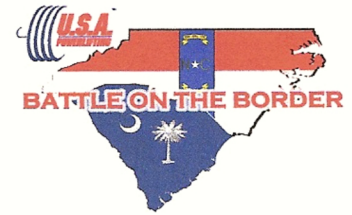




2010 USAPL Powerlifting & Benchpress Battle on the Border

Official USAPL Sanctioned Event

Saturday - March 20, 2010



Location:

Dowd YMCA of Greater Charlotte
400 East Morehead St.
Charlotte, North Carolina 28202

Eligibility Requirements: Open to registered USAPL members (Cards can be purchased at weigh-ins)

Weight Classes (Lbs.):

Male: 123, 132, 148, 165, 181, 198, 220, 242, 275 & SHW

Female: 114, 123, 132, 148, 165, 181, 198 & 198+

Competition Lifting and Weigh-in Schedule:

Friday - March 19, 2010:

7:00 to 8:00 pm - Early Equipment check

Saturday - March 20, 2010:

8:00 to 9:30 am - Weigh-in & equipment check for all lifters

9:30 to 10:00 am - Rules briefing and lifter warm-up

10:00 am - Lifting for all classes

Drug-testing protocol/ Awards presentation will follow lifting

Divisions & Awards:

- Awards will be presented to all 1st - 3rd place finishers for the Men's RAW and Equipped open in each weight class
- Women's RAW and Equipped Open: 1st-3rd Place by formula
- Men and Women's Teen division awards will be given 1st-3rd Place by formula, in each age group
- Men and Women's Master division awards will be given 1st-3rd place by formula, in each age group
- Best Lifter Awards will be given to the following categories:
 - Best Men's Open Full Power Equipped
 - Best Men's Open Full Power RAW
 - Best Female Lifter
 - Best Teen Lifter
 - Best Master Lifter
 - Best Men's Open Bench Only Equipped
 - Best Men's Open Bench Only RAW

IT'S ALL ABOUT PRIDE

The top 4 powerlifting scores based on Wilks formula (2 heavyweight lifters and 2 lightweight lifters) will be tallied along with the top 4 bench press scores (2 heavyweight lifters and 2 lightweight lifters) from each representative State. The top State will take home bragging rights and a Battle on the Border Plaque that will be passed on from year to year.

T-Shirt included for all athletes registered before March 1st, 2010

Indicate T-shirt size: **M L XL 2XL** Additional T-Shirts will be sold at meet for **\$10.00**

Contact Information:

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