

2015 USAPL Pennsylvania

Raw Powerlifting and Push Pull Championships

USAPL Sanction #PA-2015-05

Saturday May 16th, 2015



East Swamp Church, 2405 E. Swamp Rd., Quakertown, Pennsylvania 18591



Sanctioned by USA Powerlifting (www.adfpa.com)
Sponsored by Nutritional Technologies (www.nutritek.net)

Schedule: All events take place at East Swamp Church
Friday night May 15th 6:00 PM to 7:30 PM - **Early equipment check for any lifters, if interested.**
Saturday May 16th 7:00 AM to 8:30 AM - **Weigh-in / equipment check for both contests.**
RULES CLINIC - after weigh-in, from 0830 till ~0840. Squatting will start ~ 0915

Entry fee: \$40.00 for EACH contest entered in the push pull event. You do not have to enter the Open.
\$70.00 for the 3 lift raw powerlifting event. This event is only offered raw to the **first 45 lifters**
\$10.00 for each additional division within each contest. Fees are not refundable.

Make check payable to: Twin City Barbell Club c/o Ron Lobb
2120 Birch St.
Easton PA 18042

For info: Ron Lobb (484) 542-0432 ronaldlobb@gmail.com

USAPL Raw Powerlifting, Single Lift Bench Press and single lift deadlift. PA State and American Records can be set. Proof of age required for age records.

ALL Current USAPL Records are at www.purepowerlifting.com and www.adfpa.com

Deadline: Entries must be received no later than May 8, 2015

Eligibility: Must be a current USAPL member. Visit www.usapl.com to sign up

Check www.wada-ama.org for banned substances list. 10% of lifters will be drug tested!

Awards: Medals for Top 3 in each division. "Best Lifter" awards as appropriate depending on turnout per division. Team Awards as appropriate – Tentative Roster must be submitted by May 8th deadline. Team entry fee \$25 and must be a USAPL registered team.

Men: 53KG, 59KG, 66KG, 74KG, 83KG, 93KG, 105KG, 120KG, 120+KG

Women: 43KG, 47KG, 52KG, 57KG, 63KG, 72KG, 84KG, 84+KG

Youth: Teen 1 -14&15, Teen 2 - 16&17, Teen 3 - 18&19

Junior: 20 - 23

Submaster: 35 - 39

Master: 40 - 44, 45 - 49, 50 - 54, 55 - 59, 60 - 64, 65 - 69, 70-74...

Special Olympians with the same weight classes.

Attire: Raw: Non-supportive one-piece (singlet) lifting suit, 24" wrist wraps, knee sleeves and 4" wide powerlifting belt allowed. (No Velcro)

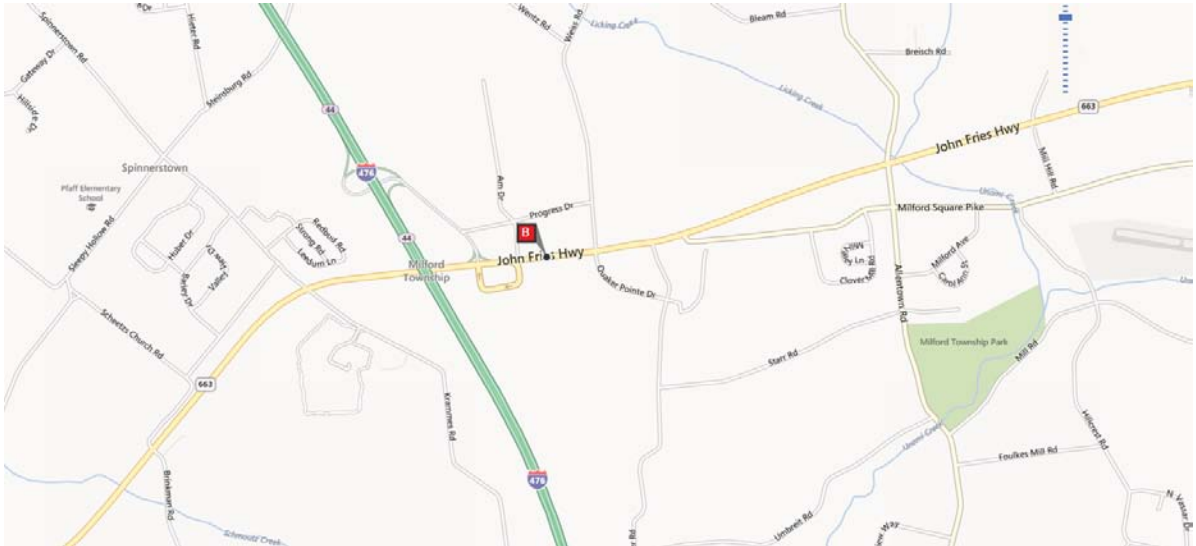
Equipped: USAPL Single Ply

Format: Flight system will be used. Weights will be in kilos. Single platform contest planned

Hotel Accommodations

For a discounted room rate, please contact the Holiday Inn Express Hotel and Suites located on Route 663, Quakertown, PA. It is conveniently located near the Quakertown exit, PA Turnpike. When calling to make a reservation, mention the group “USAPL power lifting”.

Holiday Inn Express Hotel and Suites
1918 John Fries Highway (Route 663)
Quakertown, PA 18951
(215) 529-7979



Food

Breakfast & Lunch
will be available for purchase at the event

See what the ladies have got cookin'!

Event Fees:

\$40.00 for each single lift contest plus \$10.00 for each division within each contest.

\$70.00 for the 3 lift raw powerlifting event.

[Online Entry Form](#)

Meet tee shirts for sale: S to XL \$15.00 XXL \$17.00 XXXL \$19.00

Pre-order and pay, size? _____

I enclose a total dollar amount of \$_____

Payable to "Twin City Barbell Club"

Visit www.usapl.com to sign up for USAPL membership - Required for online entry form