

YMCA South Dakota State USA PowerLifting Championships

Where: Rapid City YMCA

815 Kansas City St. Rapid City, SD 57701

(605) 718-9622 Ask for Nicole in Wellness

When: **Friday March 4 for Bench only. Saturday March 5, 2016 for full meet. Weigh in & equipment check: 5pm Friday, lifting at 7pm. 7:15am Saturday for full meet, lifting at 9:15am.**

Meet Directors: Nicole Craig

Eligibility: This meet is sanctioned by USAPowerlifting & all entrants must be USAPowerlifting registered lifter. Please register online for USAPowerlifting card. Adult lifter is \$50, High School is \$35. Good for the rest of 2016. (Sanction # SD-2016-01)

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

Deadline: Entries must be postmarked by Feb. 17. No late entries will be accepted.

Rules: Rules will be those of USAPowerlifting. 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. Athletic supporter or "whity tighties" required for males. No boxer briefs. Knee length socks required for deadlift.

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

NEW Weight Classes: Men's-130, 145.5, 163, 183, 205, 231.5, 264, SHW

Women's- 104, 115, 126, 139, 159, 185, 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. 17

Male:_____ Female:_____ RAW_____

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

**NEW WEIGHT
CLASSES!**

Boyds Drug Mart

**Combo Rack Strength
Systems**

Don's Custom Cabinets

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Rapid City, SD 57701**

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Championships**

March 4 & 5, 2016



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