

**B&W GYM**  
**PRESENTS**  
**THE**  
**USAPL**  
**2016 ILLINOIS WOMENS OPEN RAW**  
**POWERLIFTING &**  
**BENCH PRESS CHAMPIONSHIPS**  
USAPL SANCTION IL-2016-01

- WHEN:** Sunday Jan 31, 2016
- WHERE:** B&W Gym  
5920 N Ridge  
Chicago, IL
- TIME:** Weigh-In 8:30 am  
Competition: 10:30 am
- ENTRY FEE:** \$45.00 (checks made payable to B & W Gym)  
\$25.00 each additional division  
Team entry: \$40.00  
Entries must be received by Jan 15, 2016 ( Limited to the first 35 entries)**NO LATE ENTRIES ACCEPTED!**
- ELIGIBILITY:** Open to all registered USAPL lifters  
USAPL cards available at meet: \$45.00
- DRUG TESTING** You must be drug free for at least 36 months prior to the date of this meet to be eligible. At least 10% of all lifters will be tested by urinalysis . Banned substances include but are not limited to anabolic steroids and growth hormones. The complete list of banned substances is available on the website of the World Anti- Doping Agency. (See [www.WADA-ama.org](http://www.WADA-ama.org))
- LIFTING ATTIRE** This is a raw womens meet. All lifters must wear a one piece lifting suit or singlet. All equipment must conform to USA Powerlifting rules. See [www.USAPowerliftin.com](http://www.USAPowerliftin.com) for details..
- AWARDS:** 1st - 3rd: Women in 8 weight classes (43,47,52,57,63,72,84 ,84+ kg)( POWER MEET & BENCH)  
1st - 3rd: Best lifters in Open(POWER MEET &BENCH)  
1 Best Lifter: Master - Teen - Women – Junior(POWER MEET &BENCH)  
1st - 3rd: Team
- ADMISSION:** \$7..00 at the door
- T- SHIRTS:** \$13.00 advance order/ \$15.00 at the meet
- REGULATIONS:** All USAPL rules apply. Lifters must wear a one-piece lifting suit. This is a raw meet .
- FURTHER INFORMATION:** Contact Dennis Brady B & W Gym, 5920 N. Ridge Blvd, Chicago, IL 60660  
(773) 561-9692 [Dennisbwgym@aol.com](mailto:Dennisbwgym@aol.com)

ENTRY FORM  
2016 USAPL ILLINOIS WOMENS RAW POWERLIFTING & BENCH PRESS CHAMPIONSHIPS

(PLEASE PRINT)

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
Street Address City State Zip

PHONE: (\_\_\_\_) \_\_\_\_\_ E-MAIL \_\_\_\_\_

TEAM: \_\_\_\_\_ WEIGHT CLASS \_\_\_\_\_ USAPL # \_\_\_\_\_

BEST BENCH (OR ESTIMATED BENCH);( **MUST BE FILLED IN**): \_\_\_\_\_

BEST TOTAL (OR ESTIMATED TOTAL );( **MUST BE FILLED IN**) \_\_\_\_\_

IF PREVIOUSLY DRUG TESTED : WHERE: \_\_\_\_\_ WHEN: \_\_\_\_\_ TYPE OF TEST: \_\_\_\_\_

DIVISIONS ENTERED: (Circle one or more) POWER BENCH  
SHIRTS \_\_\_\_\_ SIZES \_\_\_\_\_ TOTAL ENCLOSED \_\_\_\_\_

In consideration of my entry, I , intending to be legally bound, hereby, for myself, my executors and administrators, waive and release the USAPL, B & W Gym, ,their agents, representatives, committees and members from any and all claims or rights to damage from injuries or losses suffered by me directly or indirectly competing in or attending the **2016 USAPL ILLINOIS WOMENS RAW POWERLIFTING & BENCH PRESS BENCHPRESS CHAMPIONSHIPS .**

I agree to abide by the USAPL rules governing this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

\_\_\_\_\_  
If minor, Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**RELEASE FROM LIABILITY**

**Read this release carefully. When you sign it, you will be giving up important rights.**

In consideration of the acceptance of my entry blank in this powerlifting competition, I intend to legally bound for not only myself, also 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, which may arise from this competition. Moreover, I agree that any testing method which the meet directors and the sponsors of the meet use to detect the presence of strength inducing drugs **SHALL BE CONCLUSIVE**. That is whatever I think the results of the test are right or wrong, I agree that I have no right to challenge the results of the test. I further agree to submit to any physical tests, which may be necessary to complete the drug testing. Should I fail to pass the drug test, I agree to waive any claim, which might arise under state law for defamation, slander, or libel, or any other claim on 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 from liability. I understand that my agreement topay attorney fees and litigation expenses is the sine que ono for the acceptance of my entry in this contest.

\_\_\_\_\_  
Signature of contestant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of parent or guardian if under 18 years old

***CERTIFICATION***

I hereby give my word of honor as an athlete that I have not used any strength inducing drugs (i.e. any anabolic steroids or natural hormone) as part of my training during the past 36 months, or any prohibited stimulants or diuretics in the past 7 days prior to this contest.

\_\_\_\_\_  
Signature, in full, of competing Powerlifter

\_\_\_\_\_  
Date