



OFFICIAL ENTRY FORM FOR

2011 USAPL Ohio State Powerlifting and Bench Press Championships SATURDAY, November 19, 2011

Male Female

Name: _____ USAPL# _____

Address: _____

City: _____

State: _____ Zip: _____

Home#: _____ Age at Meet: _____ DOB: _____

Work#: _____ Wt. Class _____

Cell#: _____ Email: _____

NO LATE ENTRIES - NO REFUNDS - ALL ENTRIES MUST BE RECEIVED BY MONDAY, NOVEMBER 14, 2011

Put an X in the Meet & Divisions you wish to enter.
You may enter more than one Meet & Division.

OHIO STATE CHAMPIONSHIPS - SATURDAY, November 19th

\$45.00

Full P.L.Meet

MEN'S OPEN

MEN'S RAW

WOMEN'S OPEN

WOMEN'S RAW

MEN'S MASTERS AGE ____

MEN'S MASTERS RAW AGE ____

MEN'S 15-19 TEEN AGE ____

\$45.00

Bench Press Meet

MEN'S OPEN

MEN'S RAW

WOMEN'S OPEN

WOMEN'S RAW

MEN'S MASTERS AGE ____

MEN'S MASTERS RAW AGE ____

MEN'S 15-19 TEEN AGE ____

ENTRY FEES:

\$45.00 per lifter PER CONTEST

\$25.00 for each additional division

\$50.00 Team entry per contest

Make check or money order payable to Kings Gym

24775 Aurora Road • Bedford Heights, Ohio 44146

For additional information, Contact Ed or Frank King at (440) 439-5464

All entrants MUST sign waiver on reverse side

MAIL BACK THIS PAGE ONLY.

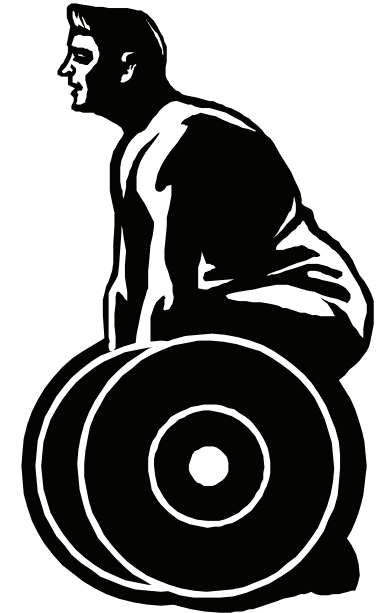
Additional Entries go to www.kingsgymohio.com



Kings Gym
24775 Aurora Road
Bedford Hts., Ohio 44146



**DRUG FREE
OHIO
POWERLIFTING
AND
BENCH PRESS
CHAMPIONSHIPS**



**SATURDAY, November 19, 2011
Official Entry Form**

Site:

- 24202 Aurora Rd., Bedford Hts., Ohio 44146

Host Hotel:

- **Hampton Inn**

6035 Enterprise Parkway, Solon, Ohio

(440) 542-0400 • 1-800-426-7866

- **\$89.00 MENTION WEIGHT LIFTING CONTEST.**

Lifting Times / Weigh Ins for State Championships:

- SATURDAY morning wt-ins 11-19-11 7:00 A.M. - 8:30 A.M at Venue (Bring equipment).
- Lifting starts at 9:30 A.M. (**Mandatory meeting at 8:30A.M.**)

Divisions / Weight Classes / Awards*:**Ohio Championships Saturday, November 19th**

- Men's Open and Raw / 123, 132, 148, 165, 181, 198, 220, 242, 275 /SHW (1st- 10th)
- Women's Open and Raw 105, 114, 123, 132, 148, 165, 181, 198, 198+(1st-10th)
- Teenage Men: By Wilks Formula, must bring evidence of birthdate. Drivers license or birth certificate. Up to age 19 (1st- 10th)
- Men's Masters and Men's Master Raw: By Wilks Formula, must bring evidence of birthdate. Drivers license or birth certificate. Age divisions are 40 to 49, 50 to 59, 60 plus (1st -10th)
- Team: 1st - 3rd (**Must be USAPL registered**)
- Best Lifters in P.L. & Bench Press.: Men's Open Light and Heavy /Masters Overall / Women's Overall

Special Award**In Memory of Al Siegel**

We will be awarding the Al Siegel Most Inspirational Award to the lifter who demonstrates exceptional heart and determination

** Awards subject to change based on number of competitors*

National judges will be available all day so you may attempt American records.

(3 Lift meet only)

Entry Fee for State Championships:

- \$45.00 per lifter **PER CONTEST**
- \$25.00 for each additional division within each contest
- \$50.00 Team entry per contest (**Must be a USAPL registered team**) **deadline by 11-14-2011**
(Please include your team roster. **Team Roster MUST be received before Weigh Ins and must be USAPL Registered.**)

NO REFUNDS

Food and Beverages:

A variety of Foods and Beverages will be available all day to lifters and spectators.

Admission:

\$10.00 per person. No charge for lifters or children 5 and under.

Equipment:

Current USAPL rules apply. A singlet or powerlifting suit must be worn with straps up while performing lifts on the platform. Use of illegal equipment will result in an immediate disqualification. Equipment must be checked at the time of weigh ins. No denim or canvas shirts. IPF technical rules will be enforced. Re: press signal on bench. Raw divisions: belt, wrist wraps, knee sleeves and singlet only. Teenagers division must wear singlet. **Please Note: All competitors, knee high socks must be worn for the deadlift. Refer to www.ipf.com for complete rules.**

USA PL Cards:

Lifters must be USA PL registered in order to compete. Cards may be purchased at the meet at weigh ins. Cards are \$30.00 for High School Students. \$45.00 for Adults

Drug Testing:

All lifters must willfully subject themselves to drug testing. Failure to do so will result in immediate disqualification and 3 year suspension, along with forfeit of award. Urinalysis will be performed.

BANNED SUBSTANCE ALERT ANDROSTENDIONE AND RELATED COMPOUNDS
are banned substances. Please check your supplements.

Liability / Release and Drug Certification:

You must read, sign and return the drug free certification and liability release along with your meet application.

State Chairman:

Greg Page — (216) 375-5312

Meet Directors:

Ed & Frank King — (440) 439-5464 www.kingsgymohio.com

Parents must sign if lifter is under 18 years old.

THIS IS AN OPEN CONTEST TO ALL LIFTERS



For additional entries visit our website
www.kingsgymohio.com

DRUG FREE WAIVER

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 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 of applicant

RELEASE FROM LIABILITY

Read carefully. When you sign it you will be giving up important legal rights. In consideration of the acceptance of my entry blank in this powerlifting competition. I intend to be legally bound, for not only myself but for my heirs, my executors and my administrators. In signing this release from liability I waive and release everyone connected with this competition from any and all liability which may arise from this 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 and controlled / banned substance Shall Be Conclusive. That is, whether I think the 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 may be necessary to complete the drug testing. Should I fail to pass the drug test, I agree to waive any claim which might arise under state law for defamation, slander, libel, or any other claim for which legal relief is available. If it is determined that I have failed the drug test, I agree to forfeit any trophy or award which I might otherwise have won. I agree to pay any attorney fee and 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 and litigation expenses is the sine qua non for the acceptance of my entry in this contest.

Signature in full of applicant

Signature in full of parent or guardian if applicant is under legal age of 18.

MAIL BACK THIS PANEL ONLY.