



Heart of America Emergency Service Games: Bench Press Championships

September 27, 2009 – Wichita, KS

Contests: Bench Press.

Location: Genesis Health Club, 6100 E. Central,
Wichita, KS

Schedule: Weigh-in and equipment check:
12:00pm-1:30 pm; Rules meeting: 1:30 pm; Lifting
begins: 2:00 pm.

Divisions: Men & Women: Equipped and Raw
divisions

Age Groups: **Open** (any age); **Teen** (age 14-19);
Junior (age 20-23); **Master 1** (age 40-49), **Master**
2 (age 50-59), **Master 3** (age 60+).

Weight Classes: Men: 123, 132, 148, 165, 181, 198,
220, 242, 275, & SHW. Women: 105, 114, 123,
132, 148, 165, 181, 198, & SHW

Rules: This meet is sanctioned by USA Powerlifting
(USAPL) and all rules used will be those of USAPL
and the International Powerlifting Federation (IPF).
Rules can be found at: [http://www.powerlifting-
ipf.com](http://www.powerlifting-ipf.com) (select "Rules" then "Technical Rules")

Lifting Attire: A form fitting one piece singlet is
required. Lifting in the raw division requires a form
fitting, short sleeve cotton T-shirt. Lifting in the
equipped division allows use of a supportive shirt,
which must be closed back, single ply polyester
from an approved supplier, which can be found at:
<http://www.powerlifting-ipf.com> (select "Rules"
then "Approved List"). Wrist wraps are allowed in
both equipped and raw divisions, but can not exceed
1m in length or 8cm in width. One piece lifting
belts are allowed in both equipped and raw
divisions, but can not exceed 10 cm in width or 13
mm in thickness.

Eligibility: Open to all Emergency Service Workers
who are registered USAPL members. One day
USAPL membership is included in the KPFAA
Games entry fee.

Entry Deadline: Entries must be **received** by
September 19. Late entries will be accepted, but a
\$10 late fee will apply, payable to the meet director.

Awards: Medals for 1st – 3rd in each weight class /
division / age group. Best lifter trophy for the Open
Equipped, Open Raw and Master Divisions.

Drug Testing: This meet will be drug tested, with a
minimum of 10% of the lifters tested via urinalysis.
A complete list of banned substances can be found
at: <http://www.wada-ama.org>

Meet Director: Wayne David Herl, 3503
Chaumont, Hays, KS 67601 / Email:
wdherl@sbcglobal.net / Telephone: (785) 639-1390

Website: Visit the KS USAPL website at
www.geocities.com/kansasusapowerlifting/home for
more information.

Note: First time USAPL lifters should contact the
meet director concerning ANY questions that you
may have.

Official Entry Form
2009 Heart of America Emergency Service Games Bench Press Championships
Sunday, September 27, 2009
Genesis Health Club, 6100 E. Central, Wichita, KS

Please type or print clearly

Name: _____

Address: _____ City _____ State _____ Zip _____

Phone: _____ Email: _____ USAPL Card# _____ Exp. _____

Weight Class: _____ Age: _____ Birth date: _____ Male _____ Female _____

Division / Age Group: Please circle equipped or raw division and the applicable age group you wish to compete in. Circle only one age group.

BENCH PRESS: EQUIPPED / RAW OPEN / TEEN / JUNIOR / MASTER

RELEASE FROM LIABILITY

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

In consideration of acceptance of my entry in the 2009 USAPL Heart of America Service Workers Games Bench Press Championships (HASWGBPC), 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 the 2009 USAPL HASWGBPC, including, but not limited to the meet directors, event staff, any sponsors, 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 the 2009 USAPL HASWGBPC use to detect the presence of strength-inducing drugs SHALL BE CONCLUSIVE. That 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 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 test, I agree to waive any claim for which legal relief is available.

I agree to pay any attorney fee and litigation expenses incurred by any person, real or corporate, whom 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 the 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 full force and effect. I also certify with my signature that this Release/Agreement cannot be modified, orally.

Signature in full of Applicant

Signature in full of legal Guardian (if Applicant under 18 years)

CERTIFICATION: 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 (36) months, nor have I used prescription diuretics or psychomotor stimulants during the seven (7) days prior to the 2009 USAPL HASWGBPC.

Signature in full of Applicant

Mail completed entry form to "Wayne David Herl", 3503 Chaumont, Hays, KS 67601