



**USA Powerlifting**  
**FAST GYM'S**  
**Powerlifting & Benchpress**  
**Winter Classic**



**2012**

**January 7, 2012**

**Location**

FAST Gym  
 981 E Lancaster Avenue  
 Downingtown PA, 19335  
[www.fastgympa.com](http://www.fastgympa.com)

**Meet Director**

Madeleine Duey 484.880.0606  
 madeleined@fastgympa.com

**Entry Fee**

Powerlifting ..... \$45  
 Benchpress ..... \$35  
 Additional divisions ..... \$15

**T-shirt**

S, M, L, XL ..... \$15  
 2XL, 3XL ..... \$15

**Deadline**

December 1, 2011  
 Late Fee: \$10.00

**Weigh-ins and Gear Check**

6:30 to 8:30

**Lifting Start Time**

9:00 am

**Awards:**

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in  
 each weight class within  
 each division plus

**Viking Swords  
 for Best Lifters!**

**Divisions**

**Men's**

Open PL  
 Open BP

Collegiate PL  
 Collegiate BP

High School PL  
 High School BP

**Women's**

Open PL  
 Open BP

Collegiate PL  
 Collegiate BP

High School PL  
 High School BP

**Weight Classes**

Men's 114, 123, 132, 148, 165, 181,  
 198, 220, 242, 275, 275+

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

**Eligibility**

Open to all UASPL Registered Athletes. Membership  
 registration available day of meet.

**Hotel**

Holliday Inn Express Say you're with the Powerlifting  
 120 Pottstown Pike meet and just pay \$99, includes  
 Exton, PA 19341 breakfast 610.524.9000

**USAPL FAST Gym's  
 Powerlifting and Bench Press  
 Winter Classic**

# USA Powerlifting



## Powerlifting & Benchpress Winter Classic 2012

### Division(s)

#### Men's

- Open PL                       Open BP  
 Collegiate PL                 Collegiate BP  
 High School PL                 High School BP

#### Women's

- Open PL                       Open BP  
 Collegiate PL                 Collegiate BP  
 High School PL                 High School BP

#### Weight Class

#### T-Shirt Size

#### Equipped or Raw

#### Men's

114, 123, 132, 148, 165, 181,  
198, 220, 242, 275, 275+

#### Women's

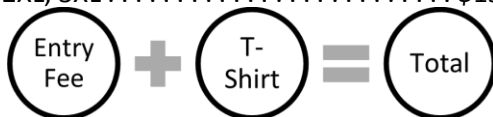
97, 105, 114, 123, 132,  
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 2XL, 3XL ..... \$15



### Mail Form and Check by 12/15/11 to

Madeleine Duey  
 981 E Lancaster Avenue  
 Downingtown, PA 19335

### Make check payable to FAST Gym



## Official Entry Form

**Date:** January 7, 2011  
**Location:** FAST Gym  
 981 E Lancaster Avenue  
 Downingtown, PA 19335  
 www.fastgympa.com  
**Contact:** 484.880.0606  
 madeleine@fastgympa.com



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

Address \_\_\_\_\_

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

Phone \_\_\_\_\_ Email \_\_\_\_\_ Age \_\_\_\_\_

USAPL Card # (registration available at day of meet) \_\_\_\_\_ Expiration Date \_\_\_\_\_ Male/Female \_\_\_\_\_

### Release from liability and consent to drug test

Read this carefully as you will be giving up important legal rights when you sign it

In consideration of the acceptance of my Entry Form for 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 that I 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 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 \_\_\_\_\_

Parent Signature or Legal Guardian if contestant is under 18 \_\_\_\_\_ Date \_\_\_\_\_