

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
Sponsored by Nutritional Technologies 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>

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 and USA Powerlifting ([USA Powerlifting](http://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 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