



2009 USPF Northern Cup Bench Press, Deadlift & Push-Pull Championships
Sunday, December 6, 2009

Promoter & Mail Entry to:

Dave Follansbee
49 Harvell St. #9
Manchester, NH 03102
603.703.8379 nhbodybuilding@yahoo.com

Venue/Times:

Best Western Executive Court Inn - 13500 S.Willow St., Manchester, NH 03103
Sunday's Weigh-In: 10am-11am at Best Western Conference Ctr.
Rules: 11:30am. Lifting: Noon.

Eligibility:

All USPF members. Athletes may register at the meet for a 1 year membership for \$35.

Rules:

USPF Division II bench press commands consist of press & rack. Feet may be flat or heels up, but must remain in same position through entire lift. Head may be elevated. Gear may be multi-ply material. One-piece lifting suits are mandatory.

Entry Fee:

A fee of \$50.00 (\$30.00 for each additional division entered) must accompany the entry form and be in to Dave Follansbee no later than November 29, 2009. A late fee will be assessed at \$20. Checks are accepted, but subject to \$50 fee if returned for non-sufficient funds. Entry fees are non-refundable and non-transferable to other competitions or lifters.

Divisions:

Men Open; 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW
Men; Teen, Junior, Master 35-39, 40+, 50+, 60+, 70+ Placements by age & weight formulas
Women; Open Placements by weight formula
Women; Master 35-39, 40+ Placements by age & weight formulas

Awards/Website:

Awards are given to the first three places in each division. USPFpowerlifting.com is the official website for this competition.

Return this part below

Name _____ DOB _____ Email: _____

Address _____ City _____ State _____ Zip _____

Please check your contest and circle your division(s).

(\$50 for 1st class, \$30 each additional, ADD \$20 LATE FEE for entry postmarked after November 29, 2009)

____ Northern Cup Bench Press ____ Northern Cup Deadlift ____ Northern Cup Push/Pull

Men's Open 114 123 132 148 165 181 198 220 242 275 308 SHW

Men's Teen Junior 20-23yr Submaster 35-39yr Master 40+ Master 50+ Master 60+ Master 70+

Women's Open Sub-Master 35-39yr Master 40yr+

In consideration of the acceptance of my application for entry, I hereby for myself, my heirs, executors, administrators and assigns, 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, David A. Follansbee, USPF, American Powerlifting, Nutrition 101, MuscleSport Nutrition, 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. 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 _____ Date _____

Parent if under18 _____ Date _____