoman, Danni Hawks, Sheri Hartmann, USPF Officials, Ethel Berger Center, 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 _____

MINOR'S (Lifter is under 18 years of age.) PARENT/GUARDIAN SIGNATURE _____

DATE _____

EMERGENCY PHONE NUMBER (_____) _____

All USPF Memberships & Entry Fees are non-refundable.