

**29th ANNUAL USAPL
NATIONAL COLLEGIATE
POWERLIFTING CHAMPIONSHIPS
April 1st-3rd, 2011**

COMPETITION LOCATION

Hilton Scranton & Conference Center

100 Adams Avenue, Scranton, Pennsylvania, United States 18503-1826
Tel: 1-570-343-3000

Eligibility Requirements:

- 1) Must be a full-time registered undergraduate/graduate student. The proof of full-time status needs to be sent with your application or brought to lifter registration. The bursar/registrar at your institution needs to provide a sealed proof of this status.
- 2) The lifter may not be over the age of 25. An age waiver may be granted to lifters for previous military/religious assignments or physical disability.
- 3) Must be a member of USA Powerlifting [Membership cards can be purchased at weigh-ins]
- 4) Must have achieved a qualifying total during the year 2010 or 2011 at a USA Powerlifting event.
- 5) You may not have competed in more than 4 USA Powerlifting Collegiate National Championships, with-in a 5 year period.

Schedule of Events:

Thursday: March 31, 2011

5:00 to 6:00 pm – Technical Meeting [Amphitheatre]

6:00 to 7:00 pm – Early equipment check for Friday lifters ONLY [Casey Ballroom]

Friday: April 1, 2011

Session I

7:00 to 8:30 am – Weigh-in/Equipment check for women's weight classes: 97, 105, 114 and 123

7:00 to 8:30 am – Weigh-in/Equipment check for men's weight classes: 114, 123, and 132

8:30 to 9:00 am – Lifter warm-up [Mayfield & Blakely]

9:00 to 1:00 pm – Competition lifting [Casey Ballroom]

Session II

12:00 to 1:30 pm – Weigh-in/Equipment check for men's 148 & Women's 132

1:30 to 2:00 pm – Lifter warm-up [Mayfield & Blakely]

2:00 to 5:00 pm – Competition Lifting [Casey Ballroom]

2:00 to 4:00 pm – Early equipment check for Saturday lifters ONLY [Casey Ballroom]

5:00 to 6:00 pm – Awards presentation / Drug-testing protocol [Casey Ballroom]

7:00 to 8:00 pm – National Collegiate Committee Meeting [Amphitheatre]

Saturday – April 2, 2011

Session I

7:00 to 8:30 am – Weigh-in/Equipment check for women's weight classes: 148-181

7:00 to 8:30 am – Weigh-in/Equipment check for men's weight classes: 165

8:30 to 9:00 am – Lifter warm-up [Mayfield & Blakely]

9:00 to 1:00 pm – Competition lifting [Casey Ballroom]

Session II

12:00 to 1:30 pm – Weigh-in/Equipment check for men's wt classes: 181-198

1:30 to 2:00 pm – Lifter warm-up [Mayfield & Blakely]

2:00 to 6:00 pm – Competition lifting [Casey Ballroom]

2:00 to 4:00 pm – Early equipment check for Sunday lifters [Casey Ballroom]

6:00 to 7:00 pm – Awards presentation / Drug-testing protocol

Sunday – April 3, 2011

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Session I

7:00 to 08:30 am – Weigh-in/Equipment check for women's weight classes: 198 and 198+

7:00 to 08:30 am – Weigh-in/Equipment check for men's weight classes: 220 & 242

8:30 to 09:00 am – Lifter warm-up [Mayfield & Blakely]

9:00 to 01:00 pm – Competition lifting [Casey Ballroom]

Session II

12:00 to 01:30 pm – Weigh-in/Equipment check for men's wt classes: 275 and SHW

1:30 to 2:00 pm – Lifter warm-up [Mayfield & Blakely]

2:00 to 6:00 pm – Competition lifting [Casey Ballroom]

Divisions:

Men's Collegiate Open

Women's Collegiate Open

Weight Classes:

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

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

Championship Awards:

The following awards will be presented at the competition:

1. Awards will be presented to 1st – 5th place finishers for each weight class.
2. Champion of Champion award to the best overall men/women's lifter
3. Team trophies will be presented for 1st – 5th place [Men and Women's Teams].
4. All-American badges will be awarded
5. A participation medals will be awarded.
6. Men/Women's Academic All-American Award Winner
7. Collegiate Coach of the Year Award

Technical Rules:

This competition is USAPL sanctioned and all USAPL/IPF rules will be followed. The Technical rules can be found at the following website: www.powerlifting-ipf.com

Mr. Bill Clayton and Angela Simons will be the Technical Secretary for this event.

Championship Website:

All official announcements and updates will be made on this website. It will be important that you review this site on a regular basis.

<http://www.2011collegiates.purepowerlifting.com>

Hotel Information

[Hilton Scranton & Conference Center](#)

100 Adams Avenue, Scranton, Pennsylvania, United States 18503-1826

Tel: 1-570-343-3000

When making your reservations it will be important that you reference the Group Code: **USA3**

The deadline to make your room reservations by March 10, 2011.

Check-out time is 12:00 pm on the day of departure.

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Hotel reservations for the championship can also be made online at the following website:

http://www.hilton.com/en/hi/groups/personalized/SCRCCHF-USA3-20110331/index.jhtml?WT.mc_id=POG

Travel:

We recommend flights to the Scranton Wilkes-Barre Airport (AVP) where you can get a shuttle to the venue at \$5 per person. Please call the hotel in advance to book this shuttle service. 570-343-3000

The venue is located in walking distance to everything you will need. There are nearby restaurants, convenient stores, coffee shops, night clubs, movie theatre and a mall.

Spectator Tickets and T-shirt Sales

All spectators may enjoy the competition for an admission fee of \$8.00 per day. Two coaching passes will be provided with each team registration. T-shirts will be available for a fee of \$15.00 (Small to X-Large) and \$20.00 for XXL and above. The commemorative championship T-shirt will have the professionally designed logo on the front.

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Name _____ E-mail: _____
(Please print E-mail clearly)

Address: _____

City: _____ State: _____ Zip Code: _____

Day Telephone: () _____ Evening Telephone: () _____

USAPL Membership Card #: _____ Expiration Date: _____

University/College _____

(Can be purchased at the contest)

RELEASE FROM LIABILITY AND CONSENT TO DRUG TEST:

Read this carefully (When you sign it you will be giving up important legal rights)

In consideration of the acceptance of my entry form 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, including but not exclusively USA Powerlifting, Steven T. Mann, PurePowerlifting.com, the spotters, the loaders, the facility owners, the referees and equipment manufacturers, 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. This is, whether I think the results of the test 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 test, which may be necessary to complete the drug testing. Should I fail to pass the drug tests 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 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 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 in 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 force and effect. I also certify with my signature that this release/agreement cannot be modified orally.

Signature of lifter		Date	
Signature of Parent Or Legal Guardian <i>If Contestant is under 18</i>		Date	

Check the Division you will be lifting in:

Men's Collegiate Powerlifting **Women's Collegiate Powerlifting**

Please specify the weight class that you will be lifting in: _____ **Age:** _____ **Date of Birth:** _____

PLEASE SPECIFY T-Shirt SIZE(s): S M L XL XXL XXXL XXXXL

ENTRY FEE (S):

_____ **\$65.00 – Entry Fee for each athlete**

_____ **\$75.00 – Team Entry Fee**

_____ **\$50.00 – Late Fee [Entry post-marked after March 1st, 2011]**

_____ **\$15.00 – Official Championship T-shirt [Small to X-Large] / Size**

Requested _____

_____ **\$20.00 – Official Championship T-shirt [XX-Large to XXXXL] / Size**

Requested _____

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_____ \$ 5.00 – Ticket cost, per day, for each spectator and coach.

_____ \$ Total Amount Submitted

Make sure to mail application with proof of full time enrollment, please read Eligibility Requirement Section for More Information

APPLICATIONS MUST BE POSTMARKED BY NO LATER THAN , March 1st, 2011!

Important: If your application/entry form is late, you must notify the meet director by e-mail and telephone. A late fee of \$50.00 will be assessed, if your entry form is post-marked after March 1st, 2011. There are no refunds granted for any reason and all NSF checks will be charged a fee of \$25.00.

CHECK OR MONEY ORDERS PAYABLE AND MAILED TO THE FOLLOWING:

**Steven Mann – Event Director
PO Box 495, Chinchilla, PA 18410
Telephone: 570-309-6316 – steve@purepowerlifting.com
<http://www.2011collegiates.purepowerlifting.com>**

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FULL TEAM NAME: _____

HEADCOACH: _____ **TEAM MANAGER:** _____

PHONE: _____ **USAPL Team Registration Number:** _____
Expiration: _____

(Check One x)

Men's Team: _____

Women's Team: _____

TEAM ENTRY FEE

Team entry fees are \$75.00 for each division (e.g., one men's and one women's team would be \$75.00 each totaling \$150.00). As per collegiate rules, there are NO multiple team entries (e.g., Team A and Team B, in one division). Additionally, each team member must fully complete an individual entry form and forward the appropriate entry fees (see reverse side).

TEAM ROSTER

No.	Lifter	Weight Class	USAPL Card #:
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

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ALTERNATES

1

2

TEAM SCORING

Each team is allowed a maximum of 11 lifters spread throughout the range of the 11-bodyweight categories for men, and 10 lifters throughout the range of 10 bodyweight categories for women. In addition the maximum of 2 lifters per weight class can be scored for team points.

Each team is allowed a maximum of five alternates. These alternates may be substituted to the Technical Secretary (Bill Clayton or Angela Simons) at any time prior to the start of the championship, which is currently scheduled to begin Friday April the 1st at 9 AM.

Team scoring will be calculated in accordance with IPF rules, which is based on the top 6 lifters from each team. All Teams must be registered with USA Powerlifting via a club membership application.

<p>ALL TEAM ROSTERS MUST BE RECEIVED BY 5:00 PM THE EVENING OF THURSDAY, March 31st, 2011 FOR DECLARATION INTO THE CHAMPIONSHIP</p>
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