

# 2010 USAPL MID ATLANTIC BENCH PRESS CHAMPIONSHIPS

**Saturday, July 24, 2010**  
**Stanardsville Health and Fitness**  
**72 Lambs Stanardsville, VA 22973**

Meet Director: John Shifflett  
 E-mail: [valifting@aol.com](mailto:valifting@aol.com)  
 Tel: 434-985-3932

**WEIGH-INS:** weigh-ins Saturday 7:00 a.m. to 8:30 a.m. at the meet site

- ✓ Lifting will start approximately 9 a.m. **No** early weigh-ins.
- ✓ Awards: 1<sup>st</sup>-3<sup>th</sup> each class and division
- ✓ Awards for each age and wt class Raw and Assisted.
- ✓ USAPL rules will apply

## DIVISIONS AND WEIGHT CLASSES

### MEN'S DIVISIONS

123, 132, 148, 165, 181, 198, 220, 242, 275, SHW

### WOMENS' DIVISIONS:

105, 114, 123, 132, 148, 165, 181, 198, 198+

All entries **MUST** be received by  
**Saturday, July 12, 2010**  
 Make all Checks Payable to...  
**John Shifflett**  
**186 Happy Hollow Road**  
**Ruckersville, VA 22968**  
**434-985-3932**



<http://www.virginiapowerlifting.blogspot.com/>

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME# \_\_\_\_\_ E-MAIL \_\_\_\_\_

WEIGHT CLASS \_\_\_\_\_ USAPL# \_\_\_\_\_ AGE \_\_\_\_\_

GENDER \_\_\_\_\_

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

### Bench Press

- Open
- Teen 14 – 15
- Teen 16 – 17
- Teen 18 – 19
- Juniors (20 – 23)
- Masters (40 +) Every 5 yrs
- Raw (belt/knee sleeves/wrist)
- Assisted

### ENTRY FEES

\$65.00 – Adult  
 \$30.00 – Add. Meet/Division

### CHECKS PAYABLE TO

**John Shifflett**  
**186 Happy Hollow Road**  
**Ruckersville, VA 22968**

**Website:**

<http://www.virginiapowerlifting.blogspot.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 steroids, natural or synthetic growth hormone) as part of my training during the past thirty-six months, nor have I used prescription or psychomotor stimulants during the seven days prior to this meet.

\_\_\_\_\_  
 Applicant Signature in Full

## 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 on 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 and release everyone connected with this competition from any and all liability, including any result of negligence, which may arise from these 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 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 that might be necessary to complete the drug testing. Should I fail to pass the drug tests, I agree to forfeit any trophy or award, which I might otherwise have won. If it is determined that I have failed the drug test, I agree to waive any claim for which legal relief is available. I agree to pay any attorney fee and litigation expenses incurred by any person, real or corporate, which 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 some qua non-for the acceptance of my entry in this contest. If any provision of the release from liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this release from liability shall remain in full force and effect. I also certify with my signature that this release/agreement cannot be modified orally.

\_\_\_\_\_  
 Applicant Signature in Full

\_\_\_\_\_  
 Signature of Parent or Guardian(If applicant is under legal age of 18)