



# 2014 Alabama State Powerlifting Championships MARCH 15 - MARCH 16, 2014

## ENTRY FORM



### SATURDAY • MARCH 15

Awards immediately following each session

#### Session ONE: Men & Women

All divisions, all weight classes up to and including 165lb class

**Weigh-in: 7:00-8:30 a.m.**

Lifting begins at 9:00 a.m.

#### Session TWO: Male & Female

All divisions, 181-220lb men, 181-198lb+ women

**Weigh-in: 12 noon-1:30 p.m.**

Lifting begins at 2:00 pm

(Times may be adjusted)

### SUNDAY • MARCH 16

Awards immediately following each session

#### Session ONE: Male

All divisions, 242, 275, 275+

**Weigh-in: 7:00-8:30 a.m.**

Lifting begins at 9:00 a.m.

### Parking

Parking Pass (per day)..... \$2

If you are staying at the host hotel, it is a short walk.

### AWARDS

1<sup>st</sup> through 3<sup>rd</sup> all weight classes: equipped and raw

#### Best Lifters:

Best men & women lifters, open, masters, teen (by Wilks Formula)

#### Special Olympics:

1<sup>st</sup> through 3<sup>rd</sup> (must register with Special Olympics Alabama)

#### Men's Classes:

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

#### Women's Classes:

97, 105, 114, 123, 132, 148, 165, 181, 198+

#### Proceeds:

Proceeds to benefit ARCBC Special Olympics Powerlifting and the Wounded Warrior Project®

**Location:** Battleship Memorial Park • Battleship Parkway • Mobile, AL 36601

**Meet Directors:** Daryl Haskew: 2haskews@bellsouth.net • (251) 928-6987

Jay Todia: jtodia@gmail.com • (251) 654-1517

**Web/Social:** www.USAPLAlabama.com • www.Facebook.com/USAPLAlabama

**Venue/Hotel:** www.USSAlabama.com • www.BattleshipInnResort.com

**Proceeds:** Proceeds to benefit ARCBC Special Olympics Powerlifting and the Wounded Warrior Project®

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone Number(s) \_\_\_\_\_

E-Mail \_\_\_\_\_

Birthdate / Age on March 15, 2014 \_\_\_\_\_

Weight \_\_\_\_\_

### DIVISION: (Please check all that apply)

- MALE DIVISION:**     Open                     Masters             Teen             Special Olympics
- Raw                     Equipped
- Full Meet             Bench Only         Push -Pull Only
- FEMALE DIVISION:**  Open                     Masters             Teen             Special Olympics
- Raw                     Equipped
- Full Meet             Bench Only         Push -Pull Only

### ENTRY FEE:

(One Division Entry Fee includes 1 admission to the USS Alabama Battleship)

\_\_\_\_\_ \$ 55.00 Early INDIVIDUAL registration. Entry postmarked BEFORE March 1, 2014.

\_\_\_\_\_ \$ 65.00 Late INDIVIDUAL registration. Entry postmarked AFTER March 1, 2014.

\_\_\_\_\_ \$ 25.00 Additional Division fee.

\_\_\_\_\_ \$ 10.00 Official Championship T-Shirt (Small - XLarge) / Size requested \_\_\_\_\_

\_\_\_\_\_ \$ 15.00 Official Championship T-Shirt (2XL - 5XL) / Size requested \_\_\_\_\_

\_\_\_\_\_ \$ 7.00 Additional USS Alabama Battleship admission (Family, Coaches, Friends)

\_\_\_\_\_ **\$ TOTAL ENTRY REMITTANCE** (Entry Fee Only. USAPL Membership is separate from entry fee. USAPL Memberships may be purchased online or purchased separately at meet)

**MAKE CHECKS OR MONEY ORDERS PAYABLE TO: ARCBC**

**MAIL TO: ARC OF BALDWIN COUNTY • ATTN: DARYL HASKEW • P.O. BOX 400 • LOXLEY, AL 36551**

### RULES:

This is a USAPL sanctioned meet. All USAPL rules apply. You must have a current USAPL card to lift. If you do not have one, you can purchase one at the meet. Check www.USAPowerlifting.com for membership fees. All lifters are subject to drug testing. If a lifter refuses, or is not available, for drug testing, the lifter will be automatically disqualified from the competition.

For a complete rules guide, visit: <http://www.usapowerlifting.com/lifterscorner/USAPLHandbook2.pdf>





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

In consideration of my participation in the 2014 Alabama State Powerlifting 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, 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, 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	Date
Print Your Name	Date	Date

**Certification For Competitors**

I hereby give my word of honor as an athlete that I have not used any strength inducing drugs (i.e. any anabolic steroid, natural hormone or synthetic growth hormone) as part of my training during the past thirty-six months, nor have I used prescription diuretics or psychomotor stimulants during the seven days prior to this meet

Signature	Print Your Name	Date
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