

**SSP NUTRITION**  
**31<sup>st</sup> ANNUAL USA POWERLIFTING**  
**NEW JERSEY STATE OPEN POWERLIFTING CHAMPIONSHIPS**  
**BENCH PRESS / DEADLIFT/ PUSH-PULL / POWERLIFTING**  
**Hyatt Regency Hotel – New Brunswick, New Jersey**  
**Saturday/Sunday, August 2 & 3, 2014**

**Location of Championship:**  
**Hyatt Regency Hotel – New Brunswick**  
**Two Albany Street, New Brunswick, New Jersey, USA 08901**  
**Telephone: 732.873.1234 / Fax: 732.873.1382**  
[www.newbrunswick.hyatt.com](http://www.newbrunswick.hyatt.com)

**Eligibility Requirements:**

Open to all powerlifters. There are NO qualifying totals and/or competitions required to enter this this competition. All lifters competing in the championship must be a member of USA Powerlifting. USA Powerlifting Membership cards will be sold at registration, at the weigh-in for each lifting session.

**Sanction: NJ – 2014 - 02**

**Weight Classes [lbs]:**

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

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

**Championship Timetable of Events**

Friday – August 01, 2013 / Brunswick Ballroom

**5:00 to 6:00 pm – Early equipment check and technical rules briefing available to all lifters.**  
**There are NO early weigh-ins for this championship.**

Saturday – August 02, 2013 / Brunswick Ballroom

**Session I**

**7:00 am to 8:30 am – Weigh-in & equipment check for ALL women’s weight classes**

**7:00 am to 8:30 am – Weigh-in & equipment check for men’s weight classes 114 to 148**

**8:30 am to 9:00 am – Rules briefing/lifter warm-up for ALL women + Men 114 to 148**

**9:00 am to 1:00 pm – Competition lifting for all athletes**

**1:00 pm to 1:30 pm – Awards presentation/Drug-testing Protocol**

**Session II**

**12:00 pm to 1:30 pm – Weigh-in & equipment check for men’s weight classes 165 and 181**

**1:30 pm to 2:00 pm – Rules briefing/lifter warm-up for men’s weight classes 165 and 181**

**2:00 am to 5:00 pm – Competition lifting for all athletes**

**5:00 pm to 5:30 pm – Awards presentation/Drug-testing Protocol**

Sunday – August 03, 2013 / Brunswick Ballroom

**Session I**

**7:00 am to 8:30 am – Weigh-in & equipment check for men’s weight classes 198 and 220**

**8:30 am to 9:00 am – Rules briefing/lifter warm-up for all men’s weight classes 198 and 220**

**9:00 am to 1:00 pm – Competition lifting for all athletes**

**1:00 pm to 1:30 pm – Awards presentation/Drug-testing Protocol**

**Session II**

**12:00 pm to 1:30 pm – Weigh-in & equipment check for men’s weight classes 242, 275 and 275+**

**1:30 pm to 2:00 pm – Rules briefing/lifter warm-up for men’s weight classes 242, 275 and 275+**

**2:00 am to 5:00 pm – Competition lifting for all athletes**

**5:00 pm to 5:30 pm – Awards presentation/Drug-testing Protocol**

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**Divisions:**

Open (14 and Up)	Master I (40-49),
Teen I (14-15)	Master II (50-59),
Teen II (16-17)	Master III (60-69),
Teen III (18-19)	Master IV (70+)
High School (JV/Varsity)	Police/Fire/Military
Junior (20-23)	Special Olympian (14 and Up)
Collegiate (no age restriction)	Raw/Unequipped

**Awards:**

Awards will be presented to all 1<sup>st</sup> – 5<sup>th</sup> place finishers, for each division and weight class. Champion of Champions award will be presented to the best overall male and female lifters for the championship for the Bench Press Only, Deadlift Only, Push/Pull and Powerlifting competitions. The overall best lifters will be determined by the Wilks formula. Awards will be presented to the 1<sup>st</sup> – 5<sup>th</sup> place teams.

**Technical Rules:**

This competition is sanctioned by USA Powerlifting. USA Powerlifting Technical Rules can be found here: [www.usapowerlifting.com/committees/technical](http://www.usapowerlifting.com/committees/technical)

**Championship Updates/Information:**

All contest information, updates, the start list/nominations, etc, will be posted on the following website: [www.njpowerlifting.com](http://www.njpowerlifting.com)

**Travel and Hotel Arrangements – Hyatt Regency / New Brunswick**

To make hotel reservations contact the Hyatt Regency – New Brunswick at the following telephone number: **732.873.1234** and reserve your room for \$119.00 + Tax, per night. Cut off date for making reservations is July 19, 2014. In order to receive the discounted rate, when making your reservations, indicate to the hotel staff member that you are with **USA Powerlifting**. If you have any difficulties making your hotel reservations, please contact me directly at: [rhk@verizon.net](mailto:rhk@verizon.net) (or) 954.790.2249.

**Admission:**

All spectators and coaches may enjoy the competition for an admission fee of \$5.00 per day. Children under 7 years old, there will be no charge. Parking for spectators and overnight night guests will cost \$7.00 per day.

**USA Powerlifting – Who We Are!**

**USA Powerlifting** (formerly American Drug Free Powerlifting Association) is the National Governing Body for the sport of powerlifting in the United States. USA Powerlifting is a member of the **International Powerlifting Federation (IPF)**, the governing body of powerlifting internationally. The IPF is comprised of member federations of 100+ countries on six continents. USA Powerlifting, through its affiliation with the IPF, also sends a national team to participate in the World Games. The World Games is an international multi-sports event hosted by the **International World Games Association (IWGA)** that falls under the direct patronage of the **International Olympic Committee (IOC)**. The event consists of official sports and demonstration sports selected from those not included in the Olympic Games. The Games are held every fourth year, following the year of the Summer Olympics.

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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: \_\_\_\_\_ Powerlifting Club \_\_\_\_\_  
 (Can be purchased at the contest)

**I will be lifting:**       Raw       Equipped

**Please check the division(s) you will be lifting in:**

- |  |  |                                       |
|--|--|---------------------------------------|
| <input type="checkbox"/> Open (all ages 14 and up) | <input type="checkbox"/> Collegiate/University | <input type="checkbox"/> Master 40-49 |
| <input type="checkbox"/> Teen I (14-15)            | <input type="checkbox"/> Junior (20-23)        | <input type="checkbox"/> Master 50-59 |
| <input type="checkbox"/> Teen II (16-17)           | <input type="checkbox"/> Youth (12-13)         | <input type="checkbox"/> Master 60-69 |
| <input type="checkbox"/> Teen III (18-19)          | <input type="checkbox"/> Police/Fire/Military  | <input type="checkbox"/> Master 70-79 |
| <input type="checkbox"/> High School JV / Varsity  | <input type="checkbox"/> Special Olympian      | <input type="checkbox"/> Master 80+   |

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

**ENTRY FEE (S):**

- \_\_\_\_\_ \$60.00 – Bench Press Only Competition
- \_\_\_\_\_ \$60.00 – Deadlift Only Competition
- \_\_\_\_\_ \$65.00 – Combined Bench Press and Deadlift Competition [Push-Pull]
- \_\_\_\_\_ \$65.00 – Powerlifting Competition [Squat, Bench Press and Deadlift]
- \_\_\_\_\_ \$30.00 – Each additional division entered (see above)
- \_\_\_\_\_ \$60.00 – Team Entry Fee (please see reverse side of this form)
- \_\_\_\_\_ \$15.00 – Championship T-shirt [Small to Large]
- \_\_\_\_\_ \$20.00 – Championship T-shirt [XL to XXXL]
- \_\_\_\_\_ \$50.00 – Late Fee if competition entry form is post-marked after Friday, July 11, 2014
- \_\_\_\_\_ Total Enclosed

**Important Note:** Please take note of the entry form deadline – Friday, July 11, 2014. If your application/entry form is going to be late, you must notify the meet director either by e-mail or telephone for confirmation to lift in the championship. There are NO refunds for any reason. The late fee will apply to everyone.

PLEASE MAIL YOUR ENTRY FORM AND RELEASE FROM LIABILITY WAIVER WITH A  
 CHECK OR MONEY ORDER MADE PAYABLE TO THE FOLLOWING:

Robert Keller  
 Florida Powerlifting  
 Post Office Box 0829 – Ambler, Pennsylvania 19002  
 Telephone: 954.790.2249 \* Fax: 954.301.3344 \* E-mail: rhk@verizon.net  
[www.njpowerlifting.com](http://www.njpowerlifting.com)

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**USA POWERLIFTING RELEASE FROM LIABILITY WAIVER**

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

In consideration of my participation in the **USAPL Florida States Powerlifting 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 and Liability, I waive, release, and forever discharge USAPL, USAPL officers and officials, the meet directors(s), the loaders and spotters, the referees, all meet personnel, and all USAPL 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 USAPL 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 USAPL, USAPL officers and officials, the meet directors(s), the loaders and spotters, the referees, all meet personnel, and all USAPL 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 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 and Liability. 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 and Liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release of Claims and Liability shall remain in full force and effect. I also certify with my signature that this Release of Claims and Liability 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 and Liability voluntarily with the knowledge that I waive important legal rights.

\_\_\_\_\_  
Signature of Participant                      Date

\_\_\_\_\_  
Signature of Parent or Guardian if Participant is under 18 years old

\_\_\_\_\_  
Printed Participants Name                      Date

\_\_\_\_\_  
Print Name of Parent or Guardian if Participant is under 18 years old

**PART B**

**CERTIFICATION FOR COMPETITORS: All Lifters**

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 of Participant                      Date

\_\_\_\_\_  
Signature of Parent or Guardian if Participant is under 18 years old

\_\_\_\_\_  
Printed Participants Name                      Date

\_\_\_\_\_  
Print Name of Parent or Guardian if Participant is under 18 years old

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FULL TEAM NAME: \_\_\_\_\_

HEADCOACH: \_\_\_\_\_ MANAGER: \_\_\_\_\_

PHONE: \_\_\_\_\_ USAPL Team Registration Number: \_\_\_\_\_ Expiration: \_\_\_\_\_

**TEAM ENTRY FEE**

Team entry fees are \$60.00 for each division (e.g., one men's and one women's team would be \$60.00 each totaling \$120.00). Also, you may have 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			
11			

**ALTERNATES**

1	
2	

**TEAM SCORING**

Each team is allowed a maximum of 11 lifters spread throughout the range of the 10-bodyweight categories for men, and 9 lifters throughout the range of 10 bodyweight categories for women. Each team is allowed a maximum of two alternates. These alternates may be substituted at any time prior to the commencement of the weigh-in for a particular bodyweight category. Team scoring will be calculated in accordance with USAPL rules.

**ALL TEAM ROSTERS MUST BE RECEIVED BY 7:00 AM THE MORNING  
 OF SATURDAY, AUGUST 02, 2014 FOR DECLARATION INTO THE CHAMPIONSHIP**