

USAPL LARRY GARRO MEMORIAL
(FULL-LIFT / BENCH / RAW BENCH / DEADLIFT / IRONMAN)
SATURDAY– AUGUST 2, 2008 (Deadline July 12th)

Location of Event:

Dumbarton Middle School
300 Dumbarton Rd., Towson, MD 21212

Eligibility Requirements:

Open to all registered USAPL members (Membership cards can be purchased at weigh-in/Equipment Check).

Weight Classes (lbs):

Male: 114 (only teens & juniors), 123, 132, 148, 165, 181, 198, 220, 242, 275 & SHW

Female: 97(only teens & juniors), 105, 114, 123, 132, 148, 165, 181, 198, 198+

Competition Lifting and Weigh-in Schedule:

Saturday – August 2, 2008

08:00 to 09:30am - Weigh-in & equipment check for all lifters

09:30 to 10:00am - Rules briefing/lifter warm-up

10:00am – Lifting Starts

Special Note: Please send your contest application/entry in early. This year's contest will be limited to the first 50 lifters, and will be a one-platform event. Entry forms must be post-marked by July 12, 2008, to avoid a late fee being applied to your application.

Awards:

Awards will be presented to 1st – 5th place finishers for each weight class and division. Overall outstanding lifter awards will be presented to the best male and female lifter for the championship. Awards shall also be presented to the top five (5) teams (All team rosters must be presented to meet director prior to the first weigh-in).

Spectator Fee:

There is no fee to watch this meet. So bring your family and friends for a fun outing.

Technical Rules:

This competition is USAPL sanctioned and ALL IPF rules will be followed. If you are not familiar with these rules, they can be found at the following URL:

http://www.powerlifting-ipf.com/IPF_rulebook_2007.doc

Hotel Reservations:

NEARBY HOTELS

For specific directions please use www.mapquest.com or www.expedia.com or call the hotel.

Comfort Inn, 8801 Loch Raven Blvd., Towson, MD 21286 (410) 882-0900 (miles from site: 3.5)

Ramada Inn, 8712 Loch Raven Blvd, Baltimore, MD 21286 (410) 823-8750 (3.5 miles from site)

Towson East Motel, 1507 E Joppa Rd, Baltimore, MD (410) 825-5800 (3.5 miles from site)

Holiday Inn, 1100 Cromwell Bridge Rd, Baltimore, MD 21286 (410) 823-4410 (4.6 miles from site)

Red Roof Inn, 111 West Timonium Rd., Timonium, MD 21093 (410) 666-0380 (6.0 miles from site)

Drug-Testing:

The contest will be drug-tested in accordance with USAPL/IPF/WADA guidelines. Any questions with regards to the drug-testing procedures should be directed to the USAPL drug-testing committee. They can be reached at the following telephone number: 219.456.8485. Further information can be found at the following URL: http://www.usapowerlifting.com/drug_testing/index.shtml

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 SATURDAY– AUGUST 2, 2008 (Deadline July 12th)

Name _____ E-mail: _____

(Please print E-mail clearly)

Address: _____

City: _____ State: _____ Zip Code: _____

Day Telephone: () _____ Evening Telephone: () _____

USAPL Membership Card #: _____ Expiration Date: _____ Club: _____

(Can be purchased at the contest)

RELEASE FROM LIABILITY AND CONSENT TO DRUG TEST:

Read this carefully (When you sign it you will be giving up important legal rights)

In consideration of the acceptance of my Entry Form in this Powerlifting Competition I intend to be legally bound, for not only myself but also for my heirs, my executors and my administrators. In signing this release from liability I waive and release everyone connected with this competition from any and all liability, including any result of negligence, which may arise from this competition. Moreover, I agree that any testing method, which the meet directors and the sponsors of this meet use to detect the presence of strength inducing drugs, **SHALL BE CONCLUSIVE**. This is, whether I think the results of the test 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 test, which may be necessary to complete the drug testing. Should I fail to pass the drug tests I agree to forfeit any trophy or award, which 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 it is determined that I have failed the drug test, I agree to waive any claim for which legal relief is available. I agree to pay any attorney fee and litigation expenses by any person, real or corporate, which I may sue in an effort to challenge this release from liability form. I understand that my agreement to pay attorney fees and litigation expenses is the **SINE QUA NON** for acceptance of my entry in this contest. If any provision of this Release from Liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release from Liability shall remain in force and effect. I also certify with my signature that this release/agreement cannot be modified orally.

Signature of lifter		Date	
Signature of Parent Or Legal Guardian <i>If Contestant is under 18</i>		Date	

USAPL LARRY GARRO MEMORIAL

(FULL-LIFT / BENCH / RAW BENCH / DEADLIFT / IRONMAN)

SATURDAY– AUGUST 2, 2008 (Deadline July 12th)

Check the "FULL-LIFT" Division you will be lifting in:

- | | | |
|----------------------------------------------------|---------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> Open (all ages 14 and up) | <input type="checkbox"/> Junior (20-23) | <input type="checkbox"/> Masters III (60-69) |
| <input type="checkbox"/> Teen I (14-15) | <input type="checkbox"/> Special Olympian | <input type="checkbox"/> Masters III (70+) |
| <input type="checkbox"/> Teen II (16-17) | <input type="checkbox"/> Masters I (40-49) | <input type="checkbox"/> Master 80+ |
| <input type="checkbox"/> Teen III (18-19) | <input type="checkbox"/> Masters II (50-59) | <input type="checkbox"/> Police/Fire/Military |

Check the "BENCH" Division you will be lifting in:

- | | | |
|----------------------------------------------------|---------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> Open (all ages 14 and up) | <input type="checkbox"/> Junior (20-23) | <input type="checkbox"/> Masters III (60-69) |
| <input type="checkbox"/> Teen I (14-15) | <input type="checkbox"/> Special Olympian | <input type="checkbox"/> Masters III (70+) |
| <input type="checkbox"/> Teen II (16-17) | <input type="checkbox"/> Masters I (40-49) | <input type="checkbox"/> Master 80+ |
| <input type="checkbox"/> Teen III (18-19) | <input type="checkbox"/> Masters II (50-59) | <input type="checkbox"/> Police/Fire/Military |

Check the "RAW BENCH" Division you will be lifting in:

- | | | |
|----------------------------------------------------|---------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> Open (all ages 14 and up) | <input type="checkbox"/> Junior (20-23) | <input type="checkbox"/> Masters III (60-69) |
| <input type="checkbox"/> Teen I (14-15) | <input type="checkbox"/> Special Olympian | <input type="checkbox"/> Masters III (70+) |
| <input type="checkbox"/> Teen II (16-17) | <input type="checkbox"/> Masters I (40-49) | <input type="checkbox"/> Master 80+ |
| <input type="checkbox"/> Teen III (18-19) | <input type="checkbox"/> Masters II (50-59) | <input type="checkbox"/> Police/Fire/Military |

Check the "DEADLIFT" Division you will be lifting in:

- | | | |
|----------------------------------------------------|---------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> Open (all ages 14 and up) | <input type="checkbox"/> Junior (20-23) | <input type="checkbox"/> Masters III (60-69) |
| <input type="checkbox"/> Teen I (14-15) | <input type="checkbox"/> Special Olympian | <input type="checkbox"/> Masters III (70+) |
| <input type="checkbox"/> Teen II (16-17) | <input type="checkbox"/> Masters I (40-49) | <input type="checkbox"/> Master 80+ |
| <input type="checkbox"/> Teen III (18-19) | <input type="checkbox"/> Masters II (50-59) | <input type="checkbox"/> Police/Fire/Military |

Check the "IRONMAN (Bench+Deadlift=Sub-Total)" Division you will be lifting in:

- | | | |
|----------------------------------------------------|---------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> Open (all ages 14 and up) | <input type="checkbox"/> Junior (20-23) | <input type="checkbox"/> Masters III (60-69) |
| <input type="checkbox"/> Teen I (14-15) | <input type="checkbox"/> Special Olympian | <input type="checkbox"/> Masters III (70+) |
| <input type="checkbox"/> Teen II (16-17) | <input type="checkbox"/> Masters I (40-49) | <input type="checkbox"/> Master 80+ |
| <input type="checkbox"/> Teen III (18-19) | <input type="checkbox"/> Masters II (50-59) | <input type="checkbox"/> Police/Fire/Military |

Please specify the weight class that you will be lifting in: _____ Age: _____ Date of Birth: _____

ENTRY FEE (S):

- _____ \$60.00 for 1st block checked
_____ \$45.00 per additional block checked
_____ \$10.00 per Meet Shirt

PLEASE SPECIFY T-Shirt SIZE(s): Cost at Meet - \$15.00 each: M L XL XXL XXXL

_____ \$50.00 per team (must be registered with USA Powerlifting – must include proof with entry)

Applications are to be post-marked by July 12, 2008 – Additional Late fee of \$40.00 after this date.

Important Note: If your application/entry is late, you must notify the meet director either via e-mail, or by telephone.

No refunds shall be provided to any athlete that withdraws from the contest.

MONEY ORDERS (ABSOLUTELY NO PERSONAL CHECKS) PAYABLE AND MAILED TO THE FOLLOWING:

BRIAN WASHINGTON - Contest Director
P.O. BOX 20042, BALTIMORE, MD 21284-0042
Phone: 410-265-8264 * E-mail: BRIAN@USBF.NET