



Midwest Senior States

Powerlifting Championships

Omaha Metro/ Council Bluffs • December 6

Location:

Mid-America Center

One Arena Way
Council Bluffs, Iowa
www.midamericacenter.com

Hotel Reservation:

Country Inn & Suites, 17 Arena Way
Council Bluffs, IA 712-322-8282

For more information contact:

Tim Anderson
2181 Hwy 77, Lyons NE 68038
402-687-4182 timanderson@huntel.net

For more information:

www.USAPL-NE.com or
myweb.cableone.net/bgetch20/

Schedule: Saturday December 6, 2008

Weighins: 7-8:30am Lifting Begins 9:00am

Entry Fee: \$60 Entry, Additional event \$30
Entry Deadline: November 19. Entries Postmarked after Deadline must pay \$20 LATE FEE

All entries must be received by November 22.
Absolutely no entries accepted after November 22

Contest: Powerlifting, Bench
Divisions: Men's Open, Women's Open
Weight Classes:

Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, SHW
Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, SHW

Awards: (in each weight class)

Powerlifting: 1st – 5th

Bench: 1st – 5th

Best Lifter Awards.

Eligibility: Open to all registered USA Powerlifting members. Registration will be available at the meet. Registration is \$40 per year for adults and \$30 for high school students.

Rules: This meet will be sanctioned by USA Powerlifting and all rules used will be those of USA Powerlifting. One piece lifting singlet required. Any other questions regarding rules contact the meet director.

T-shirts: Multi color design T-shirts for \$15 each

State Team Competition: Team competition will be among state teams only. To be included on your state team contact your state chair or the meet director.

2008 Midwest Senior States - ENTRY FORM

NAME: _____ ADDRESS: _____

CITY _____ STATE _____ ZIP _____ PHONE#: _____

E-MAIL: _____

DATE OF BIRTH: _____ WEIGHT CLASS: _____ AGE (Day of Meet): _____

In consideration of your accepting this entry, I hereby for myself and my heirs, release & all rights/claims for damages for injuries I may have against USA Powerlifting, Tim Anderson, all other meet directors & staff, & any & all other participating sponsors, supporters, referees, & spotter/loaders as a result of my traveling to, and/or from and/or participating in, the above listed competition. I make this release and waiver of claim with full knowledge of the hazards and inherent risks associated with the above listed competition. I hereby assume the risk of injury and property damage loss. Also, in consideration of your accepting this entry I hereby sign over my rights to be video taped and/or photographed to the meet directors and/or his designee. I am fully aware that I will receive no royalties and/or compensation for resale/use of the videotapes and/or photographs.

SIGNATURE: _____ DATE: _____

CONTESTS ENTERED:

\$60 Entry, Additional event \$30

- Powerlifting
 Bench

- Men's Women's

T-Shirts:
__S __M __L __XL __XXL (\$15 each)
__XXXL (\$16 each)

Total Enclosed _____

RELEASE FROM LIABILITY AND CONSENT TO DRUG TEST

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

In consideration of the acceptance of my entry in this Powerlifting competition I intend to be legally bound, for not only myself but also for my heirs, my executors, and my administrators. I signing this release from liability I waive and release everyone connected with competition from any and all liability, including any results 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. That is, whether I think 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, which may be necessary to complete drug testing. Should I fail to pass drug tests I agree to forfeit any trophy or award which I 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. 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 incurred 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 the acceptance of my entry in this contest. If any provision of this release form liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release of Liability shall remain in full force and effect. I also certify with my signature that this release/agreement cannot be modified orally.

Signature in full of applicant

Signature in full of parent or guardian if the applicant is under 21 years old.

Certification

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 in full of Powerlifter _____

Entry Fee must accompany entry form No Refunds

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November 19.

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Mail entry forms and fees to:

Tim Anderson
2181 N. Hwy 77
Lyons, NE 68038

