

2013 USAPL Sioux Empire Bench Open

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When: Saturday, December 7th, 2013

- In the event we receive incremental weather the meet will be moved to 1/11/14. Due to your efforts training; the meet will **not** be postponed unless I-90 & I-29 are closed surrounding Sioux Falls.

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 **2013. 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.

** New ** \$45 for Team division. Teams will have a maximum of 6 lifters & IPF scoring method will be used.

Sioux Empire Bench Open Schedule:

- **Early Equipment Check:** Saturday, December 7th starting at 7:00 am
- **Weigh-In and Equipment Check:** 7:30 – 8:00 a.m
Lifters, help this meet start on time. Late weigh-ins will not be allowed.
- **Lifter's Meeting:** 9:00 a.m. Saturday
- **Lifting Begins:** 9:30 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

Team Award

Meet Director: Jona Leo (605) 310-9353

Spectator Admission: \$3/person • Children under 12 free when accompanied by an adult