



2025 USPF Monsters Of Bench

MAY 17TH, 2025

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 3, Single Ply, Multi Ply (Band Shirts only in Multi Ply Div 2)
- 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
Additional contact:
Mary Askew 503-704-6959
- Entry Fee:** \$75.00 per each Event entered (Bench Only)
\$25.00 for an additional Age Category
\$35.00 for T-shirt (Small to 3xl not required for meet)
- Deadline:** Entries must be postmarked by (04/30/2025).
- Payment:** Make check or money order payable to:
Dan Logman
Send entry form and payment to:
Dan 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 16th, 2025 9am to 11am, 4pm to 6pm

Rules Briefing: 9:00 am

Warmup: 9am to 10am

Lifting Begins: 10am

Awards: Medals for 1st -3rd each class

Best Raw Men's Bench

Best Equipped Men's Bench

Best Female Bench (equipped and raw combined)

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

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 Entry \$ _____

USPF Card \$ _____

\$ _____ **TOTAL AMOUNT ENCLOSED WITH ENTRY**

Shirt Size _____ (must pre pay for shirts)

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 indemnify and hold the United States Powerlifting Federation, Meet Director, Dan Logman, Mary Askew, Larry Bush, Impakt Fitness, 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.