**USA Powerlifting 2020**

**Pa. State Bench Press / Deadlift Championships**

**AND Raw National Qualifier**

USA Powerlifting Sanction #PA-2020-09

***Saturday June 6th, 2020***

***Venue is the Historic York Barbell Auditorium***

3300 Board Rd. York, PA 17406



Sanctioned by USA Powerlifting [usapowerlifting.com](https://www.usapowerlifting.com/)

Sponsored by Nutritional Technologies [nt-307.com](https://www.nt-307.com/)

***THIS EVENT IS CAPPED AT 60 LIFTERS***

**SCHEDULE:**  All events take place at YORK BARBELL USA

**Friday**  June 5th 6:00 PM to 7:30 PM - *Early equipment check for any lifters, if interested.*

**Saturday** June 6th 7:00 AM to 8:30 AM - *Weigh-in / equipment check for morning session.*

12:00PM *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:**  $80.00 for Raw POWERLIFTING contest

$40.00 for *each* BENCH and/or DEADLIFT contest entered.

$15.00 for each additional division within each contest.

*Fees are not refundable.*

*USA POWERLIFTING cards not available at the meet.*

Please renew online at: [http://www.usapowerlifting.com/membership-application](http://www.usapowerlifting.com/membership-application/)

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

**RECORDS:**

***STATE RECORDS CAN BE SET , AMERICAN RECORDS CAN ONLY BE SET IN THE SINGLE LIFT BP/DL CONTESTS***

ALL Current USA POWERLIFTING Records are at [www.purepowerlifting.com](http://www.purepowerlifting.com) and

USA Powerlifting ([USA Powerlifting](https://www.usapowerlifting.com/)) *Proof of age required for age records.*

**DEADLINE:**

Entries must be submitted *no later than* May 22, 2020

**ELIGIBILITY:**

Must be a current USA POWERLIFTING member.

*USA POWERLIFTING cards not available at the meet.*

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**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

**Master**: 1a (40-44) 1b (45-49) 2a (50-54) 2b (55-59)

3a (60-64) 3b (65-69) 4a (70-74) 4b (75-79)

**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

**FOOD:** Breakfast & Lunch available near the venue