

2010 USA POWERLIFTING SOUTHERN CALIFORNIA REGIONALS POWERLIFTING • BENCH PRESS • DEADLIFT

Hosted by

VELOCITY SPORTS PERFORMANCE

Saturday, November 6, 2010

Velocity Sports Performance

25461 Rye Canyon Road

Santa Clarita, CA 91355

Sanctioned by: USA Powerlifting

Eligibility: Male and female, age 14 years and older. Lifters must be current USAPL cardholders. Cards available for purchase at the meet: \$45. Membership cards purchased or renewed at the meet will be valid until December 31, 2011.

Events: Powerlifting, Bench Press, Deadlift

Wt. Classes (lb.): Men- 114 (Teen division only), 123, 132, 148, 165, 181, 198, 220, 242, 275, 275+.

Women- 97 (Teen division only), 105, 114, 123, 132, 148, 165, 181, 198, 198+.

Divisions: Open, Teen (14-19 by formula), Masters I (40-49), Masters II (50-59), Masters III (60+) NOTE: ALL age division state records (i.e., Teen, Jr., Masters) may be established with Open-only entry.

Competition Schedule:

Gear Check: Saturday, 7:00 a.m. - 9:00 a.m.

Weigh-in: Saturday, 7:30 a.m. – 9:00 a.m.

Rules Briefing: 9:00 a.m.

Lifting begins: 9:30 a.m.

Awards: Immediately following competition

Rules: Current USAPL rules will apply. One piece wrestling type singlet must be worn. IPF-approved single ply supportive shirts, lifting suits and knee and wrist wraps only. USAPL rules define raw competition as athlete's use of lifting gear being limited to the following: singlet, legal competition belt, IPF- approved wrist wraps, and neoprene knee sleeves. Visit www.usapowerlifting.com for complete rules.

Drug Testing: A minimum of 10% of all lifters by urinalysis. *Some over-the-counter medications, nutritional supplements, and natural herbal supplements may contain prohibited substances.* Resources available to the lifter include the USADA Drug Reference Line™ at 1-800-233-0393 or visit www.wada-ama.org for a list of banned substances.

Awards: 1st – 3rd Place Awards in each Open, Teen & Masters weight class- Male & Female. Out-of-State division by formula, 1st – 3rd Place- Male and Female. Overall Best Lifter Awards to best male & female- Powerlifting, Bench Press and Deadlift.

Entry Fee: \$65 includes official meet T-shirt. Additional division: \$25. Limited to first 55 entries.

Entry Deadline: Entries must be postmarked by **October 13, 2010**. No refunds after the entry deadline.

Payment Info: Mail entry form and check or money order payable to:

Adam Johnson

24913 Walnut St, Apt #21, Newhall, CA 91321

ajohnson@velocitysp.com - (701) 610-1205

Hotel Accommodations: Santa Clarita is home to Six Flags Magic Mountain. There are several first-rate hotels and motels in close proximity to Velocity Sports Performance. Search you favorite internet travel site for best deals.

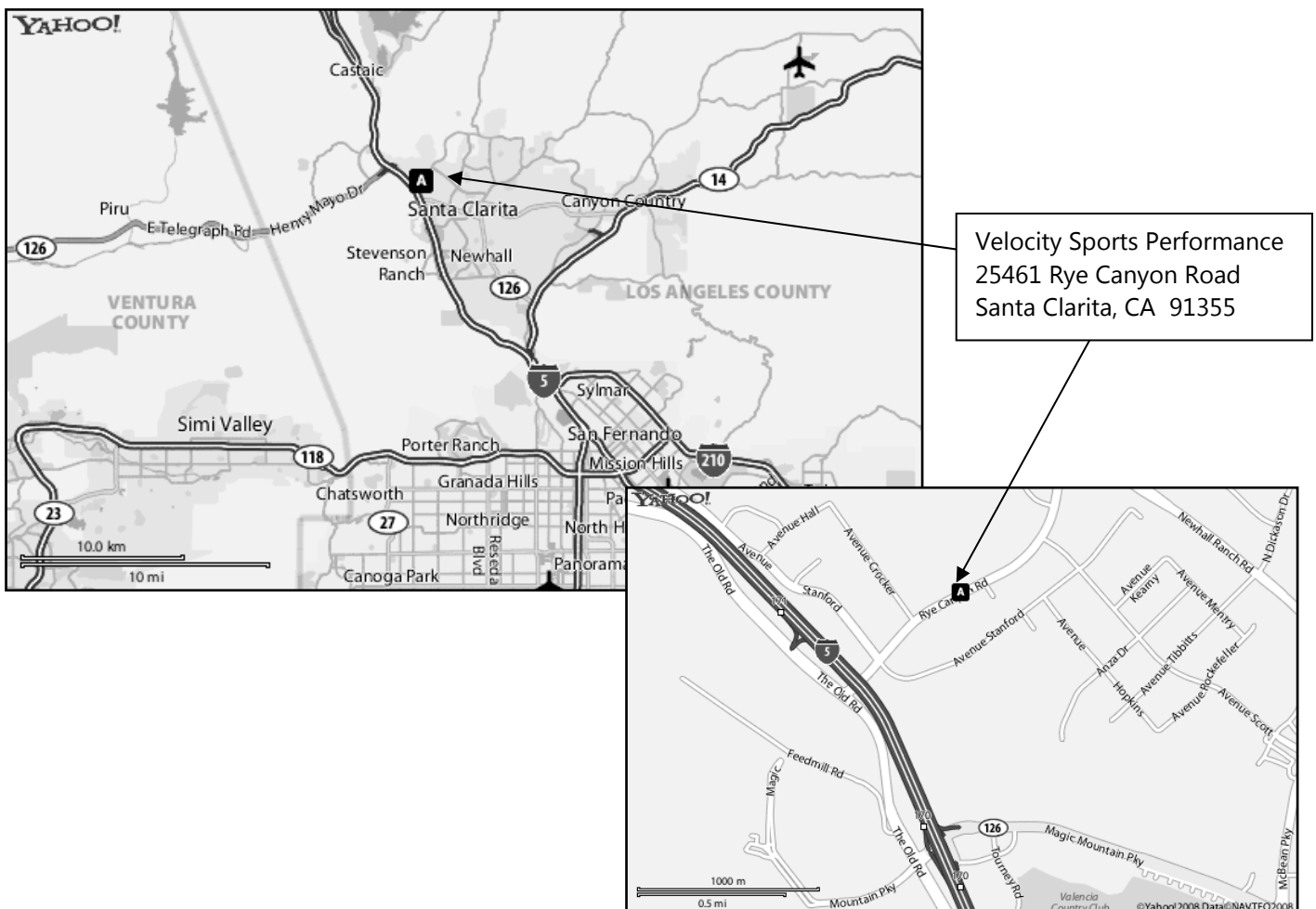
Directions/Map:

From Northern California & Central Valley: Take Interstate 5 south (or connect to I-5 via Hwy 99) to Magic Mountain Parkway exit. Make RIGHT on Magic Mountain Parkway to The Old Road. Make RIGHT on The Old Road to Rye Canyon Road. Make RIGHT on Rye Canyon Road to **25461 Rye Canyon Road.**

From Los Angeles: Take Interstate 5 north (or connect to I-5 via I-405) to Magic Mountain Parkway exit. Make LEFT on Magic Mountain Parkway to The Old Road. Make RIGHT on The Old Road to Rye Canyon Road. Make RIGHT on Rye Canyon Road to **25461 Rye Canyon Road.**

From the Inland Empire: Via the 15 north or 215 north, connect to the 210 Fwy west. Take 210 west to Interstate 5 north. Take I-5 north to Magic Mountain Parkway exit. Make LEFT on Magic Mountain Parkway to The Old Road. Make RIGHT on The Old Road to Rye Canyon Road. Make RIGHT on Rye Canyon Road to **25461 Rye Canyon Road.**

From Orange/San Diego counties: Take Interstate 5 north (or I-405) towards Los Angeles. Proceed on I-5 north to Magic Mountain Parkway exit. Make LEFT on Magic Mountain Parkway to The Old Road. Make RIGHT on The Old Road to Rye Canyon Road. Make RIGHT on Rye Canyon Road to **25461 Rye Canyon Road.**



Good luck with your training and we look forward to seeing you at the meet!

2010 USA Powerlifting Southern California Regionals
Powerlifting • Bench Press • Deadlift
Saturday, November 6, 2010

Hosted by
Velocity Sports Performance - Santa Clarita

Please type or print clearly

Name: _____

Street Address: _____

City/St./Zip _____ Phone: _____

Email: _____ USAPL Card# _____ Exp. _____

Age (on date of competition): _____ Male Female

Weight Class (lb.): _____ T-shirt Size (S-3XL) _____

PARTICIPANT'S EMERGENCY CONTACT INFORMATION

Name: _____ Relation: _____

Address: _____ Phone: _____

Events (choose either Powerlifting or one/both Single lift events)

POWERLIFTING only Division(s) (Please check)

OPEN TEEN MASTER RAW OPEN RAW TEEN RAW MASTER

BENCH PRESS only Division(s) (Please check)

OPEN TEEN MASTER RAW OPEN RAW TEEN RAW MASTER

DEADLIFT only Division(s) (Please check)

OPEN TEEN MASTER RAW OPEN RAW TEEN RAW MASTER

Entry Fee \$65 + \$_____ (add'l division) = **TOTAL ENCLOSED \$**_____

****Entry Form must be accompanied by a signed RELEASE FROM LIABILITY & CERTIFICATION form****
(See page 4)

RELEASE FROM LIABILITY

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

In consideration of my participation in the 2010 USA Powerlifting Southern California Regional Championships 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 USA Powerlifting, USA Powerlifting officers and officials, the meet directors(s), the loaders and spotters, the referees, all meet personnel, and all USA Powerlifting 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 USA Powerlifting 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 USA Powerlifting, USA Powerlifting officers and officials, the meet directors(s), the loaders and spotters, the referees, all meet personnel, and all USA Powerlifting 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 in full of Applicant

Signature in full of legal Guardian (if Applicant under 18 years)

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 (36) months, nor have I used prescription diuretics or psychomotor stimulants during the seven (7) days prior to the 2010 USA Powerlifting Southern California Regional Championships.

Signature in full of Applicant

Print Name

Date