

2012 Louisiana State Powerlifting Championships
Hosted by the University of Louisiana at Lafayette Powerlifting Team
Officially Sanctioned USA Powerlifting Contest
SATURDAY – January 14, 2012

Location of Event:
Red Lerille's Health and Raquet Club
301 Doucet Rd.
Lafayette, LA 70503

Event Director: Cameron Barrilleaux (985) 768-2399, cbb3129@louisiana.edu

Eligibility Requirements:

Open to registered USAPL members (Membership cards can be purchased at Weigh-in).

Weight Classes (lbs):

Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, SHW

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

Women: Lightweight (97-123), Middleweight (132-165), Heavyweight (181-SHW)

Women's Raw: Lightweight (97-123), Middleweight (132-165), Heavyweight (181-SHW)

Bench Only (lbs):

Men: Lightweight (114-181), Heavyweight (198-SHW)

Women: Lightweight (97-148), Heavyweight (165-SHW)

This is a qualifier for all National Competitions held by the USAPL during the 2011 season.

Schedule

Saturday – January 14th, 2012

7:30 – 9:00 Weigh-in & equipment check for all classes

9:00 Rules briefing/lifter warm-up

9:30 Lifting Begins

Note: There will be two platforms this year if more than 40 lifters enter the meet.

Entry Fees

Full Meet: \$65

Bench Only: \$40

Both Divisions: \$80

Team Entry Fee: \$50

Late Fee: \$25

Note: You must Enter in the full meet division to break National Records

Send entries and make checks or money orders payable to:

Cameron Barrilleaux

511 Bertrand Dr. Apt # 5206

Lafayette, LA 70506

(985)768-2399

cbb3129@louisiana.edu

Special Note: Please send your contest application/entry in early. Entry forms must be postmarked by Wednesday, January 4, 2012 to avoid a late fee being added to your application.
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Awards:

Awards will be presented to 1st -3rd place finishers for each weight class/division entered in the Full Meet. Awards will be given to 1st-3rd place finishers in the Bench only Competition based on Wilks. Most outstanding lifter awards will be presented to the best lifters for the championship based on Wilks. Awards shall also be presented to the top three teams. **Teams can be comprised of any 6 lifters and will be awarded by the best average Wilks.**

A limited number of meet t-shirts will be available at the meet. **Pre-ordering the shirts in high recommended.**

Technical Rules:

The competition is USAPL sanctioned and ALL IPF rules will be followed. If you are not familiar with these rules, they can be found at the following URL:

http://www.powerlifting-ipf.com/IPF_rulebook.doc

Drug-Testing:

The contest will be drug-tested in accordance with USAPL/IPF/WADA guidelines. Any questions with regards to the drug-testing procedures should be directed to the USAPL drug-testing committee. They can be reached at the following telephone number: 219.456.8485. Further information can be found at the following URL:

http://www.usapowerlifting.com/drug_testing/index.shtml

Name _____ E-mail _____
(Please print E-mail clearly)

Address: _____

City: _____ State: _____ Zip Code: _____

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

USAPL Membership Card #: _____ Expiration Date: _____ Team: _____
(Can be purchased at the contest)

Please Specify the Weight Class you will be Lifting in: _____ Age: _____ Date of Birth: _____

Please Check one: Raw: _____ Equipped: _____

Entry Fee(s):

_____ \$60.00 — Powerlifting Competition Full Meet (Squat, Bench Press, Deadlift)

_____ \$35.00 — Bench Press Only Competition

_____ \$75.00 — Combined Powerlifting and Bench Press Only Competition

_____ \$25.00 — Late Fee (If Postmarked after January 3rd)

_____ \$20.00 — Long Sleeve State Meet T-Shirt (Small to X-Large) / Size Requested _____

_____ \$25.00 — Long Sleeve State Meet T-Shirt (XXL to 4XL) / Size Requested _____

_____ \$ Total Meet Submitted

Important: If Entry form is submitted late, You MUST notify the meet director by telephone or e-mail!



USA POWERLIFTING™

(formerly the ADFPA Inc.)

PO Box 668

Columbia City, IN 46725

260-248-4889 / 260-248-4879 fax

**MENS SANA IN CORPORE SANO
A SOUND MIND IN A SOUND BODY**

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

RELEASE OF CLAIMS AND LIABILITY

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

In consideration of my participation in the **2012 Louisiana State Championships** 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, UL Powerlifting, Cameron Barrilleaux, Red's, 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.

Signature of Participant

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

Print Your Name

Date

Print Your Name

Date