

FIRST STATE POWER FRENZY



**Full Power, Push/Pull,
Squat Only, Bench Only, Deadlift Only, Strict Curl**
Bench for Reps - benefiting Special Olympics of DE- APA membership not required for this one event
Saturday November 07, 2009
at The Training Center

#807 Churchman's Center, Rt. #273 and Churchman's Road, New Castle DE 19720

Early weigh-ins: Friday, November 06: 3 p.m. - 7 p.m.

Weigh-ins: Saturday, November 07, 7:30a.m. – 9a.m. Mandatory Rules Meeting at 9:30 a.m. Lifting commences at 10 a.m.

You must be a member of the APA to be eligible for this competition. Membership cards may be obtained at the meet. APA membership is \$30. High School Student membership is \$15.

EQUIPMENT MUST MEET APA SPECIFICATIONS!!

APA RULES WILL BE FOLLOWED. If you are not familiar with these rules, see www.apa-wpa.com

Weight Classes Men: 114, 124,123,132,148,165,181,198,220,242,275,308,341,SHW

Weight Classes Women: 97,105,114,123,132,148,165,181,198,220,SHW

Age Divisions: Open Sub-Teen: 11-12 Teenager: 13-15,16-17,18-19 Junior:20-23 SubMaster33-39
Master:40-44,45-49,50-54,55-59,60-64,65-69,70-74,75-79,80+

For additional information contact Kate Baird at 302-381-0040 or e-mail: powerfulkate@comcast.net



Name _____

E-Mail address _____

Mailing Address _____

City _____ State _____ Zip _____

Weight Class _____ Age Division _____ Birth Date _____

CHECK appropriate: Full Power \$85 _____ Push/Pull \$85 _____

Squat Only \$65 _____ Bench Only \$65 _____ Deadlift Only \$65 _____ Strict Curl \$65 _____

Bench for Reps \$35 _____

\$25 for additional Divisions

Drug Tested _____ Untested _____

RAW _____ EQUIPPED/Standard _____ EQUIPPED/Unlimited _____

Release from Liability

In consideration of being permitted to participate in Powerlifting competitions sanctioned by the American Powerlifting Association, or related events same day, I here by release Scott Taylor, the American Powerlifting Association, all APA meet directors, The Training Center gym, their assistants and/or employees and all persons associated there with or rendering service thereto from any responsibility or

liability for any injury or personal loss to myself, including those caused by the negligent act or omission arising out of or connected with my participation in APA Powerlifting competitions or related events or the use of any equipment at the Powerlifting competitions. In signing this Release form, I acknowledge and represent the following:

1. Powerlifting is a strenuous athletic event. As a sport, accidents can and do happen periodically as a result of the normal danger involved.
2. There is a risk of participation. Lifter recognizes this risk and accepts it. Lifter shall have the duty to examine all equipment prior to use and immediately inform the proper people of any dangerous condition observed with the equipment, personnel or event venue. The lifter has sole responsibility for the condition of his personal lifting gear i.e. bench press shirts, lifting suits, belts, wraps and other lifting gear and it is the responsibility of the lifter to wear such gear in a manner that is safe and least likely to result in injury. The American Powerlifting Association and its meet directors and employees are not responsible for lifting gear blowouts, tears or any defects in lifting gear.
3. I am in excellent health and capable of performing the feats of strength attempted.
4. I am the sole decider of the amount of weight to be lifted. Lifter will act in a reasonable manner at all times and not lift weights beyond a safe and prudent level.
5. I have the right to bring my own spotters and assistants. If I do not do so, I may use such spotters as provided by the meet director, solely as a courtesy to Lifter.
6. Neither the APA nor any subdivision thereof, nor any agent, servant or employee of the APA nor any other competitor shall be liable to me for any harm or damage to me, unless such harm is the result of the intentional or reckless conduct of such person, which conduct shall not be imputed to any other person or organization. No action of negligent entrustment shall exist.
7. I will be responsible for my behavior and acts and those of my guests. If I do not act in accord with the rules of the APA for competition or behavior, I may be asked to leave the event immediately by an event director and will do so voluntarily and shall forfeit all fees paid to the meet director. In the event litigations shall occur, I shall be responsible for payment of reasonable attorney fees of the prevailing party
8. This Release is reasonable, executed freely, without duress and undue influence and after opportunity for careful and independent review.

In consideration of acceptance of my entry form in this powerlifting competition, I intend to be legally bound for not only myself, but also for my heirs, executors, and administrators. In signing this release from liability, I waive and release everyone connected with this competition from any and all liability and negligence which may arise from it.

Signature of Applicant _____

Signature of Parent if Under 18 _____

Send Entry Fee- check or money order- and Make Payable to:

Kate Baird
PO #385 Nassau, DE 19969

All entries received after October 24, 2009 will incur a \$15 late fee. All entry fees paid at weigh-ins or on the day of the meet must be paid in cash (including late fee). It is recommended that you register early as lifter registration space is limited. Please call or e-mail to check space availability.



is a production by:



Kate Baird co-produced with **Len Walker**

in tandem with **The Training Center Gym**

