

USA POWERLIFTING
9th ANNUAL MMA & SPORTS EXTRAVAGANZA
BENCH PRESS, DEADLIFT AND PUSH/PULL CHAMPIONSHIPS
Saturday, October 23, 2010
Trump Taj Mahal Casino Resort / Atlantic City, New Jersey
www.mmasportsexpo.com
Officially Sanctioned USA Powerlifting Championship

Contest Venue and Location:

Mark Arena
Trump Taj Mahal Casino Resort
1000 Boardwalk, Atlantic City, New Jersey 08401
Phone: 609.449.1000 / Fax: 609.449.6818

Eligibility Requirements:

- 1) Contest is open to all lifters (USA Powerlifting Membership applications will be available at the weigh-in)
- 2) No qualifying totals or contests are required to enter this championship.
- 3) Certified referees will be available to set USA Powerlifting New Jersey State and American Records.

Weight Classes (lbs):

Men's Weight Classes: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, SHW

Women's Weight Classes: 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+

Competition Weigh-in and Lifting Schedule:

Saturday – October 23, 2010

8:00 to 9:30am: Weigh-in & equipment checks for all lifters [Inside Mark Arena]

9:30 to 10:00am: Rules briefing/lifter warm-up

10:00 to 4:00pm: Lifting for all athletes

4:00 to 5:00pm: Awards Ceremony and drug-testing protocol

Sunday – October 24, 2010

10:00am to 3:00pm: Training Seminars [seminar agenda will be posted on www.njpowerlifting.com]

Age Divisions/Groups:

Open (14 and Up)

Teen I (14-15)

Teen II (16-17)

Teen III (18-19)

High School (JV/Varsity)

Junior (20-23)

University Student (full-time, no age restriction)

Master I (40-49),

Master II (50-59),

Master III (60-69),

Master IV (70+)

Police/Fire/Military

Special Olympian

Disabled/Paralympic

Raw/Unequipped Lifting

Awards:

Awards will be presented to all 1st – 5th place finishers, for each weight class and age division/group. A special Champion of Champions award will be presented to the best overall men's and women's lifter in the Teen/Junior, Open and Masters Categories. Awards will also be presented to the 1st – 5th place teams.

Technical Rules:

The USA Powerlifting Technical Rules of Performance can be found here:
<http://www.usapowerlifting.com/committees/technical>

USAPL National referees will be at the contest for lifters to set American Records

World Wide Web:

Contest information, updates, nominations, etc. will be posted here:
www.njpowerlifting.com or www.mmasportsexpo.com

Travel and Hotel Arrangements:

If hotel accommodations are required they can be made here:
www.mmasportsexpo.com

If alternative arrangements need to be made, please contact me directly at either
rhk@verizon.net or 954.790.2249.

Admission:

Tickets to enter the MMA and Sports Extravaganza can be paid in advance or at the door – One Day: \$20.00. Three Days: \$30.00. There will be NO admission fee for children 12 and under! Additional information, regarding tickets, events, etc. can be viewed here: www.mmasportsexpo.com

Drug-Testing:

The contest will be drug-tested in accordance with USAPL/IPF/WADA guidelines. Any questions regarding the drug-testing procedures should be directed to the USAPL drug-testing committee. Further information can be found at the following URL:
http://www.usapowerlifting.com/drug_testing/index.shtml

New Jersey State Records:

The USAPL New Jersey state records can be found at the following website:
www.njpowerlifting.com



MMA & SPORTS EXTRAVAGANZA

Everyone Deserves To Be A Champion™

Up to 15 Sports * Celebrity Poker & VIP Weigh-In Party
Extreme Grappling Open * Huge Expo opens at 10am both days
Saturday VIP Party 6pm-8pm * MMA Fight Night 8pm
Sunday 5K Walk & Run * Bill Grant NPC Atlantic City Classic

Kurt Angle Ultimate Teen Challenge

To Register go to www.mmasportsexpo.com or call 609-923-2663

October 22nd - 24th at the Trump Taj Majal, Atlantic City

The poster features a dark background with a repeating pattern of yellow stars. Each star contains a silhouette of a different sport: MMA, boxing, judo, wrestling, and powerlifting. Below the stars is the slogan 'Everyone Deserves To Be A Champion™'. The event details are listed in red and white text. There are four inset photos: a man speaking at a microphone, a wrestling match, a bikini figure, and a powerlifter.

VIP Celebrity Experience * Kung Fu Convention * Pro MMA Fight Night * Super Stars of WWE Professional Wrestling * Extreme Grappling Open * NPC Bill Grant * Powerlifting * Weightlifting * USA Boxing * North American Strongman * USA Arm Wrestling * Bikini/Figure * Vendor Expo w/free samples * 5K Charity Run * Celebrity Poker Night

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Name _____ E-mail: _____
 (Important - please print E-mail clearly)

Address: _____

City: _____ State: _____ Zip Code: _____

Day Telephone: () _____ Evening Telephone: () _____

USAPL Membership Card #: _____ Expiration Date: _____ Powerlifting Club: _____

RELEASE FROM LIABILITY AND CONSENT TO DRUG TEST:

Read this carefully (When you sign it you will be giving up important legal rights)

In consideration of the acceptance of my Entry Form in 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 this competition. Moreover, I agree that any testing method, which the meet directors and the sponsors of this meet use to detect the presence of strength inducing drugs, **SHALL BE CONCLUSIVE**. This is, whether I think the results of the test 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 test, which may 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 win. 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 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 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 **SINE QUA NON** for acceptance of my entry in this contest. If any provision of this 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 force and effect. I also certify with my signature that this release/agreement cannot be modified orally

Signature of lifter		Date	
Signature of Parent Or Legal Guardian <i>If Contestant is under 18</i>		Date	

Check the Divisions you will be lifting in:

- | | | |
|--|--|---|
| <input type="checkbox"/> Open (all ages 14 and up) | <input type="checkbox"/> High School Varsity | <input type="checkbox"/> Masters I (40-49) |
| <input type="checkbox"/> Teen I (14-15) | <input type="checkbox"/> Junior (20-23) | <input type="checkbox"/> Masters II (50-59) |
| <input type="checkbox"/> Teen II (16-17) | <input type="checkbox"/> University/College Student | <input type="checkbox"/> Masters III (60-69) |
| <input type="checkbox"/> Teen III (18-19) | <input type="checkbox"/> Police/Fire/Military | <input type="checkbox"/> Masters III (70+) |
| <input type="checkbox"/> High School JV | <input type="checkbox"/> Disabled / Paralympic Athlete | <input type="checkbox"/> Raw/Unequipped Lifting |

Please specify the weight class that you will be lifting at: _____ Age: _____ Date of Birth: _____

PLEASE SPECIFY T-Shirt SIZE(s): M L XL XXL XXXL

ENTRY FEE (S):

- _____ \$60.00 – Bench Press Only Competition
- _____ \$60.00 – Deadlift Only Competition
- _____ \$60.00 – Combined Bench Press and Deadlift [Push/Pull] Competition
- _____ \$30.00 – Each additional Division Entered (see divisions above)
- _____ \$60.00 – Team Entry Fee (see reverse side of this form)
- _____ \$50.00 – Late Fee [Entry Form is post-marked after Saturday, October 2, 2010]
- _____ \$15.00 – Championship T-shirt [Small – Large] / \$20.00 – Championship T-shirt [XL – XXXL]
- _____ Total Amount Enclosed

APPLICATIONS MUST BE POSTMARKED BY NO LATER THAN SATURDAY, OCTOBER 2, 2010!

Important Notes: If your application/entry is late, you must notify the meet director in advance by email or telephone to be officially registered for the competition. There are NO refunds for any reason. Free Admission to all Children 12 and under.

PLEASE MAIL ALL CHECKS AND/OR MONEY ORDERS TO THE FOLLOWING:

Robert Keller – Championship Director
 Post Office Box 829, Ambler, Pennsylvania 19002-0829
 Telephone: 954.790.2249 * Fax: 954.301.3344 * E-mail: rhk@verizon.net
www.njpowerlifting.com

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TEAM ENTRY FORM

FULL TEAM NAME: _____

HEADCOACH: _____ MANAGER: _____

PHONE: _____ USAPL Team Registration Number: _____ Expiration: _____

TEAM ENTRY FEE

Team entry fees are \$60.00 for each division (e.g., one men's and one women's team would be \$60.00 each totaling \$120.00). Also, you may have multiple team entries (e.g., Team A and Team B, in one division). Additionally, each team member must fully complete an individual entry form and forward the appropriate entry fees (see reverse side).

TEAM ROSTER

No.	Lifter	Weight Class	USAPL Card #:
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			

ALTERNATES

1	
2	

TEAM SCORING

Each team is allowed a maximum of 11 lifters spread throughout the range of the 11-bodyweight categories for men and 10 lifters throughout the range of 10 bodyweight categories for women. Each team is allowed a maximum of two alternates. These alternates may be substituted at any time prior to the commencement of the weigh-in for a particular bodyweight category. Team scoring will be calculated in accordance with USAPL rules.

**ALL TEAM ROSTERS MUST BE RECEIVED BY 7:00 AM THE MORNING
 OF OCTOBER 23, 2010 FOR DECLARATION INTO THE CHAMPIONSHIP**