



# Southern California Open Powerlifting Championship

Full Power, Bench only, Deadlift only  
Raw, Classic, Single-ply, Multi-ply-XPC Qualifier  
LIMITED TO 90 LIFTERS PER DAY

- DATE & TIME:** Saturday and Sunday, October 4-5, 2014, 9:00 AM
- LOCATION:** Metroflex Gym, 3200 East 59<sup>th</sup> Street, Long Beach, CA 90805
- DIRECTIONS:** Take 91 Fwy East or West, exit Downey Ave, drive south on Downey, turn right on E. 59<sup>th</sup> Street.
- SANCTIONED BY:** United States Powerlifting Association (USPA)
- ELIGIBILITY:** Any male or female age 13 years or older. Lifters must be current USPA members. Memberships are \$30 for adults (High School--\$15) Good for one year from date of purchase. Must purchase online before contest at <http://uspla.org/home/uspa-membership-application>
- DIVISIONS:** Open, Junior 13-15, 16-17, 18-19, 20-23, Sub-master 35-39, Master 40-44, 45-49, etc
- 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+
- GEAR RULES:** All divisions require one piece singlet to be worn.  
**RAW division** allows singlet, t-shirt, 4-inch belt, wrist wraps, and knee sleeves.  
**CLASSIC division** allows same as Raw but knee wraps can be worn instead of knee sleeves.  
**SINGLE-PLY division** allows single-ply squat, bench and deadlift suits. No Velcro straps on squat/deadlift suits. Velcro is allowed on bench shirt, but must close the back completely— No open back shirts. No support briefs allowed in single ply.  
**MULTI-PLY division** allows multi-ply Squat, bench shirts and suits along with open back shirts and velcro straps for the DL suit. **All lifters must wear long socks in the deadlift.** See complete rules at [www.uspla.org](http://www.uspla.org)
- LIFTING SCHEDULE:** **Saturday:** All women plus men up to 181  
**Sunday:** Full Power for all Multi-Ply lifters for men and women in all weight classes.  
**Sunday:** Men's 198 to SHW  
Warm-up:-----Saturday and Sunday 8:00am  
Lifting Begins: -----Saturday and Sunday 9:00am
- WEIGH-IN SCHEDULE:** Early weigh-in & Equipment Check: 9:00 to 11:00am and 5-7:00pm on Friday for Saturday lifters.  
9:00 to 11:00am and 4-5:30pm on Saturday for Sunday lifters. .  
Regular Weigh-in & Equipment check: -----Saturday and Sunday 6:30am to 8:00am
- AWARDS:** Open-----1<sup>st</sup> - 3<sup>rd</sup> place in each weight class  
Junior 13-15-, 16-17, 18-19, 20-23-----1<sup>st</sup> - 3<sup>rd</sup> place in each weight class  
Submaster 35-39-----1<sup>st</sup> - 3<sup>rd</sup> place in each weight class  
Master 40-44. 45-49 etc-----1<sup>st</sup> - 3<sup>rd</sup> place in each weight class and age group.  
Best Lifter-----any division with 3 or more lifters.  
Teams-----1<sup>st</sup>-3<sup>rd</sup> place
- ENTRY FEE:** \$70.00 per lifter, add \$35 if entering additional event or division. Example: (PL & BP=2 awards or Open & Master=2 awards)
- DEADLINE:** Entries must be postmarked by September 17, 2014. No entries accepted on day of contest. Entries postmarked after Sept 17 must pay \$20 late fee.
- PAYMENT:** Make check or money order payable to: USPA  
Send entry form and payment to: USPA,  
PO Box 1090, Placentia, CA 92871
- QUESTIONS:** Call Steve at 661-333-9800 cell or email at [steve@uspla.org](mailto:steve@uspla.org)
- WEBSITE:** You may go to [www.uspla.org](http://www.uspla.org) to print additional copies of the entry form or to view the California State and American records and USPA rules.
- ACCOMODATIONS:** Check [www.kayak.com](http://www.kayak.com) or [www.booking.com](http://www.booking.com) or [www.priceline.com](http://www.priceline.com)

# Entry form: Southern California Open

Name: \_\_\_\_\_ Age on day of meet: \_\_\_\_\_ Birth date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone # ( \_\_\_\_\_ ) \_\_\_\_\_

Email (required): \_\_\_\_\_

Are you a current USPA member: Yes No If yes, date of purchase: \_\_\_\_\_

(Memberships must be purchased online before contest at <http://uspla.org/home/uspa-membership-application>)

Circle the type of gear division you will compete in, pick only one:

Raw                      Classic                      Single Ply                      Multi Ply

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

Circle the Event and Division you are entering

POWERLIFTING (Full meet):            Open, Junior 13-15, 16-17, 18-19, 20-23, Submaster 35-39,  
(raw, classic raw, single ply, Multiply)            Master 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Benchpress only:            Open, Junior 13-15, 16-17, 18-19, 20-23, Submaster 35-39,  
(raw, single ply, multiply)            Master 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Deadlift only:            Open, Junior 13-15, 16-17, 18-19, 20-23, Submaster 35-39,  
(raw, single ply, multiply)            Master 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

**ENTRY FEE:** \$70.00 for one event and one division (Add \$35 for each additional event or division).

**DEADLINE:** Sept 17 (Entries postmarked after Sept 17 pay \$20.00 late fee. NO ENTRIES ACCEPTED ON DAY OF CONTEST.

MEET T-SHIRTS: Pre-order for \$15 each.

CIRCLE T-SHIRT SIZE and provide quantity: S\_\_ M\_\_ L\_\_ XL\_\_ 2XL\_\_ 3XL\_\_ 4XL\_\_

Entry fee \$70: -----\$ \_\_\_\_\_

Additional division/event/team \$35 each: -----\$ \_\_\_\_\_

Optional Meet T-SHIRT \$15:-----\$ \_\_\_\_\_

LATE FEE \$20 if mailed after Sept 17:-----\$ \_\_\_\_\_

Total Due: -----\$ \_\_\_\_\_

Opening Kilo Attempts if known: Squat \_\_\_\_\_ Bench \_\_\_\_\_ Deadlift \_\_\_\_\_

Squat Rack Height if known \_\_\_\_\_ Bench rack height if known \_\_\_\_\_ Bench safety rack height if known \_\_\_\_\_

**Please mail your entry form, waiver and payment to: USPA, P.O. Box 1090, Placentia, CA 92871**

**RELEASE OF LIABILITY -- READ BEFORE SIGNING and return with entry form and fee**

In consideration of being allowed to participate in any way in the Southern California Open Powerlifting meet sanctioned by the USPA , its related events and activities,

I, \_\_\_\_\_ , the undersigned, acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the USPA officials immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE Meet Director/promoter, USPA, Denison Powerlifting, Metroflex Gym and their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT , FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

x \_\_\_\_\_ Age: \_\_\_\_\_ Date Signed: \_\_\_\_\_  
PARTICIPANT'S SIGNATURE

**FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE**  
(UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

x \_\_\_\_\_  
\_PARENT/GUARDIAN'S SIGNATURE EMERG. PHONE # (s) : \_\_\_\_\_ Date Signed \_\_\_\_\_

**Please mail your entry form and payment to: USPA, P.O. Box 1090, Placentia, CA 92871**

# USPA Official Team Entry Form

Name of Team: \_\_\_\_\_ Date: \_\_\_\_\_

<u>WT Class</u>	<u>Lifters</u>	<u>Wilks Points</u>
114	_____	_____
	_____	_____
123	_____	_____
	_____	_____
132	_____	_____
	_____	_____
148	_____	_____
	_____	_____
165	_____	_____
	_____	_____
181	_____	_____
	_____	_____
198	_____	_____
	_____	_____
220	_____	_____
	_____	_____
242	_____	_____
	_____	_____
275	_____	_____
	_____	_____
308	_____	_____
	_____	_____
308+	_____	_____
	_____	_____

Team Entry must be submitted to Scorekeeper before Lifting starts.  
No changes thereafter. Lifters can be from any division, male and female. Separate team entry forms should be submitted for full power, bench only, and deadlift only teams. No more than 12 Lifters per team and no more than 2 lifters in each Weight Class. A minimum of six lifters must be submitted to establish a team. If a team submits 12 lifters, the top six lifters from that team will be scored using the Wilks formula then those numbers will be added together to create the Final Wilks Team Score. No age formula will be used to determine final Wilks scoring. The women's 97,105, and 198+ wt classes can be substituted in. Team entry fee: \$35