West Virginia State Powerlifting Meet
(Raw, Classic Raw, Single Ply)
LIMITED TO FIRST 90 REGISTERED LIFTERS
Using two competition platforms

DATE & TIME: Saturday, May 2, 2015, 9:00 AM
LOCATION: CrossFit WV 901 Brooks Street Charleston, WV 25301
DIRECTIONS: Use Google Maps or GPS from your location.
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 $40 for adults (High School~$20) 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:
Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+
RULES: One-piece type singlet must be worn as a minimum. Raw division: allows one piece singlet, 4 inch wide belt-(must be buckle or lever with no padding on the inside of belt), wristwraps, and kneesleeves. Classic Raw division: allows kneewraps in the squat with everything else being raw. Single Ply Division: Single-ply squat, bench and deadlift suits only! Velcro allowed on bench shirt, but must close the back completely—no open back shirts. No velcro straps allowed on squat and deadlift suit in single ply. No support briefs. All lifters must wear over the calf socks in the deadlift. See complete rules at www.uspa.net
SCHEDULE:
Early Weigh-in/gear check:-------------------------------Friday, 9am to 11am and 5pm to 7pm
Regular Weigh-in/gear check:---------------------Sat, 7:00am to 8:00am
Rules Briefing/Warmup:--------------------------Sat, 8:15am
Lifting Begins:-----------------------------Sat, 9:00am
AWARDS:
Open-------------1st - 3rd place in each weight class
Junior 13-15, 16-17, 18-19, 20-23-------------1st - 3rd place in each weight class & age group
Submaster 35-39-------------------------------1st – 3rd place in each weight class
Master 40-44, 45-49 etc-----------------------1st - 3rd place in each weight class and age group.
Team Division-------------------------------------1st – 3rd place
Best Lifter-------------------------------------any division with 3 or more lifters
ENTRY FEE: $75.00 per lifter add $35 if entering additional event or division (PL & BP=2 awards or Open & Master=2 awards)
Separate Team entry fee-$35.00 Individual entry required.
DEADLINE: Entries must be postmarked/mailed by April 15, 2015. Entries postmarked after deadline must pay late fee of $20. No entries accepted on day of contest.
PAYMENT: Make check or money order payable to: Intense Games
Send entry form and payment to: CrossFit Intense, 1151 Airport Road, Fairmont, WV 26554
You can also register online at www.uspawv.com
QUESTIONS: Call Johnny at (304) 380-4792 or email at johnny@crossfitintense.com
WEBSITE: You may go to www.uspa.net to print additional copies of the entry form or to view the State and American records and USPA rules.
ACCOMODATIONS: www.kayak.com or www.priceline.com
**Entry form: West Virginia State Powerlifting Meet**

Name: ____________________________ Age on May 2: ________ Birth date: __________________________

Address: __________________________ City: __________________________

State: _______ Zip: ____________ Phone # (__________) __________________________

Email (required): __________________________

Are you a current USPA member:  Yes  No  
If yes, approx. date of purchase __________________________

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

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

- Raw
- Classic
- Single Ply

Circle the weight class you are entering

**Men’s Weight Classes:**  

**Women’s Weight Classes:**  

Circle the Event and Division you are entering

**POWERLIFTING (Full meet):**  
( raw, classic raw, single ply)  

**Benchpress only:**  
( raw, single ply)  

**Deadlift only:**  
( raw, single ply)  

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**Entry fee $75:**  
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**Additional division/event/team $35 each:**  
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**Optional Meet T-SHIRT $15:**  
Size: ____________ $ __________________________

**LATE FEE $20 if mailed after April 15:**  
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**Total Due:**  
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**USPA MEMBERSHIP FEE $40 adults/ $20 High School:**  
Must be purchased online before contest at [http://uspla.org/home/uspa-membership-application](http://uspla.org/home/uspa-membership-application)

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Please mail your entry form, waiver and payment to: CrossFit Intense, 1151 Airport Road, Fairmont, WV 26554
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 West Virginia State 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, CrossFit Intense, Johnny Layne, CrossFit WV, USPA 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, waiver and payment to: CrossFit Intense, 1151 Airport Road, Fairmont, WV 26554
# USPA Official Team Entry Form

Name of Team: _______________________________ Date: ________________

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<th>WT Class</th>
<th>Lifters</th>
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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