

B&W GYM
PRESENTS
THE
USAPL
2016 ALL MIDWEST RAW BENCHPRESS CHAMPIONSHIPS
USAPL SANCTION IL-2016-03

WHEN: Sunday April 16, 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 April 6, 2016 (Limited to the first 60 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)

LIFTING ATTIRE This is a raw meet. All lifters must wear a one piece lifting suit or singlet. All equipment must conform to USA Powerlifting rules. See www.USAPowerliftin.com for details..

AWARDS: 1st - 5th: Trophies in Open in 9 weight classes (53,59,66,74,83,93,105,120, 120+ kg)
1st - 3rd: Masters in 9 weight classes & 2 age groups (40 - 49, 50 and up)
1st - 3rd: Women in 8 weight classes (43,47,52,57,63,72,84 ,84+ kg)
1st - 3rd: Teen in 9 weight classes & 3 age groups (14 - 15, 16 - 17, 18 - 19)
1st - 3rd: Junior (20 - 23) in 9 weight classes
1st - 3rd: Best lifters in Open
1 Best Lifter: Master - Teen - Women - Junior
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

ENTRY FORM
2016 USAPL ALL MIDWEST RAW BENCHPRESS CHAMPIONSHIPS

(PLEASE PRINT)

NAME: _____ AGE: _____ SEX _____

ADDRESS: _____
Street Address City State Zip

PHONE: (____) _____ E-MAIL _____

TEAM: _____ WEIGHT CLASS _____ USAPL # _____

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

IF PREVIOUSLY TESTED : WHERE: _____ WHEN: _____ TYPE OF TEST: _____

DIVISIONS ENTERED: (Circle one or more) OPEN WOMEN MASTERS TEEN JUNIOR
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 ALL MIDWEST RAW 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 to pay 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