

2012 USAPL Sioux Empire Bench Open

Sponsored by



Science Nutrition



Jason Ahrendt

When: Saturday, December 1st, 2012

Where: McCrossan Boys Ranch Gymnasium
47135 260th Street Sioux Falls, SD 57107
(605) 339-1203

Directions to the Ranch- Take I-90 to Exit 395, go ¼ mile north to ranch entrance, turn into ranch entrance and go east ¼ mile, the gymnasium will be the first building on the left.

Eligibility: All entrants must be USA Powerlifting registered for 2012. USAPL cards may be purchased day of contest for \$45. Lifters currently enrolled in high school may purchase card for \$30 or a seasonal membership for \$15. Cards purchased at meet will be good through 2010. **Drug Testing will take place. This meet is open to all lifters who have been drug free minimum of three years prior to meet.**

Rules: Rules will be those of USA Powerlifting. One piece lifting singlet required. No thumbless or reverse grip on Bench Press. IPF rules will apply for equipment. For more detailed information on USAPL rules, contact meet director.

Entry Fees: \$45 for first division entered • \$25 per additional division.

Sioux Empire Bench Open Schedule:

- **Weigh-In and Equipment Check:** Saturday, December 1st, 8 – 9:30 a.m. (weigh in and equipment check)
Lifters, help this meet start on time. Late weigh-ins will not be allowed.
- **Lifter's Meeting:** 9:30 a.m. Saturday
- **Lifting Begins:** 10:00 a.m. Saturday

Divisions: Open, Teen, Masters (40+), Women's, Masters Women (40+), Equipped and Raw divisions.

Contest: Bench Press Only

Weight Classes: 105.75, 114.5, 123.5, 132.25, 148.75, 165.25, 181.75, 198.25, 220.25, 242.5, 275.5, 275.5+

Proof of Age Required: Teen division will be placed by formula

Proof of Age Required: Masters 40+ Age groups will be placed by age/weight formula. Women's place by formula.

Awards: Trophies: Men's Open: 1st - 3rd place in each weight class

Teen: 1st - 5th by formula in each age group

Master's: by age/weight formula 1st - 5th

Women: placing by formula 1st -5th awards

Two All-Around Trophies

Meet Director: Jona Leo (605) 310-9353

Hotel Special Rates: Quality Inn and Suites, 5410 N. Granite Lane, Sioux Falls, SD 57107, Phone- (605)-336-1900

Rate is \$75 per night, mention Sioux Empire Bench Group for discounted pricing. Rooms need to be booked by November 2nd to take advantage of this rate. Quality Inn and Suites is 3.8 miles from the venue.

Spectator Admission: \$5/person • Children under 12 free when accompanied by an adult

Entry Deadline: Entry Fees must be postmarked by **November 8th, 2012**. Late entries will not be accepted. **ONLY THE FIRST 60 LIFTERS WILL BE ACCEPTED.**

Make Checks Payable to: Jona Leo, PO Box 91333, Sioux Falls, SD 57109 • (605) 310-9353