

ALBANY STRENGTH POWERLIFTING

AND BENCH PRESS CHAMPIONSHIPS RAW DIVISIONS

SATURDAY, APRIL 3RD

This meet will be a sanctioned powerlifting contest and will adhere to all rules set forth by USA Powerlifting rulebook. All entrants must have a valid USAPL membership card at time of contest or can be purchased at weigh-ins.

MEET DIRECTOR: John Payette
518.433.1703 or johnjpayette@aol.com

PLACE: Albany Strength, 332 Central Avenue, Albany, New York

TIME: Saturday, April 3rd, 7:30 to 9:00 am: Weigh-in and equipment check for all lifters' classes.
10:00 am: Lifting will begin.

ENTRY FEE: \$60.00 for full meet. \$40.00 for bench press only.
ALL ENTRIES MUST BE POSTMARKED BY SATURDAY, MARCH 27TH, 2010
* Make all checks payable to Albany Strength, 332 Central Avenue, Albany, New York 12206

WEIGHT CLASSES:

| | | | | | | | | | | |
|---------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Men's | 123 | 132 | 148 | 165 | 181 | 198 | 220 | 242 | 275 | SHW |
| Women's | 105 | 114 | 123 | 132 | 148 | 165 | 181 | 198 | SHW | |

*This is an open meet only. This includes RAW and bench only

ALBANY STRENGTH

XXXL



For up-to-date information, please log on to Albany Strength's internet forum at albanystrength.com



All rules of USA Powerlifting can be found at usapowerlifting.com

Please submit your payment and the registration form below in an envelope.

ALBANY STRENGTH POWERLIFTING AND BENCH PRESS CHAMPIONSHIPS

Please Check:

Male Female Open Full RAW Open Full Bench Open Only Bench RAW Open Only

Name _____ Age _____ Weight Class _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email Address _____

USAPL Card # _____

I give my word of honor as an athlete that I have not used any strength enhancing drugs (i.e. any anabolic steroid, natural hormone or synthetic growth hormone) as part of my training during the past 36 months, nor have I used prescription diuretic or psychomotor stimulants during the 7 days prior to this meet. I agree to submit to a drug screen as prescribed by the rules of the USAPL.

Print Name _____ Date _____

Signature _____