



Location of Event:

West Monroe High School
201 Riggs Street- West Monroe, LA 71291
May 5, 2018

Meet Director: Tyler Gerfers (281) 782-6230 tylgerfers@gmail.com

State Chairman: Travis Werner – traviswerner123@gmail.com

State Records Keeper: Garrett Bailey – records@louisianausapl.com

USAPL Sanction Number: LA-2016-05

Eligibility Requirements:

Open to ALL lifters. NO qualifying totals are required to compete in this competition. All lifters competing in the championship must be a member of USA Powerlifting. USA Powerlifting Membership cards can be purchased at registration before the start of the weigh-ins (cash only). They can also be purchased on-line: www.usapowerlifting.com/forms/membership.shtml

Saturday – May 5, 2018

8:00 am to 9:30 am – Weigh-in & equipment check for all lifters

9:30 am to 10:00 am – Rules briefing/lifter warm-up

10:00 am– Competition lifting for all athletes

Immediately following lifting –Awards presentation/Drug-testing

Weight Classes [lbs]:

Men: 116 (Youth/Teen/Junior Only), 130, 145, 163, 183, 205, 231, 264, 264+

Women: 94 (Youth/Teen/Junior Only), 103, 114, 125, 138, 158, 185, 185+

Divisions:

Competitors will lift “equipped” or “raw” in one of the following age divisions

Open (any age) Youth (8-13) Teen (14-19) Junior (20-23)

Master I (40-49) Master II (50-59) Master III (60-69) Master IV (70+)

Awards:

Awards will be presented to all 1st – 3rd place finishers, for each weight class and division.

Technical Rules:

This competition is sanctioned by USA Powerlifting. The IPF/USAPL Technical Rules can be found here: www.usapowerlifting.com/committees/technical

Admission: \$5 (FREE admission for kids 6 and under)





PLEASE MAIL YOUR ENTRY FORM AND RELEASE FROM LIABILITY WAIVER WITH
A CHECK OR MONEY ORDER MADE PAYABLE TO THE FOLLOWING:

TYLER GERFERS
232 HILLSIDE CIRCLE-WEST MONROE, LA, 71291
Event Date: May 5, 2018

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Telephone: () _____ E-mail: _____

*Age: _____ Date of Birth: _____

**Age determination is based on the lifters age as of May 5th 2018; The day of the competition. All weight and age will be governed per USAPL rules and regulations*

USAPL Membership Card #: _____ Expiration Date: _____
(Can be purchased at the contest or online <http://www.usapowerlifting.com/>)

I will be lifting: Raw

Equi

Please specify the weight class that you will be lifting in: _____

PLEASE SPECIFY T-Shirt SIZE(s): S M L XL XXL XXXL

ENTRY FEE(S):

_____ Student lifters contact tylgerfers@gmail.com for entry fee amount

_____ \$70.00 – Powerlifting Competition [Squat, Bench Press and Deadlift]

_____ \$50.00 – Bench Press or Dead Lift Only Competition

_____ \$15.00 – State Games T-shirt [Small to 3XL]

_____ \$50.00 – Late Fee if entry form is postmarked after Friday April 20, 2018

_____ Total Enclosed

Important Note: Please take note of the entry form deadline – Friday April 20, 2018. If your application/entry form is going to be late, you must notify the meet director either by e-mail or telephone for confirmation to lift in the State Games. There are NO refunds for any reason. The late fee will apply to everyone.





USA POWERLIFTING RELEASE FROM LIABILITY WAIVER

IMPORTANT: READ THIS RELEASE CAREFULLY. WHEN YOU SIGN IT YOU WILL BE GIVING UP IMPORTANT LEGAL RIGHTS. In consideration of my participation in the USAPL Louisiana State Games Powerlifting Event as a competitor, as a loader/spotter, as a referee, as a platform worker, or as in any other capacity, I intend to be legally bound, for not only myself but also for my heirs, executors, representatives, agents, successors, assigns, and administrators. By signing this Release of Claims and Liability, I waive, release, and forever discharge USAPL, USAPL officers and officials, the meet directors(s), the loaders and spotters, the referees, all meet personnel, and all USAPL administrative personnel, agents, independent contractors, and employees associated with this competition, from any and all claims, demands, damages, costs, expenses, loss of services, actions and causes of action, that I, my heirs, personal representatives, or assignees, may have against USAPL and the aforementioned parties for all injuries and damages, known or unknown, that I may incur as a result of my participation and/or involvement in the above-described event or by my use of the facility in which this competition is held.

I do further agree that I shall indemnify and save harmless USAPL, USAPL officers and officials, the meet directors(s), the loaders and spotters, the referees, all meet personnel, and all USAPL administrative personnel, agents, independent contractors, and employees, from any and all claims, demands, damages, loss of service, or expense for property damage and for personal injuries or actions brought by a third party resulting or arising from my participation in the above-described competition or my use of the facility in which this competition is held.

Further, I assume the risk of my participation in this sport and in this competition, which is potentially dangerous, like most other sports. Serious to minor injuries can and do occur. I further recognize that my participation in this competition is voluntary and requires that I assume the risk of this potentially dangerous sport and, therefore, I assume the risk of potential injury.

Further, if asked to submit to a drug test, 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 the 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 that may be necessary to complete the drug testing. Should I fail to pass the drug tests, I agree to forfeit any trophy or award that I might 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 the drug test to which I submit is reported as positive, then I waive any claim, action, or cause of action for which legal relief is available.

I agree to pay any attorney fees and litigation expenses incurred by any person, real or corporate, whom I may sue in an effort to challenge this Release of Claims and Liability. 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 or my participation in this competition. If any provision of this Release of Claims and Liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release of Claims and Liability shall remain in full force and effect. I also certify with my signature that this Release of Claims and Liability cannot be modified orally.

By signing below, I acknowledge that I have read and fully understand the information contained in this document and that I sign this Release of Claims and Liability voluntarily with the knowledge that I waive important legal rights.

Signature of Participant

Date

Sign

Printed Participants Name

Date

Print Name of Parent or Guardian if Participant is under 18 years old

Part B: CERTIFICATION FOR COMPETITORS: All Lifters

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 of Participant

Date

Sign

Printed Participants Name

Date

Print Name of Parent or Guardian if Participant is under 18 years old

