

# 2018 USA POWERLIFTING

PA State Bench/Deadlift Championships AND Raw National Qualifier  
POWERLIFTING Sanction #PA-2018-06

**Saturday May 19th, 2018**



CROSSFIT Q 18 s 5<sup>th</sup> St , Quakertown, Pennsylvania 18591



Sanctioned by USA Powerlifting ([USA POWERLIFTING](#))

Sponsored by Nutritional Technologies ([www.nutritek.net](http://www.nutritek.net))

**THIS EVENT IS CAPPED AT 60 LIFTERS**

**SCHEDULE:** All events take place at CROSSFIT Q

**Friday** May 18<sup>th</sup> 6:00 PM to 7:30 PM - *Early equipment check for any lifters, if interested.*

**Saturday** May 19<sup>th</sup> 7:00 AM to 8:30 AM - *Weigh-in / equipment check for morning session.*  
12pm. *Weigh-in/ Equipment check for PM Session (if necessary)*

RULES CLINIC - after weigh-ins, from 8:30 till approximately 8:40 AM.  
from 1:00 -1:30 PM for afternoon session

SQUAT contest will start approximately 9:15 AM, PM session starts about 2:00 PM, but depends on turnout!

**ENTRY FEE:** \$75.00 for Raw POWERLIFTING contest  
\$40.00 for *each* BENCH and/or DEADLIFT contest entered.  
\$10.00 for each additional division within each contest.  
*Fees are not refundable.*

**MEET DIRECTOR:** Ron Lobb (484) 542-0432 [ronaldlobb@gmail.com](mailto:ronaldlobb@gmail.com)

## RECORDS:

**STATE RECORDS CAN BE SET IN THE 3 LIFT MEET, AMERICAN RECORDS CAN ONLY BE SET IN THE SINGLE LIFT BENCH AND SINGLE LIFT DEADLIFT CONTESTS**

ALL Current USA POWERLIFTING Records are at [www.purepowerlifting.com](http://www.purepowerlifting.com) and USA Powerlifting ([USA POWERLIFTING](http://USAPOWERLIFTING)) *Proof of age required for age records.*

## DEADLINE:

Entries must be submitted online by May 04, 2018

## ELIGIBILITY:

Must be a current USA POWERLIFTING member.

*USA POWERLIFTING cards not available at the meet.*

Please renew online at: <http://www.usapowerlifting.com/membership-application>

## BANNED SUBSTANCES:

Check [www.wada-ama.org](http://www.wada-ama.org) for banned substances list.

*10% of lifters will be drug tested!*

## AWARDS:

Medals for Top 3 in each division.

“Best Lifter” awards as appropriate depending on turnout per division.

Team Awards as appropriate – Tentative Roster must be submitted by deadline / Team entry fee \$25 and must be a USA POWERLIFTING registered team.

## WEIGHT CLASSES:

**Men:** 53KG, 59KG, 66KG, 74KG, 83KG, 93KG, 105KG, 120KG, 120+KG

**Women:** 43KG, 47KG, 52KG, 57KG, 63KG, 72KG, 84KG, 84+KG

## DIVISIONS:

**Youth:** Teen 1 -14&15, Teen 2 - 16&17, Teen 3 - 18&19

**Junior:** 20 - 23

**Submaster:** 35 - 39

**Master:** 40 - 44, 45 - 49, 50 - 54, 55 - 59, 60 - 64, 65 - 69, 70-74...

**Special Olympians** with the same weight classes.

## ATTIRE:

**Raw:** Non-supportive one-piece (singlet) lifting suit, 24” wrist wraps, knee sleeves and 4” wide powerlifting belt allowed. (No Velcro)

**Equipped:** USA POWERLIFTING Single Ply

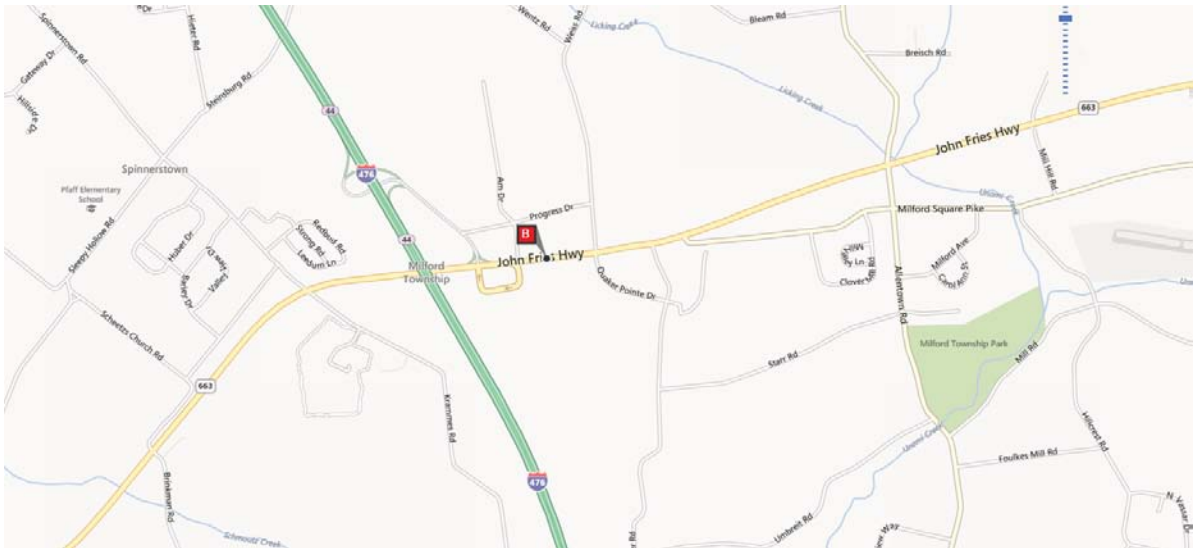
## FORMAT:

Flight system will be used. Weights will be in kilos. Single platform contest planned

## HOTEL ACCOMMODATIONS:

For a discounted room rate, please contact the Holiday Inn Express Hotel and Suites located on Route 663, Quakertown, PA. It is conveniently located near the Quakertown exit, PA Turnpike. When calling to make a reservation, mention the group “USA POWERLIFTING powerlifting”.

**Holiday Inn Express Hotel and Suites**  
1918 John Fries Highway (Route 663)  
Quakertown, PA 18951  
**(215) 529-7979**



## FOOD:

**Breakfast & Lunch available near the venue**