

Southeast RAW Showdown



Date: Saturday, April 23, 2016

Sanction: USA Powerlifting: MN-2016-04

Venue: [UCR Regional Sports Center](#) at Rochester Community and Technical College; Ucr Pkwy SE, Rochester, MN 55904
Please do not call the venue for event information. Directions to the venue can be found [here](#).

Contests: Powerlifting (squat, bench press, and deadlift) and bench press only. **Competitors can not enter both contests.**

Divisions:

(powerlifting)

MEN

Open lightweight men ($\leq 83\text{kg}$)
Open middleweight men ($> 83\text{kg}$ and $\leq 105\text{kg}$)
Open heavyweight men ($> 105\text{kg}$)
Master men (40 years old and older)
Teen/junior men (14-23 years old)
Youth boys (8-13 years old)
Special Olympian men

WOMEN

Open lightweight women ($\leq 57\text{kg}$)
Open middleweight women ($> 57\text{kg}$ and $\leq 72\text{kg}$)
Open heavyweight women ($> 72\text{kg}$)
Master women (40 years old and older)
Teen/junior women (14-23 years old)
Youth girls (8-13 years old)
Special Olympian women

Divisions: Men, women, special Olympian men, special Olympian women.
(bench-only)

Placings: Placings in each division will be determined by [Wilks formula and any other applicable age/sex formulas](#).

Awards: Medals (gold, silver, and bronze) will be given to the top three in each division as determined by formula.
Note: lifters can set [state records](#) and [American records](#) in the normal weight classes based on body weight at weigh-in.

Schedule: Registration and equipment check for all competitors (powerlifting and bench-only): 7:00-8:30am.
Weigh-in for powerlifting competitors: 7:00-8:30am. Powerlifting contest begins at 9:00am.
Weigh-in and estimated start times for bench-only competitors: Will be announced no later than April 18.
Early equipment check for all competitors: 7:00-9:00pm on Friday, April 22nd at the contest venue.
Lifters are encouraged to visit the venue on Friday (7-9pm) for early registration, equipment check, and [rack heights](#).

Online: The Facebook event page can be found here: <https://www.facebook.com/events/1537012293264311/>

Eligibility: All card-holding members of USA Powerlifting who have not used strength-inducing drugs in the last 3 years (36 months) or prescription diuretics or banned stimulants in the 7 days prior to the contest. [Online membership purchase](#) prior to the meet is strongly encouraged. High school lifters must purchase a full year membership. **Lifters must have a valid government-issued photo ID. Lifters without a government-issued photo ID (e.g., youth and teen lifters) must contact the MN State Chair Joe Warpeha (jwarpeha@css.edu) PRIOR to the meet.** This is a drug-tested meet. A minimum of 10% of all lifters will be tested. Some over-the-counter medications and nutritional/herbal supplements may contain prohibited substances. Please visit the [Drug Testing section of the USAPL MN state website](#) for more information.

Entry Fee: \$50 first division, \$30 each additional division. No refunds will be given after Friday, April 1, 2016.

T-Shirts: \$15 each (T-shirts might not be available for sale at the meet so pre-ordering is recommended).

Payment: Mail check or money order payable to the meet director: **Kyle Milnes, 56190 395th Ave., Zumbro Falls, MN 55991**

Questions: Contact Kyle Milnes at rawsquatter775@gmail.com or (507) 251-6913 (please no phone calls after 8:00pm).

Deadline: Entry form must be postmarked by Friday, April 1, 2016. Late entries accepted at the discretion of the meet director.

Notes: [USA Powerlifting defines raw](#) as: non-supportive singlet, T-shirt, belt, neoprene knee sleeves, and wrist wraps.
This meet will be a one-session, single-platform meet using an [ER combo rack](#); the meet will be run in [kilograms](#).
To access the [USAPL rules](#) and other resources, please visit the USAPL MN state website: www.usaplmin.com

***** Limited to the first 60 entries received *****



Entry Form



2016 Southeast RAW Showdown - USAPL Sanction: MN-2016-04
Saturday, April 23, 2016 - Ucr Pkwy SE, Rochester, MN 55904

Name _____ Age (on April 23) _____ Date of Birth ____/____/____

Address _____ City/State/Zip _____

Email address (please write clearly) _____

Phone (____) _____ Intended body weight: _____ lb

- Notes:**
1. Email will be the primary means of direct communication between the meet director and the competitor so please clearly indicate a current email address; if you do not have internet access/email, please make note of this on your entry form.
 2. General meet information (updates, lifting flights, etc.) will be posted on the official Facebook event page which will be regularly updated with the most current information: [<https://www.facebook.com/events/1537012293264311/ >](https://www.facebook.com/events/1537012293264311/)

Best raw lifts: Squat _____ lb Bench Press _____ lb Deadlift _____ lb in competition in training

Current membership card # _____ **No card:** will purchase at meet (\$50) already purchased (see note below)

Note: If you purchase your membership prior to the meet (online or at another event) but you do not receive your membership card by the day of the meet, you must bring a receipt or proof of purchase to the meet. If you do not have proof of membership on the day of the meet, you will be required to buy a new membership (no exceptions can be made).

Division [circle the division(s) you are entering - \$50 for first division and \$30 for each additional division]:

MEN (powerlifting)

- Open lightweight men (≤83kg)
- Open middleweight men (>83kg and ≤105kg)
- Open heavyweight men (>105kg)
- Master men (40 years old and older)
- Teen/junior men (14-23 years old)
- Youth boys (8-13 years old)
- Special Olympian men

WOMEN (powerlifting)

- Open lightweight women (≤57kg)
- Open middleweight women (>57kg and ≤72kg)
- Open heavyweight women (>72kg)
- Master women (40 years old and older)
- Teen/junior women (14-23 years old)
- Youth girls (8-13 years old)
- Special Olympian women

MEN (bench-only)

- Bench-only men
- Bench-only Special Olympian men

WOMEN (bench-only)

- Bench-only women
- Bench-only Special Olympian women

***Note: Competitors may NOT enter both the Powerlifting and Bench-Only divisions.**

Emergency contact person: _____ Relation: _____ Phone: _____

T-shirts (if desired) must be ordered with your entry (\$15 each): Number desired: _____ Size(s): _____

Amount of money you are enclosing: Entry fee = \$50 (plus \$30 per additional division) = \$ _____

Mail to: Kyle Milnes
56190 395th Ave.,
Zumbro Falls, MN 55991

T-shirts (if applicable) = \$15 each = \$ _____

Total enclosed = \$ _____

Entry form, release from liability, and drug-free oath must be completed, signed, and **postmarked by April 1, 2016** along with a check or money order for the appropriate amount to be considered an entrant in this competition. This event is limited to the first 60 entries received. **On the release form, print your name, sign and date Parts A and B (both must be completed).**



USA Powerlifting™

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ALL Lifters and Meet Participants, including Loaders, Spotters, Platform Workers, and Referees must complete part A of this form prior to weigh-in or the commencement of the meet, whichever is applicable. In addition, all Lifters must also complete part B of this form prior to weigh-in or the commencement of the meet, whichever is applicable.

PART A

RELEASE OF CLAIMS AND LIABILITY: All Lifters and Meet Participants, including Loaders, Spotters, Platform Workers, and Referees

IMPORTANT: READ THIS RELEASE CAREFULLY. WHEN YOU SIGN IT YOU WILL BE GIVING UP IMPORTANT LEGAL RIGHTS.

In consideration of my participation in the **2016 USA Powerlifting Southeast RAW Showdown (Sanction: MN-2016-04)** Powerlifting Competition 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

Signature of Parent or Guardian if Participant is under 18 years old

Printed Participants Name

Date

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

Date

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

Signature of Parent or Guardian if Participant is under 18 years old

Printed Participants Name

Date

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

Date