**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

 **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.

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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