



## USAPL Richmond Open Powerlifting and Bench Press Championships

Date:	April 11, 2009
Sanctioned By:	USA Powerlifting (membership \$40 per year available at the meet) -- Drug Free for 36 months (three years)
Directors:	Nick Minneti, Gary and Tricia Emrich and Mitch Hayes
Location:	Atlee High School 9414 Atlee Station Rd. Mechanicville, VA 23116
Entry Fee:	\$75 per entry, \$35 for each additional division (NO REFUNDS) NOTE: payment must accompany entry form to register applicant <b>Open to all out of state lifters.</b>
Entry Deadline:	<b>ENTRY DEADLINE is Friday March 13, 2009 -- receipt or post-marked.</b> <b>The meet is limited to 55 lifters. There will be a late fee of \$50.00 for lifters entering past the deadline. Please send entries in early.</b>
Lifts:	Squat, Bench Press and Deadlift, Bench Press only and Push-Pull (Bench and Deadlift – no squat)
Awards:	Trophies for the top three places in each weight class
Divisions:	Teenage 14-15, 16-17, 18-19, Junior, Open, Sub-Masters, Special Olympian. Equipped and Raw. Masters in 5 yr. age increments (NO FORMULAS). All USAPL weight divisions are for both male and female
Drug Testing:	IPF Standard Urinalysis testing will be random and/or at meet directors discretion. Refusal to submit for testing will result in disqualification from the meet and may face suspension from USA Powerlifting/IPF competitions.
Weigh In/ Schedule:	<b>Weigh-in/Equipment Check -- overall 6:30 AM-8:00 AM</b> Lifters in the following classes will be offered expedited weigh ins as posted below: Men 114lbs-165lbs 6:30 am <b>sharp!</b> All Women 7:00 am <b>sharp!</b> Men 181lbs.-242lbs 7:20 am <b>sharp!</b> Men 275lbs.-SHW 7:40 am <b>sharp!</b>
Rules Briefing:	All 114lbs-198lbs and all women 7:40a.m. <b>sharp!</b> Men 220lbs.-SHW 7:40a.m. <b>sharp!</b>

	Lifting starts promptly at 9:05 a.m.
Equipment	Must meet all USA Powerlifting rules. See <a href="http://www.USAPowerlifting.com">www.USAPowerlifting.com</a> for details
Directions:	Please use your favorite internet mapping service
Admission:	\$5.00 per person including coaches. Only registered lifters are allowed entry without admission fee. All proceeds support Atlee High School.
T-Shirts:	Meet T- Shirts will be available.
More Information (phone calls between 9:00 AM and 9:00 PM ONLY):	Nick Minneti 804-262-7892 <a href="mailto:sacriegen@hotmail.com">sacriegen@hotmail.com</a> Gary and Tricia Emrich: 804-240-8632 <a href="mailto:fatboydd@comcast.net">fatboydd@comcast.net</a>
Mail Entries:	Check Payable to Gary Emrich 7361 Sandy Ln. Mechanicsville, VA 23111
Web Site:	<a href="http://www.virginiapowerlifting.blogspot.com/">http://www.virginiapowerlifting.blogspot.com/</a>
Recommended Hotels (google "Hotels near Atlee, VA"; we have had good luck with Holiday Inn):	Holiday Inn North 801 East Parham Rd. Richmond, VA 23227 Phone 1-(804) 266-8753. Hampton Inn 1101 Technology Park Drive Glen Allen, VA 23059 Phone (804) 261-2266

## Please save this information for future reference.

Detach the Entry Form and Liability Form (two pages), fill them out, and return them to the address in the "Mail Entries" section, above, with your payment by the entry deadline.

**DO NOT SEND CASH IN THE MAIL!**

You are not registered with the Richmond Open until we have your full entry payment, and have verified your entry registration and liability forms. We will contact you by email or phone to confirm entry receipt within 3 business days of receipt.

**NOTE:** You must also be a member in good standing with the USAPL the day of the meet – if you cannot prove your membership status you will be required to pay for a membership or will not be allowed to compete!

## RELEASE FROM LIABILITY

ALL LIFTERS and MEET PARTICIPANTS, INCLUDING LOADERS AND SPOTTER, REFEREES, AND PLATFORM WORKERS, MUST SIGN THIS PRIOR TO WEIGH-IN OR THE COMMENCEMENT OF THE MEET, WHICHEVER IS APPLICABLE

IMPORTANT: READ THIS RELEASE CAREFULLY. WHEN YOU SIGN IT YOU WILL BE GIVING UP IMPORTANT LEGAL RIGHTS.

In consideration of my participation in the **Richmond Open** Powerlifting Competition as a competitor, as a loader/spotter, as a referee, as a platform worker, or as in any other capacity, I intend to be legally bound, for not only myself but also for my heirs, executors, representatives, agents, successors, assigns, and administrators. By signing this **Release of Claims**, I waive, release, and forever discharge USAPL, USAPL officers and officials, the meet directors(s), the loaders and spotters, the referees, all meet personnel, and all USAPL administrative personnel, agents, independent contractors, and employees associated with this competition, from any and all claims, demands, damages, costs, expenses, loss of services, actions and causes of action, that I, my heirs, personal representatives, or assignees, may have against USAPL and the aforementioned parties for all injuries and damages, known or unknown, that I may incur as a result of my participation and/or involvement in the above-described event or by my use of the facility in which this competition is held.

I do further agree that I shall indemnify and save harmless USAPL, USAPL, USAPL officers and officials, the meet directors(s), the loaders and spotters, the referees, all meet personnel, and all USAPL administrative personnel, agents, independent contractors, and employees, from any and all claims, demands, damages, loss of service, or expense for property damage and for personal injuries or actions brought by a third party resulting or arising from my participation in the above-described competition or my use of the facility in which this competition is held.

Further, I assume the risk of my participation in this sport and in this competition, which is potentially dangerous, like most other sports. Serious to minor injuries can and do occur. I further recognize that my participation in this competition is voluntary and requires that I assume the risk of this potentially dangerous sport and, therefore, I assume the risk of potential injury.

Further, if I am asked to submit to a drug test, 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 may be necessary to complete the drug testing. Should I fail to pass the drug tests, I agree to forfeit any trophy or award that I might otherwise have won. I understand and agree that if I fail to pass the drug tests, my name will appear on a published list of suspended members. If the drug test to which I submit is reported as positive, then I waive any claim, action, or cause of action for which legal relief is available.

I agree to pay any attorney fees and litigation expenses incurred by any person, real or corporate, whom I may sue in an effort to challenge this **Release of Claims**. 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 or my participation in this competition. If any provision of this **Release of Claims** shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this **Release of Claims** shall remain in full force and effect. I also certify with my signature that this **Release of Claims** cannot be modified orally.

BY SIGNING BELOW, I ACKNOWLEDGE THAT I HAVE READ AND FULLY UNDERSTAND THE INFORMATION CONTAINED IN THIS DOCUMENT AND THAT I SIGN THIS RELEASE OF CLAIMS VOLUNTARILY WITH KNOWLEDGE THAT I WAIVE IMPORTANT LEGAL RIGHTS.

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Signature of Participant

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Signature of Parent or Guardian if the Participant is under 21 years old

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Print Your Name

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Date

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Print Your Name

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Date

**CERTIFICATION FOR COMPETITORS**

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

\_\_\_\_\_  
Print Your Name

\_\_\_\_\_  
Date



## Richmond Open 2009 Entry Application

Last Name \_\_\_\_\_ First \_\_\_\_\_ Middle \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ - \_\_\_\_\_

Email \_\_\_\_\_

Fill in the following the best you can. If you need to make changes notify the weigh-in crew.

Estimated Weight \_\_\_\_\_ (lbs.) Weigh-in determine final weight class assignment.

Sex (circle one) M or F Birth date: \_\_\_/\_\_\_/\_\_\_\_\_

USAPL # \_\_\_\_\_ (This is a sanctioned meet: please enter your valid member number. For your convenience you will be able to purchase one at the meet – exact cash payment or check only will be accepted at the meet.)

If you are including the membership payment in addition to the entry fee please check here

Division (check all that apply):

You may enter more than one division (if you qualify). **Please indicate the age range for Teenage or master divisions. Note: Each additional division requires an additional fee.**

Open <input type="checkbox"/>	High School <input type="checkbox"/>	Junior 20-23 <input type="checkbox"/>
Teenage 14-15 <input type="checkbox"/> 16-17 <input type="checkbox"/> 18-19 <input type="checkbox"/>	Masters 40-44 <input type="checkbox"/> 45-49 <input type="checkbox"/> 50-54 <input type="checkbox"/>	Masters 55-59 <input type="checkbox"/> 60-64 <input type="checkbox"/> 65-69 <input type="checkbox"/> 70-74 <input type="checkbox"/>
Police/Fire <input type="checkbox"/>	Sub masters 35-39 <input type="checkbox"/>	Special Olympian <input type="checkbox"/>
Raw Powerlifting <input type="checkbox"/> Raw Bench Only <input type="checkbox"/> Raw Push-Pull <input type="checkbox"/>	Assisted Powerlifting <input type="checkbox"/> Assisted Bench Only <input type="checkbox"/> Assisted Push-Pull <input type="checkbox"/>	Male <input type="checkbox"/> Female <input type="checkbox"/>