

# D-1 USPF BLAZIN SUMMER PUSH / PULL CHAMPIONSHIP

Sponsored by



- DATE & TIME:** Saturday, August 7<sup>th</sup>, 2010 10:00 AM
- LOCATION:** Lance's Gym 3636 South Iron Street Chicago, IL 60609
- DIRECTIONS:** Coming from I-55 North/ I-55 South: Exit on Damen Ave. and go South to 35<sup>th</sup> street. Make a left at 35<sup>th</sup> and go East till you come to Iron St. Make a right at Iron St. End up at the Iron Studios Building.
- SANCTIONED BY:** United States Powerlifting Federation (USPF)  
**ELIGIBILITY:** Any male or female age 13 years or older. Lifters must be current USPF cardholders. Cards will be available at the weigh-in for \$30 (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 USPF rules. One piece wrestling type singlet must be worn. Single ply squat, bench, and deadlift suits only. Velcro on bench shirt must be closed—no open back shirts. Groove briefs with no legs ok. Visit [www.uspf.com](http://www.uspf.com) for complete rules.
- SCHEDULE:**  
(All Lifters)  
Early weigh-in & Equipment Check: -----Friday, 6pm - 7:30 pm  
Regular weigh-in & Equipment Check: -----Saturday 7:00am to 8:00am  
Rules Briefing: -----Saturday 9:00am  
Lifting Begins: ----- 10:00am (Lifting Schedule subject to change)
- AWARDS:**
- |                                         |                                                              |
|-----------------------------------------|--------------------------------------------------------------|
| Open-----                               | 1 <sup>st</sup> - 3 <sup>rd</sup> place in each weight class |
| Junior 13-15-, 16-17, 18-19, 20-23----- | 1 <sup>st</sup> - 3 <sup>rd</sup> place in each weight class |
| Submaster 35-39-----                    | 1 <sup>st</sup> - 3 <sup>rd</sup> place in each weight class |
| Master 40-44. 45-49, etc-----           | 1 <sup>st</sup> - 3 <sup>rd</sup> place in each weight class |
| Team Division-----                      | 1 <sup>st</sup> - 3 <sup>rd</sup> place                      |
| Best Lifter-----                        | open, junior, master, women (PL/BP)                          |
- ENTRY FEE:** \$60.00 per lifter, add \$30 if entering additional event or division (BP or Deadlift) .  
Separate Team entry fee-\$50.00 (submit roster at weigh-in) Individual entry also required.
- DEADLINE:** Entries must be postmarked by Monday, July 26th, 2010. Entries postmarked after deadline must pay late fee of \$30.
- PAYMENT:** Make check or money order payable to: Lance Karabel  
Send entry form and payment to:  
Lances Gym,  
3636 South Iron Street  
Chicago, IL. 60609
- QUESTIONS:** Call Lance at (773) 294-1550 cell or email at [toohuge1@hotmail.com](mailto:toohuge1@hotmail.com)
- WEBSITE:** Go to [www.lancesgym.com](http://www.lancesgym.com) for additional copies of the entry form.

Entry Form August 7<sup>th</sup>, 2010  
August 10<sup>th</sup>  
D-1 USPF MIDWEST PUSH/PULL FEST

Name: \_\_\_\_\_ Age on August 7th: \_\_\_\_\_ Birth date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone # ( \_\_\_\_\_ ) \_\_\_\_\_

USPF Card # \_\_\_\_\_ Expiration: \_\_\_\_\_ Email: \_\_\_\_\_  
(cards can be purchased at the weigh-in)

Shirt Size: Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_ XXXL \_\_\_\_\_

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 Division and Event you are entering

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

**DEADLINE:**      Postmarked July 26<sup>th</sup>, 2010.  
**ENTRY FEE:**      \$60.00 one event, one division  
**Entries postmarked after July 26<sup>th</sup> pay \$30 late fee**  
**Add \$35 for additional event or division**

**Disclaimer:**      Send your entry form and payment to: Lance Karabel c/o Lances Gym 3636 S. Iron St. Chgo, IL 60609

In consideration of the acceptance of my application for entry into the 2009 Midwest Push/Pull Fest sanctioned by the United States Powerlifting Federation (USPF) on the day of October 10<sup>th</sup>, 2009, I hereby waive, release, and discard any and all claims for damages, death, personal injury or property damage which I may have or which may hereafter occur to me as a result of my participation in said event. This release is intended to discharge in advance, the USPF, Lance Karabel and Lances Gym and any other unnamed sponsors, officials, agents, or representatives of these individual organizations from and against all liability arising out of or connected in any way with my participation in said event, even though that liability may arise out of the negligence or carelessness on the part of persons or entities mentioned above. I understand that I am not covered for any personal injury and/or property damage under any medical or liability insurance policies of any of the aforementioned parties or any other sponsors. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns.

\_\_\_\_\_  
Signature of Competitor

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Legal Guardian  
If competitor is under 18 years old

\_\_\_\_\_  
Date