



Entry Form: KO GYM Summer Powerlifting Bash

Name: _____ Age on day of meet: _____ Birth date: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone # (_____) _____

Email (required): _____

Are you a current USPA member: Yes No

Memberships must be purchased online before contest at <http://uspa.net/membership.html>

Circle the type of gear division you will compete in, pick only one

Raw Classic Raw Single Ply Multi Ply Multi Ply Bench Multi Ply Deadlift

Circle the weight class you are entering

Men's
Weight Classes: 114LB 123LB 132LB 148LB 165LB 181LB 198LB 220LB 242LB 275LB 308LB 308+LB

Women's
Weight Classes: 97LB 105LB 114LB 123LB 132LB 148LB 165LB 181LB 198LB 198+LB

Circle the Event and Division you are entering

POWERLIFTING (Full meet): Open, Junior 13-15, 16-17, 18-19, 20-23, Submaster 35-39,
(raw, classic raw, single ply, multi ply) Master 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Benchpress only: Open, Junior 13-15, 16-17, 18-19, 20-23, Submaster 35-39,
(raw, single ply, multi ply) Master 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Deadlift only: Open, Junior 13-15, 16-17, 18-19, 20-23, Submaster 35-39,
(raw, single ply, multi ply) Master 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Entry fee \$75: -----\$ _____

Additional division/event \$35 each: -----\$ _____

LATE FEE \$20 if mailed after May 15th. -----\$ _____

Total Due: -----\$ _____

USPA MEMBERSHIP FEE \$40 adults/ \$20 High School:
Must be purchased online before contest at <http://uspa.net/membership.html>

Please mail your entry form, waiver and payment to: Larry Pollock - KO GYM 20 N. Oak St. Ventura, CA 93001
Or make paypal payment to kogymca@gmail.com then scan and email entry form & waiver.

RELEASE OF LIABILITY -- READ BEFORE SIGNING and return with entry form and fee

In consideration of being allowed to participate in any way in the KO GYM Summer Powerlifting Bash sanctioned by the USPA, its related events and activities,

I, _____, the undersigned, acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the USPA officials immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE Meet Director/promoter, KO GYM, USPA, and their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT , FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

X _____ Age: _____ Date Signed: _____
PARTICIPANT'S SIGNATURE

FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE
(UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

X _____ EMERG. PHONE # (s) : _____ Date Signed _____
PARENT/GUARDIAN'S SIGNATURE

**Please mail your entry form, waiver and payment to: Larry Pollock - KO GYM 20 N. Oak St. Ventura, CA 93001
Or make paypal payment to kogymca@gmail.com then scan and email entry form & waiver.**



KO GYM SUMMER POWERLIFTING BASH

(Raw Classic Raw, Single Ply, Multi Ply)

Limited to 60 lifters

- DATE & TIME:** May 28, 2016, 9:00 am
- LOCATION:** KO GYM 20 N. Oak St. Ventura, CA 93001
- SANCTIONED BY:** United States Powerlifting Association (USPA)
- ELIGIBILITY:** Any male or female age 13 years or older. Lifters must be current USPA members. Memberships are \$40 for adults (High School--\$20) Good for one year from date of purchase. Must purchase online before contest at <http://uspa.net/membership.html>
- DIVISIONS:** Open, Junior 13-15, 16-17, 18-19, 20-23, Sub-master 35-39, Master 40-44, 45-49 etc
- WEIGHT CLASSES:** Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+
Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+
- RULES:** One-piece type singlet must be worn as a minimum. **Raw division:** allows one piece singlet, 4 inch wide belt-(must be buckle or lever with no padding on the inside of belt), wristwraps, and kneesleeves. **Classic Raw division:** allows kneewraps in the squat with everything else being raw. **Single Ply Division:** Single-ply squat, bench and deadlift suits only! Velcro allowed on bench shirt, but must close the back completely—no open back shirts. No velcro straps allowed on squat and deadlift suit in single ply. No support briefs. **Multi-Ply Division:** Multi-ply bench and deadlift suits only! Open back bench shirts allowed. Velcro straps allowed on deadlift suit. All lifters must wear over the calf socks in the deadlift. See complete rules at www.uspa.net.
- SCHEDULE:** **Saturday**
Early Weigh-in/gear check:-----Friday, 9:00am to 10:30 am & 5:00pm to 6:30pm
Regular Weigh-in/gear check:-----Saturday. 7am to 8:00am
Rules Briefing/Warmup:-----Saturday. 9:00am
Lifting Begins: -----Saturday. 9:30am
- AWARDS:** USPA Medals 1-3rd place
In all divisions
- | | |
|---|--|
| Open----- | 1 st - 3 rd place in each weight class |
| Junior 13-15-, 16-17, 18-19, 20-23----- | 1 st - 3 rd place in each weight class and age group |
| Submaster 35-39----- | 1 st - 3 rd place in each weight class |
| Master 40-44. 45-49 etc----- | 1 st - 3 rd place in each weight class and age group |
| Team Division----- | 1 st - 3 rd place Tier Trophies |
| Best Lifter----- | any division with 3 or more lifters (sculptured trophies) |
- ENTRY FEE:** \$75 per lifter, add \$35 if entering additional division (Open & Masters = 2 awards)
- DEADLINE:** **Entries must be mailed by May 15th. Entries after deadline must pay late fee of \$20.**
Limited to 60 lifters.
- PAYMENT:** Make check or money order payable to: KOGYM LLC
Send entry form and payment to: KO GYM - Larry Pollock, 20 N. Oak St. Ventura, CA 93001
Or make paypal payment to kogymca@gmail.com then scan and email entry form & waiver.
- QUESTIONS:** Call Larry (805) 419-0009 at or email at kogymca@gmail.com.
- WEBSITE:** You may go to www.uspa.net to print additional copies of the entry form or to view the State and American records and USPA rules.
- ACCOMODATIONS:** www.kayak.com or www.priceline.com