



**Palm Springs Convention Center  
277 N. Avenida Caballeros  
Palm Springs CA 92262**

**June 18-20, 2009**

*This championship will qualify athletes for selection to the USA Powerlifting World Teams that will compete at the 2010 IPF Open World Powerlifting Championships in Johannesburg, South Africa and the 2010 IPF Sub-Junior/Junior World Powerlifting Championships in Pilsen, Czech Republic.*

**CHAMPIONSHIP INFORMATION**

Championship Director: Lance Slaughter, [lanceoslaughter@yahoo.com](mailto:lanceoslaughter@yahoo.com), (310) 995-0047

Championship web site: [www.mensnationals.com](http://www.mensnationals.com)

USA Powerlifting web site: [www.usapowerlifting.com](http://www.usapowerlifting.com)

**Preliminary Championship Schedule:**

Note: Event officials may change the Schedule of Competition to facilitate the best format depending on the number of entries received by weight class. All activities will take place at the Palm Springs Convention Center except as noted.

Thursday -6/17/2010	<p><b>All Day Arrival of the Participants.</b> The Hilton Palm Springs will happily assist anyone who wishes to arrive earlier than June 17 and/or depart later than June 20. Accommodations will be available at the Championship rate.</p> <p><b>Early Equipment Check:</b> 5:00 PM – 6:00 PM, Hilton Palm Springs</p> <p><b>National Governing Body Meeting:</b> 6:00 PM, Hilton Palm Springs</p> <p><i>Open to all USAPL members</i></p>
Friday - 6/18/2010	<p><b>Session I: 52kg-67.5kg</b> Weigh-In/Equipment Check: 7:00 AM-8:30 AM Lifting begins: 9:00 AM, awards immediately following</p> <p><b>Session II: 75kg</b> Weigh-In/Equipment Check: 11:30 AM-1:00 PM Lifting begins: 1:30 PM, awards immediately following</p> <p><b>Early Equipment Check:</b> 2:00 PM – 3:00 PM</p> <p><b>Annual IPF Referee Recertification Clinic</b> Immediately following awards presentation, Palm Springs Convention Center</p>
Saturday - 6/19/2010	<p><b>Session I: 82.5kg</b> Weigh-In/Equipment Check: 7:00 AM-8:30 AM Lifting begins: 9:00 AM, awards immediately following</p> <p><b>Session II: 90kg-100kg</b> Weigh-In/Equipment Check: 11:30 AM-1:00 PM Lifting begins: 1:30 PM, awards immediately following</p> <p><b>Early Equipment Check:</b> 2:00 PM-3:00 PM</p>
Sunday - 6/20/2010	<p><b>Session I: 110 kg</b> Weigh-In/Equipment Check: 7:00 AM-8:30 AM Lifting begins: 9:00 AM, awards immediately following</p> <p><b>Session II: 125kg-125+kg</b> Weigh-In/Equipment Check: 11:30 AM-1:00 PM Lifting begins: 1:30 PM, awards immediately following</p>

**Eligibility:** Current USAPL cardholders, Open, Teen (14-19) and Junior (20-23) men who have achieved a qualifying total in a USAPL sanctioned meet from January 1, 2009 to May 15, 2010. Go to [www.usapowerlifting.com](http://www.usapowerlifting.com) to see USAPL Qualifying Totals. Please be prepared to show ID at the contest to verify proof of age (Driver's License/Birth Certificate).

**Wt. Classes** (kg): 52 (Teen & Junior only), 56, 60, 67.5, 75, 82.5, 90, 100, 110, 125, 125+.

**Individual Awards:** 1<sup>st</sup> – 5<sup>th</sup> Place Awards in each Open, Teen and Junior division and weight class.

**Outstanding Lifter Awards:** Best Open, Teen and Junior Lifter for each day by formula.

**Team Awards:** 1st through 3rd Team Awards for Open, Teen (14-19), Junior and Combined Teen/Junior. All teams must be registered with USA Powerlifting. Cost for team registration is \$30.00 per year. Team registration must be accomplished and final team rosters must be submitted prior to the first weigh-in session on Friday, June 18, 2010.

**Team Scoring:** IPF rules for team scoring will apply. Only the point scores of the six best placed lifters of each team will be counted for the team scoring. Each team is allowed a maximum of eleven (Teen, Junior) and ten (Open, Combined T/J) competitors spread throughout the range of bodyweight categories. A maximum of two lifters in any given weight class.

## TECHNICAL INFORMATION

**Technical Secretary:** Robert Keller, IPF Category I, [rhk@verizon.net](mailto:rhk@verizon.net), (954) 790-2249

**Rules:** This championship is an IPF World Team qualifier. Current IPF rules will apply. Visit [www.usapowerlifting.com](http://www.usapowerlifting.com) for complete rules.

**Equipment/Equipment Check:** Be sure to check the IPF web site for a current list of approved equipment: [www.powerlifting-ipf.com](http://www.powerlifting-ipf.com). All equipment that a lifter is going to wear on the platform must be checked in during equipment check. Lifters must appear at equipment check with all of their equipment present. All equipment must be clean and not torn. Equipment that is dirty and/or is torn will not be passed. Please remember to bring your current USAPL card and ID (Drivers License, Birth Certificate).

**Competition Venue:** Palm Springs Convention Center; 277 N. Avenida Caballeros; Palm Springs, CA 92262. <http://www.palmspringscc.com>.

**Admissions:** \$5.00 each day. Coach's Pass: Each lifter will receive one coach's pass for the day that he lifts.

**Scales:** Scales will be available at the hotel and venue.

**Weigh-In:** Weigh-ins will be conducted by lot number, with the lower lot numbers weighing in first. If a lifter intends to change weight classes, he must notify the Chief Referee 10 minutes prior to the start of his weigh-in session. He must also notify the Chief Referee 10 minutes prior to the weigh-ins beginning for the session he will be moving to. Under IPF rules, a lifter is not allowed to lift if he does not make weight in the class he entered, unless he has notified the Chief Referee 10 minutes prior to the weigh-in session beginning.

**Drug Testing:** A minimum of 10% of all competitors by urinalysis. *Some over-the-counter medications, nutritional supplements, and natural herbal supplements may contain prohibited substances.* Resources available to the lifter include the USOC Drug Testing Hotline at 1-800-233-0393 or visit [www.usapowerlifting.com](http://www.usapowerlifting.com) for a list of banned substances.

## LIFTER AND TEAM ENTRY INFORMATION

**Entry Fee:** \$65.00, \$25.00 for additional age division; **Team Fee:** \$50.00 (must be a USAPL Registered team)

**Entry Deadline:** Entries must be postmarked by **May 15, 2010**. Regrettably, no refunds after the entry deadline.

**Payment Info:** Check or money order payable to Lance Slaughter, P.O. Box 881134, Los Angeles, CA 90009  
All registered lifters will receive an email confirming entry. PLEASE do not send with mail delivery requiring signature.

## OFFICIAL CHAMPIONSHIP HOST HOTEL



### Hilton Palm Springs

400 East Tahquitz Canyon Way, Palm Springs, CA 92262  
800-522-6900; 760-320-6868  
800-445-8667 Hilton Worldwide Reservations  
[Hilton Palm Springs](#)

**The Hilton Palm Springs** is proud to serve as the OFFICIAL Host Hotel of the 2010 USAPL Men's National Powerlifting Championships. The Hilton Palm Springs hotel is situated in the desirable downtown Village of Palm Springs at the foot of the San Jacinto Mountains, just over a mile from the Palm Springs International Airport. Walking distance to the Convention Center and Spa Casino with chic shops and boutiques, art galleries, cafés, museums, nightclubs and theatres right on its doorstep.

Hilton Palm Springs hotel offers extensive dining options including poolside dining at the Al Fresco Bar, happy hour at Harvey's Lounge, fine dining in the Terrace Restaurant or a more intimate in-room setting. The hotel features a tree lined, landscaped pool courtyard, complete with an oversized heated pool, two heated whirlpool spas and fitness center.

### **\*\*\*Special Championship Rate: \$89.00/per night\*\*\***

*The group rate is based on single, double, triple, or quad occupancy per room, per night – and it is offered 3 days prior to, and 3 days after the event dates. Athletes and delegates may elect to purchase breakfast coupons at the host hotel for a “Full American Breakfast” at \$10.00 inclusive per person per day.*

**To book your reservation, please call 800-522-6900 or visit [Hilton Palm Springs](#).  
Refer to group code “USP” for special championship rates and access to reserved room block.**

## AIR TRAVEL

**Palm Springs International Airport (PSP)** offers excellent direct and non-stop flights and convenient connections from major airlines. <http://www.palmspringsairport.com>. The Hilton Palm Springs is located within two miles from the airport. A hotel courtesy shuttle is available free of charge to and from the airport and to the competition venue.

### Directions/Map from alternate airports:

From **Ontario Airport (ONT)**, take Interstate 10 East, exit at Highway 111 to Palm Springs. (70 miles)

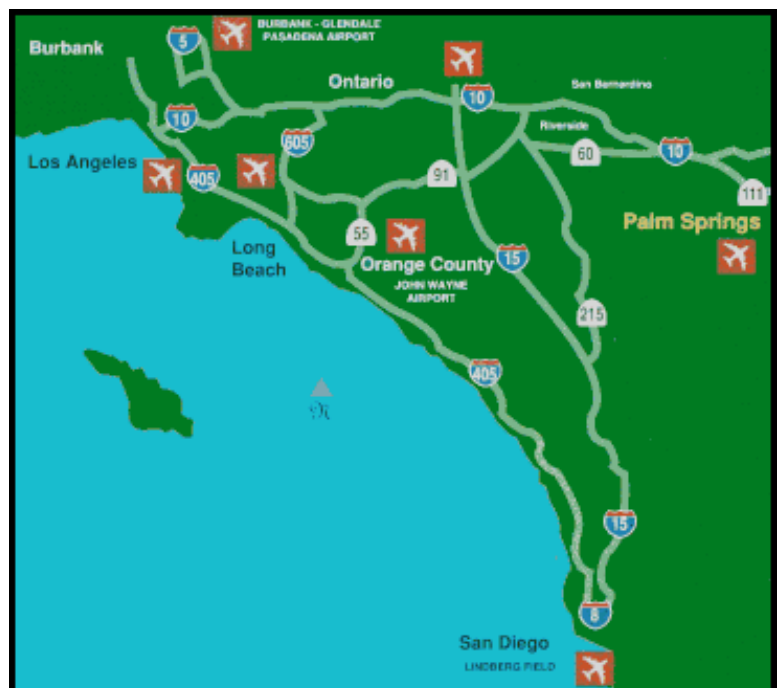
From **Orange County-John Wayne Airport (SNA)**, take MacArthur Blvd. North to Highway 55, to Highway 91 East, to Highway 60 East, to Interstate 10 East, exit at Highway 111 to Palm Springs. (100 miles)

From **Long Beach Airport (LGB)**, turn left on Lakewood, right on Carson to Interstate 605 North, to Interstate 10 East, exit at Highway 111 to Palm Springs. (105 miles)

From **Burbank-Glendale-Pasadena Airport (BUR)**, take Hollywood Dr. North to Interstate 5 South, to Interstate 10 East, exit at Highway 111 to Palm Springs. (129 miles)

From **Los Angeles International Airport (LAX)**, take Century Blvd. to Interstate 105 East, to Interstate 605 North to Interstate 10 East, exit at Highway 111 to Palm Springs. (131 miles)

From **San Diego-Lindberg Field (SAN)**, take Harbor Dr. to Pacific Coast Highway North to Interstate 8 East to Interstate 15 North, to Highway 215 North, to Highway 60 East, to Interstate 10 East, exit at Highway 111 to Palm Springs. (140 miles)



# 2010 USAPL Men's National Powerlifting Championships

June 18-20, 2010

Palm Springs Convention Center

Palm Springs, CA

Please type or print clearly

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City/St./Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_ Weight Class: \_\_\_\_\_

Age on date of competition: \_\_\_\_\_ Division(s) (Please check): OPEN  TEEN  JUNIOR

## QUALIFYING INFORMATION (required)

Meet: \_\_\_\_\_ Total: \_\_\_\_\_ Date: \_\_\_\_\_ Meet Director: \_\_\_\_\_

### PARTICIPANT'S EMERGENCY CONTACT INFORMATION

Name: \_\_\_\_\_ Relation: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Are you planning on staying at the Hilton Palm Springs? \_\_\_\_\_ (yes / no)

I will be arriving on: \_\_\_\_\_ And departing on: \_\_\_\_\_

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

### RELEASE FROM LIABILITY

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

In consideration of acceptance of my entry in the **2010 USAPL Men's Open-Teen-Junior National Powerlifting Championships**, 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 with the **2010 USAPL Men's Open-Teen-Junior National Powerlifting Championships**, including, but not limited to the meet directors, event staff, Palm Springs Convention Center, Hilton Palm Springs and any sponsors, 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 directors and the sponsors of the **2010 USAPL Men's Open-Teen-Junior National Powerlifting Championships** use to detect the presence of strength-inducing drugs SHALL BE CONCLUSIVE. That 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 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 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 from Liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release from 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

### 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 (36) months, nor have I used prescription diuretics or psychomotor stimulants during the seven (7) days prior to the **2010 USAPL Men's Open-Teen-Junior National Powerlifting Championships**.

\_\_\_\_\_  
Signature in full of Applicant

# 2010 USAPL Men's National Powerlifting Championships

June 18-20, 2010

Palm Springs Convention Center

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

HEAD COACH: \_\_\_\_\_MANAGER: \_\_\_\_\_

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

Team entry fee is \$50.00 for each team division entered. OPEN  TEEN  JUNIOR  COMBINED T/J

## TEAM ROSTER

No.	Lifter	Weight Class	USAPL Card #:
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			

## ALTERNATES

1	
2	

**TEAM SCORING:** IPF rules for team scoring will apply. Only the point scores of the six best placed lifters of each team will be counted for team scoring. Each team is allowed a maximum of eleven competitors spread throughout the range of the eleven bodyweight categories. A maximum of two lifters in any given weight class. 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.

**COMBINED TEAM ROSTER/SCORING:** The roster & scoring of a Combined Team shall consist of no more than 10 athletes. The rosters may include no more than 7 athletes from each division being combined. For example a combined Teen/Junior team may consist of any combination of 7 Teen / 3 Juniors, 6 Teen / 4 Juniors, or 5 Teen / 5 Juniors. Teens and Juniors could obviously be switched in this given example. When a team consists of less than 10 athletes, the split must not be more than 70% of the same division.

ALL TEAM ROSTERS MUST BE RECEIVED BY THE CHAMPIONSHIP DIRECTOR BEFORE THE **FIRST** WEIGH-IN SESSION ON FRIDAY, 6/18/10.