



**6th Annual Fife Power Company
Powerlifting,
Bench Press and Dead Lift Holiday Classic
This is a Drug Tested Meet
Bendin' Bars and Breakin' Records!**

DATE – **Saturday** - December 4, 2010

Where – Fife High School Gymnasium
5616 20th Street East
Tacoma, WA. 98424

School Phone Contact – 253 – 517 – 1100 **Ext.24621**

Directors – Steve Slavens
253 – 435 – 0023 Home
cwsctnf@comcast.net
sslavens@fife.k12.wa.us

Know the Rules! – www.usapowerlifting.com

Entry Deadline –
November 12, 2010

**All entries must be received or postmarked by that date. 60 lifter limit!!!
NO LATE ENTRIES WILL ACCEPTED PAST THAT DATE – FIRM!!!**

Lifts –

A lifter may enter the 3 lift powerlifting session, bench, dead lift or bench and dead lift.

Entry Fees – Meet entry fee is \$65 (except teens) for the full defined meet. Singular divisions are \$45 except for the combined bench/dead lift - \$60. Each lifter will receive a meet T-Shirt with their entry. DOOR ADMISSION WILL BE \$5 FOR ALL NON LIFTERS.

Example of fees

Powerlifting = \$65

Teens/Spec. Oly. = \$35

Bench only = \$45

Dead Lift Only = \$45

Bench and Dead Lift = \$60

Team Entry - Team entry will be \$50 in addition to other fees.

ADMISSION AT THE DOOR: \$5.00 PER PERSON - SPECTATORS/COACHES

Registered volunteers are admitted free, provided food/drink and a meet T-Shirt. Feel free to give a call/email to volunteer!
Volunteers needed for spotting/loading, scoring, setup and break down

Sanctioned by – USA Powerlifting. All lifters must have up to date memberships with USAPL. Cards will be available at the meet. Adults are \$45 per year and teens (high school) are \$30 per year. **Teams need to be registered with USAPL**

Awards – 1st through 3rd in each Open class
1st through 3rd in each Junior class
1st through 3rd in each Teen Class (by formula)
1st through 3rd in each Master Group (by formula)
1st through 3rd in the Team Classification
1st through 3rd in Special Olympics category

Divisions –

Open
Junior
Teen (14-15, 16-17, 18-19)
Master (40-44), (45-49), (50-54), (55-59), (60+)
Special Olympians

Weight Classes –

Women – (Lbs.) 97(Teens only), 105,114, 123, 132, 148, 165, 181, 198, 198+
Men – 114(Teens Only), 123, 132, 148, 165, 181, 198, 220, 242, 275, 275+.

Weigh In/Gear Check Schedule –

Weigh in begins at 7:00 a.m. to 8:30 a.m. Gear check will coincide with the weigh in. All weigh-ins will occur at Fife High School. **You must be present at this weigh in time to lift. It is possible two sessions may occur so be aware of weigh in time changes.**

Rules and lifting –

Rules briefing at 8:30 a.m.
Lifting begins promptly at 9:00 a.m.

Record Attempts – If you plan to attempt to set a new American record please state so on your entry so we can have all the proper referees in position. If we cannot have nationally ranked referees in position records can be set in that category.

Testing – You must be drug free for 36 months in order to compete in this meet. A minimum of 10% of the lifters will be tested by URINALYSIS. Banned substances include but are certainly not limited to Anabolic Steroids and Growth Hormone. Prescription diuretics and psychomotor stimulants cannot be used for a period of no less than 7 days prior to this meet.

Attire/RULES – You must wear a one piece lifting suit or a wrestling singlet, shoes and a T-Shirt. Specialized bench shirts and dead lift suits, lifting belt (no Velcro or 6"belts), or other gear must meet USAPL guidelines. www.usapowerlifting.com
Raw Lifters need to make sure they know and understand RAW rules through USAPL.
All lifters should know rules for conduct and time frames for lifts to occur.

**CONTEST ENTRY FORM
FIFE POWER COMPANY POWERLIFTING, PUSH/PULL
DECEMBER 4, 2010
FIFE HIGH SCHOOL**

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

AGE _____ BIRTH DATE _____

USAPL REG.# _____ There is a limit of 60 lifters

DIVISION – CIRCLE ONE – MEN - WOMEN

CIRCLE ONE – **TEEN (14-15) (16-17) (18-19)**
 JUNIOR
 OPEN
 MASTER (40-44) (45-49) (50-54) (55-59)
 (60+)
 Special Olympian
 RAW – Check RAW rules on USAPL site

ANTICIPATED WEIGHT CLASS – Circle one

97 105 114 123 132 148 165 181 198

198+(WOMEN) 220 242 275 275+

***PROOF OF AGE WILL BE REQUIRED* Remember the 60 lifter limit!!**

MEET T SHIRT SIZE – SM M L XL XXL XXXL (PLEASE CIRCLE)

Record attempt (type) _____

**Make checks payable to:
Fife High School**

**Send entry to:
Fife High School
C/O Steve Slavens or Jayne Sanderson
5616 20th Street East
Tacoma, WA. 98424**

RELEASE FROM LIABILITY

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

In consideration of the acceptance of my entry form in this lifting meet I intend to be legally bound, not only for myself but also my heirs, my executors and my administrators, Fife High School or any part of the school district that is associated with this event. 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 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 shall have no right to challenge the results of the drug tests. I further agree to submit to any physical tests necessary to complete the drug testing. Should I fail to pass the drug test I agree to forfeit any trophy or award which I might otherwise have won. I understand and agree that if I fail to pass the drug test 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 incurred by any person, real or corporate, whom 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 into 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 full force and effect. I also certify with my signature that this release/agreement cannot be modified orally.

Signature in full of applicant

Signature in full of parent or guardian if the applicant is under 21 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 steroid, natural hormone or synthetic growth hormone) as part of my training during the past 36 months, nor have I used prescription diuretics or psychomotor stimulants during the 7 days prior to this meet.

Signature in full of Powerlifter _____

This form must accompany your entry.