



USAPL Navy Open 2010
Full Powerlifting and Bench Only Meet
February 20, 2010

Hosted By Navy Powerlifting

- Meet Date:** Saturday February 20, 2010
- Meet Director:** Joshua Valiani Cell: 512 750-2416 Email: m106852@usna.edu
- Divisions:** Men's and Women's
Collegiate, Military, Open, High School, Masters, and Junior
- Weight Classes:** Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, SHW
Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, SHW
(note: 97 women and 114 men are for teen and junior divisions only)
- Entry Fee:** \$ 50 per entry
- Entry Due:** February 5, 2010
- Mail To:** Joshua Valiani Include \$ 50 check or money order made payable to
PO Box 15222 "Joshua Valiani" Include your signed entry form too.
Annapolis MD, 21412
- Roster Limit:** There is a 75 lifter limit for this meet. Strictly first come first serve.
Please consider sending your entry early.
Due Date is February 5th, if I do not have the entry form before this,
I will be unable to process your entry form.
- Awards:** Top 3 lifters in each category. Best Men's & Women's Lifter by Wilks
- Schedule**
- | | |
|--------------------|----------------|
| 7:00 AM to 8:30 AM | Weigh ins |
| 8:30 AM to 8:45 AM | Rules briefing |
| 9:00 AM | Lifting starts |

Lifter information (circle as appropriate)**Please type or print clearly**

First Name	
Last Name	
Street Address	
City	
State	
Zip	
Email	
Date of Birth	Age:
USAPL Card #	
Weight Class	Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, SHW Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, SHW
Gender	Male Female
Division(s)	Open Collegiate Military High School Junior Masters
Entry (\$50/entry)	Full Powerlifting Bench Only

Participants Emergency Contact Information

Name	
Relation	
Full Address	
Phone	

