



FOR IMMEDIATE RELEASE

Contact: Lance Slaughter

(310) 995-0047

lanceoslaughter@yahoo.com

USA POWERLIFTING BEGINS 100-DAY COUNTDOWN TO THE 2010 MEN'S NATIONAL POWERLIFTING CHAMPIONSHIPS IN PALM SPRINGS

March 10, 2010 – USA Powerlifting (USAPL) has begun the 100-day countdown as it continues to prepare to welcome the nation's best lifters to Palm Springs for the Men's National Powerlifting Championships that will begin June 18th.

"100 days from today, the 2010 USAPL Men's National Powerlifting Championships will begin, and we are immensely proud that California is once again hosting some of the best strength athletes in the world," said Lance Slaughter, championship director and state chair of USA Powerlifting in California.

USA Powerlifting returns to Palm Springs and the Palm Springs Convention Center for the third time in five years. Since the Palm Springs Convention Center reopened in the fall of 2005 after a \$32.3 million dollar expansion, the state-of-the-art facility has hosted the 2006 USAPL American Open, the 2008 IPF Masters World Powerlifting Championships and the upcoming 2010 USAPL Men's National Powerlifting Championships. Palm Springs was also host to the USAPL Men's Masters National Powerlifting Championships in 2005 at the Palm Springs Riviera Resort.

The Hilton Palm Springs will serve as the official host hotel for the championships. Slaughter adds: "Palm Springs has been a very desirable destination for athletes, coaches, officials and lifting fans alike. The national and world championship events held here have been some of the most highly attended events in our sports history. The world championship in 2008 brought well over 400 attendees from around the world to the region. And the local community has been tremendously supportive in their interest and attendance."

The Men's National Powerlifting Championships 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.

Facts on the 2010 USAPL Men's National Powerlifting Championships:

Event period: June 18-20

Official website: www.mensnationals.com

About USA Powerlifting

USA Powerlifting is the premier powerlifting organization 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 from over 100 countries on six continents. USA Powerlifting is responsible for sanctioning local and regional events where lifters can compete in hopes of qualifying for the national level events. USA Powerlifting sanctions several National Championships in all age groups, giving athletes a chance to see how they fare against competitors across the country. Top competitors are selected by USA Powerlifting to compete in five IPF world championships- the World Men's and Women's Open Powerlifting Championships, World Junior and Sub-Junior Powerlifting Championships, World Master's Powerlifting Championships, the World Bench Press Championships, and World Master's Bench Press Championships. USA Powerlifting operates as a 501(c)(3) non-profit organization. To get information about USA Powerlifting, please visit www.usapowerlifting.com.

###