

Navy Powerlifting Hosts: NAVY OPEN 2008

U.S.A.P.L. POWERLIFTING COMPETITION

Saturday February 23, 2008

Weigh-ins 7:00 – 8:30

Lifting Begins 9:00am

Halsey Field House

US Naval Academy, Annapolis MD



Meet Director:

Will Spears m086318@usna.edu (443) 822-1223

Eligibility: Open to all USAPL registered lifters. USAPL registration will be available at the meet. Registration with USAPL is \$40 per year; this is not related to the competition entrance fee.

Rules: This meet will be sanctioned by USA Powerlifting and all rules used will be those of USAPL / IPF. One-piece lifting singlet required; long socks must be worn for deadlift events. All IPF- approved equipment will be allowed. For any other questions, contact the meet director.

Weight Classes (lbs):

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

Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, SHW

AWARDS:

By weightclass, Men & Women, 1st-3rd

By Wilks formula, Best Overall Lifters, Men & Women

Entry Fee: All Lifters, \$35 (address checks to "NAAA – Navy Powerlifting") **FEE MUST ACCOMPANY ENTRY FORM**

Entry Deadline: February 15, 2008. Entries Postmarked after Deadline must pay \$10 LATE FEE. Late registration will take place at the meet as well.

This event is a qualifying competition for USAPL High School, Collegiate, and Open Nationals

Total number of competitors will not exceed 60

Collegiate and/or high school team scoring will be considered if there is significant competition. Otherwise team labels will be for recordkeeping only. Contact the meet director if interested.

Drug Testing: 10% of all participants in this competition will be randomly selected for drug testing by urinalysis.

NAME: _____ ADDRESS: _____

CITY _____ STATE _____ ZIP _____ PHONE#: _____

DATE OF BIRTH: _____ E-MAIL: _____

USAPL # (if currently registered) _____ WEIGHT CLASS: _____ AGE (Day of Meet): _____

In consideration of your accepting this entry, I hereby for myself and my heirs, release all rights/claims for damages and/or injuries I may have against USA Powerlifting, Josh Major, U.S. Naval Academy, all other meet directors & staff, & any & all other participating sponsors, supporters, referees, & spotter/loaders as a result of my traveling to, and/or from and/or participating in, the above listed competition. I make this release and waiver of claim with full knowledge of the hazards and inherent rights associated with the above listed competition. I hereby assume the risk of injury and property damage loss.

SIGNATURE: _____ DATE: _____

LEGAL GUARDIAN (IF COMPETITOR IS UNDER 18 YEARS OF AGE):

NAME (Print) _____ SIGNATURE: _____ DATE: _____

RELEASE FROM LIABILITY AND CONSENT TO DRUG TEST

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

In consideration of the acceptance of my entry in this Powerlifting competition I intend to be legally bound, for not only myself but also for my heirs, my executors, and my administrators. In signing this release from liability I waive and release everyone connected with competition from any and all liability, including any results 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 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, which may be necessary to complete drug testing. Should I fail to pass drug tests I agree to forfeit any trophy or award which I 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 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 the acceptance of my entry in this contest. If any provision of this release form liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release of Liability shall remain in full force and effect. I also certify with my signature that this release/agreement cannot be modified orally.

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 thirty six months, nor have I used prescription diuretics or psychomotor stimulants during the seven days prior to this meet.

SIGNATURE: _____ DATE: _____

LEGAL GUARDIAN (IF COMPETITOR IS UNDER 18 YEARS OF AGE):

NAME (Print) _____ SIGNATURE: _____ DATE: _____

CONTESTS ENTERED: (for recordkeeping purposes)

- | | |
|---|-----------------------------------|
| <input type="checkbox"/> Men | <input type="checkbox"/> Women |
| <input type="checkbox"/> Youth (10-13) | <input type="checkbox"/> Open |
| <input type="checkbox"/> Teen (14-19) | <input type="checkbox"/> Masters |
| <input type="checkbox"/> Junior (20-23) | <input type="checkbox"/> Military |
| <input type="checkbox"/> Collegiate | |

Team Represented:

- Navy
 Other: _____

Choose 1:

- Powerlifting (3 Lift Competition)
 Bench Press Only

Entry Deadline:

February 15, 2008.

Entries Postmarked after deadline must pay \$10 LATE FEE. Late registration will be available at the competition.

Mail entry forms and fees to:

Will Spears
PO Box 11878
Annapolis, MD 21412

PARKING:

Due to unpredictable security conditions, vehicular access to USNA cannot be guaranteed without Department of Defense stickers. Competitors and spectators of this event may utilize street parking outside of USNA. Halsey Field House is located nearest to USNA Gate #1 (Downtown Annapolis). **Please see separate form to apply for vehicular access to USNA grounds.**

Additional information and entry forms available for download at:
www.usna.edu/powerlifting/

2008 NAVY OPEN – VEHICLE ACCESS REQUEST

Name of Driver: _____
License Plate (state and #): _____
Vehicle make and model: _____
Vehicle color: _____

This information will be forwarded to the USNA security forces in a request for vehicular access. You will not receive further notification; plan on being able to drive on but allow ample time to walk on in the event that you are denied vehicular access. Pedestrian access to USNA is guaranteed provided that you have some form of photo ID. The competition will be held in Halsey Field House, which is just inside Gate#1 of USNA, accessible from downtown Annapolis. There will be no refunds for missed weigh-ins; please plan accordingly.

Please remember that USNA is foremost a military installation.