



Southwest Desert Classic Powerlifting Expo

Full Power, Bench only, Deadlift only, and Push-Pull

- DATE & TIME:** Sunday, February 26, 2012, 9:00 AM
- LOCATION:** Mesa Marriott. 200 N. Centennial Way. Mesa AZ 85201
- DIRECTIONS:** Use GPS or Google maps for directions from your location.
- SANCTIONED BY:** United States Powerlifting Association (USPA)
- ELIGIBILITY:** Any male or female age 13 years or older. Lifters must be current USPA cardholders. Cards will be available at the weigh-in for \$30 adults (High School--\$15)
- DIVISIONS:** Open, Junior 13-15, 16-17, 18-19, 20-23, Sub-master 35-39, Master 40-44, 45-49, etc
- WEIGHT CLASSES:** Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+
Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+
- RULES:** CURRENT USPA RULES. One-piece wrestling type singlet must be worn as a minimum. Single-ply squat, bench and deadlift suits only! Velcro allowed on bench shirt, but must close the back completely—no open back shirts except in Multiply bench division. No velcro straps allowed on squat and deadlift suit. Raw division only allows one piece singlet, 4 inch belt, wristwraps, and kneesleeves. All lifters competing in the deadlift must wear over the calf socks.
- SCHEDULE:** Early Weigh-in: -----Saturday, 9 to 12pm & 4 to 7pm
Regular Weigh-in: -----Sunday, 630am to 800am
(All Lifters) Rules Briefing/Warmup:-----Sunday, 8:00am
Lifting Begins: -----Sunday, 900am
- AWARDS:** Open-----1st - 3rd place in each weight class
Junior 13-15-, 16-17, 18-19, 20-23-----1st - 3rd place in each weight class
Submaster 35-39-----1st - 3rd place in each weight class
Master 40-44. 45-49 etc-----1st - 3rd place in each weight class and age group.
Team Division-----1st - 3rd place
Best Lifter-----All divisions with 3 or more lifters
- ENTRY FEE:** \$65.00 per lifter, add \$35 if entering additional event or division (PL & BP=2 awards or Open & Master=2 awards) Team entry fee: \$35. Individual entry required.
- DEADLINE:** Entries must be postmarked by Saturday, Feb 11. Entries postmarked after deadline must pay late fee of \$20. No entries accepted on day of contest. Please mail your entry on time.
- PAYMENT:** Make check or money order payable to: Tim Sparkes
Send entry form and payment to: Tim Sparkes,
9794 West Peoria Ave., Suite 9-13, Peoria, Arizona 85345
- QUESTIONS:** Call Tim Sparkes at (623) 979-5275 gym or 623-910-5116 cell
or Call Steve at 661-333-9800 cell or email at steve@uspla.org
- WEBSITE:** You may go to www.uspla.org to print additional copies of the entry form or to view the American records and USPA rules.
- ACCOMODATIONS:** Mesa Marriott. 200 N. Centennial Way. Mesa AZ 85201, (480) 331-7989
Call for room rates and tell them you are a lifter in the meet.

Entry Form
Southwest Desert Classic Expo, Feb 26

Name: _____ Age on Feb 26: _____ Birth date: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone # (_____) _____

USPA Expiration: _____ Email: _____
(new or expired memberships can be purchased at the weigh-in)

Circle the type of gear division you will compete in, pick only one:

Raw Single Ply Multiply-Bench only

Circle the weight class you are entering

Men's
Weight Classes: 114LB 123LB 132LB 148LB 165LB 181LB 198LB 220LB 242LB 275LB 308LB 308+LB

Women's
Weight Classes: 97LB 105LB 114LB 123LB 132LB 148LB 165LB 181LB 198LB 198+LB

Circle the Event and Division you are entering

POWERLIFTING (Full meet): Open, Junior 13-15, 16-17, 18-19, 20-23, Submaster 35-39,
Master 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

BENCHPRESS ONLY: Open, Junior 13-15, 16-17, 18-19, 20-23, Submaster 35-39,
Master 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

DEADLIFT ONLY: Open, Junior 13-15, 16-17, 18-19, 20-23, Submaster 35-39,
Master 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

PUSH-PULL (BP-DL for total): Open, Junior 13-15, 16-17, 18-19, 20-23, Submaster 35-39,
Master 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

ENTRY FEE: \$65.00 for one event and one division (Add \$35 for each additional event or division).
NO ENTRIES ACCEPTED ON DAY OF CONTEST.

DEADLINE: Postmarked by Feb 11, 2012. Late fee \$20.

ENTRY FEE: \$65.00 per division
Add \$35 for an additional division
EX: Open PL & Master PL = \$100

Entry fee \$65: \$ _____

Additional division \$35 each: \$ _____

USPA Membership fee \$30: \$ _____
(For new or expired members)

Total Due: \$ _____

Please mail your entry form and payment to: Tim Sparkes, 9794 West Peoria Ave., Suite 9-13, Peoria, Arizona 85345

RELEASE OF LIABILITY -- READ BEFORE SIGNING and return with entry form and fee

In consideration of being allowed to participate in any way in the Southwest Desert Classic Expo meet sanctioned by the USPA , its related events and activities,

I, _____ , the undersigned, acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the USPA officials immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE Meet Director/promoter, USPA, and their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT , FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

x _____ Age: _____ Date Signed: _____
PARTICIPANT'S SIGNATURE

FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE
(UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

x _____
_PARENT/GUARDIAN'S SIGNATURE EMERG. PHONE # (s) : _____ Date Signed _____

Please mail your entry form and payment to: Tim Sparkes, 9794 West Peoria Ave., Suite 9-13, Peoria, Arizona 85345