

YMCA South Dakota State PowerLifting & Bench Press Championships

Where: Rapid City YMCA

815 Kansas City St. Rapid City, SD 57701

(605) 718-9622 Ask for Nicole in Wellness

When: Saturday March 12, 2011 Weigh in & equipment check: 7am. Lifting at 9am.

Meet Directors: Nicole Craig & Steve Howard

Eligibility: This meet is sanctioned by USAPL & all entrants must be USAPL registered lifters
Registration will be available at the meet. Adult lifter is \$45, High School is \$30. Good for the rest of 2011.

Entry Fee: \$75, Includes meet T-shirt. \$35 each additional division.

Deadline: Entries must be postmarked by Feb. 26. No late entries will be accepted.

Rules : Rules will be those of USAPL. One piece singlet will be required. For a copy of the rules to be used, please contact meet director or your state chair. Check the USAPL & IPF web sites for approved IPF equipment.

Contests: Powerlifting & Bench Press : Men & Women Open , Teen, Master

Weight Classes: Men's-114, 123, 132, 148, 165, 181, 198, 220, 242, 275, SHW

Women's- 97, 105, 114, 123, 132, 148, 165, 181, 198, SHW

Awards: Men's: 1st - 3rd in each weight class. Women: 1st - 3rd By Formula. Teen: By Foster & Wilkes Formulas, Masters by McCullouch & Wilkes Formulas. (40-49,50-59,60-69, 70-79) Bring proof of age.

Release From Liability & Consent To Drug Test

IMPORTANT: READ CAREFULLY. WHEN YOU SIGN THIS YOU WILL BE GIVING UP IMPORTANT LEGAL RIGHTS. In consideration of the acceptance of my entry in this powerlifting competition I intend to be legally bound, for not only myself but also for my heirs, my executors, and my administrators. In signing this release from liability I waive & release everyone connected w/ competition from any & all liability, including any results of negligence which may arise from competition.

Moreover I agree that any testing method which the meet director and the sponsors of this meet use to detect the presence of strength-inducing drugs SHALL BE CONCLUSIVE. That is, whether I think results of the tests are right or wrong I agree that I have no right to challenge the results of the drug tests. I further agree to submit to any physical tests, which be necessary to complete drug testing. Should I fail to pass drug tests I agree to forfeit any trophy or award which I otherwise have won. I understand & agree that if I fail to pass the drug tests, my name will appear on a published list of suspended members if it is determined the drug test, I agree to waive any claim for which legal relief is available.

I agree to pay any attorney fee & litigation expenses incurred by any person, real or corporate, whom I may sue in an effort to challenge this Release From Liability form. I understand that my agreement to pay attorney fees & litigation expenses is the SINE QUA NON for the acceptance of my entry in this contest. If any provision of this release form liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release of Liability shall remain in full force & effect. I also certify w/ my signature that this release/agreement cannot be modified orally

Signature in full of applicant

signature in full of parent or legal guardian if applicant is under 21 years old.

Entry Form

Deadline: Feb. 26

Male:_____ Female:_____

POWERLIFTING

BENCH PRESS

Division: Teen Powerlifting:_____ Teen Bench:_____
Open Powerlifting:_____ Open Bench:_____
Master Powerlifting:_____ Master Bench:_____

Name_____

Address_____

City_____ State_____ Zip_____

Phone: Home_____
Work_____
E-mail_____

Age:_____ (day of meet) USAPL#:_____

Best Squat:_____ Bench:_____ Deadlift:_____

Weight Class:_____

Meet T-Shirt: M___L___XL___XXL___XXXL___

Make checks payable to: YMCA of Rapid City

Please mail Entry Form and fee to:
Rapid City YMCA
815 Kansas City St. Rapid City, SD 57701
Attn. Nicole Craig

or register at the YMCA Front Desk

Certification

I hereby give my word of honor as an athlete that I have not used any strength inducing drugs (I.e. any anabolic steroid, natural hormone or synthetic growth hormone) as a part of my training during the past thirty-six months, nor have I used prescription diuretics or psychomotor stimulants during the seven days prior to this meet.

Signature in full



**Boyds Drug Mart
Combo Rack Strength
Systems
Titan Support Systems
MicroTel Inn & Suites**

**Stay at the
MICROTEL INN & SUITE
1740 Rapp St.
Rapid City, SD.
(605) 348-2523**

**Say you're with the
YMCA South Dakota state Meet and pay
just
\$49.00 plus tax**

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Rapid City, SD 57701**

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