

# 2009 USAPL Longhorn Open

## Saturday, November 14, 2009

- MEET DIRECTOR: Kim Beckwith (512)560-2522 cell; beckfish@peoplepc.com
- PLACE: Recreational Sports Center, The University of Texas at Austin (map included)
- TIME: FRIDAY, November 13, 2009  
Registration, early equipment check, and early weigh-ins: 5:30-7:30 pm  
**\*\*Anyone who plans to attempt a State or American Record needs to weigh-in the morning of the meet.**
- SATURDAY, November 14, 2009  
Weigh-In/Equipment check: 7:00-8:30 am  
Lifting 9:00 am
- ENTRY FEE: \$60.00 for first division, \$25.00 for each additional division. (free meet shirt with entry)  
\$35 for HS Students (please include a note from the school registrar with entry).  
\$60.00 for team entry (This is on top of the individual entry fees!)
- MAIL ENTRIES AND MAKE CHECKS PAYABLE TO: LONGHORN POWERLIFTING  
c/o: Kim Beckwith  
8216 Burleson Rd  
Austin, TX 78744
- DEADLINE: POSTMARKED BY October 21, 2009  
**\*\*Meet is limited to 120 lifters, so get your entry in early.\*\***  
If we haven't met the limit, we'll accept late entries: \$75.00 (please e-mail/call).
- AWARDS: 1<sup>st</sup>-3<sup>rd</sup> place for all divisions, all weight classes.  
4<sup>th</sup>-5<sup>th</sup> place for divisions/classes having more than 6 lifters.  
1<sup>st</sup>-3<sup>rd</sup> team trophies for open, masters, collegiate, teen, combined-(up to 5 men and 5 women in any division)
- NEARBY HOTELS: **Country Inn and Suites by Carlson** 512-380-0008  
7400 IH 35 North (Intersxn of I-35 & Hwy 183 ~5 miles from UT Campus)  
[www.countryinns.com/austintx\\_north](http://www.countryinns.com/austintx_north)  
**Rodeway Inn @ University** (about a mile north of meet site on I-35) 512-477-6395  
**Motel 6** (There are several along I-35 north and south of campus – I've listed only two. I didn't get updated prices.)  
2707 South I-35 - 3 miles south of downtown (512-444-5882)  
8010 North I-35 - 5 miles north of downtown (512-837-9890)
- ELIGIBILITY: Open to all currently registered USAPL members. USAPL Cards can be purchased at the meet site. All lifters must be drug free for the past twenty-four (24) months. Collegiate and High School lifters must have the registrar of their school stamp their entry, or send in other proof of enrollment. There will be no High School Division offered, but for the special rate, proof of enrollment must be provided. Teenage, Junior, and Master lifters must bring photo ID & proof of age (driver's license, birth cert. etc.)
- ADMISSIONS: \$5 General, \$3 Students w/ IDs
- WEIGHT CLASSES: Women 97 105 114 123 132 148 165 181 198 SHW  
Men 114 123 132 148 165 181 198 220 242 275 SHW
- DIVISIONS FOR BOTH RAW & SUPPORTED LIFTERS: Teen, Junior, Collegiate, Open, Master, Bench Only

**2009 Longhorn Open ENTRY FORM**

NAME: \_\_\_\_\_ AGE (on 11-14-09): \_\_\_\_\_ SEX: Male / Female

ADDRESS: \_\_\_\_\_  
STREET CITY STATE ZIP

PHONE: (\_\_\_\_\_) \_\_\_\_\_ WEIGHT CLASS: \_\_\_\_\_ DIVISION: Raw or Supported: \_\_\_\_\_  
(please circle one, then indicate which division)

USAPL# (if known): \_\_\_\_\_ TEAM (if applicable): \_\_\_\_\_

T-SHIRT SIZE: \_\_\_\_\_ EXTRA T-SHIRTS (\$12): \_\_\_\_\_ EMAIL: \_\_\_\_\_

I hereby agree to waive all claims I may have regarding accident, injury or any other forms of personal damage occurring while traveling to or from this championship or while competing in the 2009 Longhorn Open Powerlifting Championships. I further waive all claims I may have against Kim Beckwith, The Longhorn Powerlifting Club, or the University of Texas at Austin. I am aware that participation in the 2009 Longhorn Open Powerlifting Championships constitutes an assumption of risk because of the nature of the activity. The University of Texas, the Division of Recreational Sports and the Longhorn Powerlifting Club members involved in this activity shall not be held responsible for any personal injuries or property damages incurred as a result of participation in this activity. It is my intent to release and hold harmless The University of Texas, the Division of Recreational Sports and the Longhorn Powerlifting Club for injuries received while participating in these championships. I agree to abide by the USAPL rules governing this event.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

**RELEASE FORM LIABILITY AND CONSENT TO DRUG TEST**

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

In consideration of the acceptance of my entry in this Powerlifting competition 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 competition from any and all liability, including any results of negligence which may arise from this competition.

Moreover 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 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 which may be necessary to complete drug testing. Should I fail to pass drug test I agree to forfeit any trophy or award which I 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 lifters. If it is determined that I have failed 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 form liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of the this Release of 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 parent or guardian if the applicant is Under 21 years old.

**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 twenty-four months, nor have I used prescription diuretics or psychomotor stimulants during the seven days prior to this meet.

Signature in full Powerlifter \_\_\_\_\_

**Collegiate Eligibility Form (Multiple students from one school may turn in one certified list of eligibility):**

I, \_\_\_\_\_, the registrar of \_\_\_\_\_ college, junior college or university, certify that \_\_\_\_\_ is a full-time student at this institution during the Fall semester of 2009.

\_\_\_\_\_  
Registrar's signature  
Please affix official school seal.

**High School Eligibility Form (Multiple students from one school may turn in one certified list of eligibility):**

I, \_\_\_\_\_, the registrar of \_\_\_\_\_ High School, certify that \_\_\_\_\_ is a full-time student at this institution during the Fall of 2009.

\_\_\_\_\_  
Registrar's signature  
Please affix official school stamp/seal.

