



Saturday March 31, 2012

CrossFit Diesel, 9520 Gerwig Ln., Columbia, MD 21046

Meet Directors:

Evan Davidson & Mark Daniel | Cell: (301) 919-4071

Email: evanwayne@gmail.com



Men's & Women's Powerlifting Divisions:

- Open Only (Raw)
- Open Bench Only (Raw)

USAPL Membership: All lifters must have a valid USAPL membership card, which can be updated and purchased at the meet. USAPL/IPF rules will be enforced.

Rulebook:
<http://www.usapowerlifting.com/aboutus/USAPLTechnicalRules20090800.pdf>

Weight Classes: Women: 105, 114, 123, 132, 148, 165, 181, 198, SHW (97 junior only)
 Men: 123, 132, 148, 165, 181, 198, 220, 242, 275, SHW (114 junior only)

Entry Information:

- Entries must be received by March 20, 2012. Limited to first 70 lifters.
- Open to all USAPL members, membership can be purchased the day of the meet.
- Awards will be given for the top three lifters, men and women, as well as a best lifter by Wilkes total.
- The entry fee will be \$55 dollars
- Mail Signed Entry and Payment To: **Evan Davidson, 7513 Haines Ct., Laurel, MD 20707**

*Weigh in's as listed below are subject to change due to entries received.
 Final sessions will be posted online one week before the contest.*

Session 1 Schedule (Two Session Meet):

6:30AM - Check in all females & males up to 198
 7:00-8:30AM - Weigh in's begin 1st session only
 8:45AM - Rules Briefing
 9:00AM - Lifting starts 1st session

Session 2 Schedule (Two Session Meet):

2:00PM - Check in males 220 and up
 12:30-2:00PM - Weigh in's begin 2nd session only
 2:15PM - Rules Briefing
 2:30PM - Lifting starts 2nd session

Please print clearly

First Name: _____ Last Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____ Country: _____
 Phone: _____ Email: _____
 Date of Birth: _____ Age: _____ USAPL Card#: _____ Expiration: _____
 Gender: Male Female Weight Class: _____
 Full Powerlifting: _____ (\$55 entry fee), Or: Bench Only: _____ (\$35 entry fee)

Participant's Emergency Contact Information

Name: _____ Relation: _____
 Address: _____
 City/State/Zip: _____ Phone: _____

