

2011 SPF SoCal Open Powerlifting Meet

Raw + Single ply + Multi-ply + CrossFit Full Power & Bench Only

Sunday, October 2, 2011

SoCal Strength & Conditioning/ CrossFit Balboa

930 W. 16th St., Ste D2 Costa Mesa, CA 92627

Sponsored by:

Mark Bell's Slingshot, Power Magazine, CrossFit Football

Meet Director

Cara Westin, Super Training Gym (contact email: riotbarbie@hughes.net)

Eligibility

Open to all lifters (SPF membership card required. 1 year membership

\$30. Membership open to everyone.)

Weight Classes Men: Lightweight (less than 198), Middleweight (198 to 242),

Heavyweight (243 and above)

Women: Lightweight (less than 166), Heavyweight (166 and above)

Divisions Open Division only – Raw, Single Ply, Multi Ply, Crossfit

Full Power or Bench Only.

Wrist wraps, knee wraps and belt allowed for Raw.

Weigh-ins

Saturday, October 1 10:00 am – Noon, evening by appointment

Sunday, October 2 8:00 am – 8:30 am

Competition

Mandatory rules briefing Sunday at 9:15 am

Lifting begins at 10:00 am

Uniform:

Mandatory - Must have one piece lifting suit or wrestling suit.

SPF rules apply.

Entry Fee:

\$75.

Deadline

Entries must be received by September 26.

Awards

Awards for first place in each division by formula plus male and female Best Lifter. (Records may be set in all weight classes and age groups.)

Hotels

Holiday Inn Express – Newport Beach

(800)308-5401

Travel Lodge Costa Mesa

(949) 650-2999

2011 SPF

So Cal Open Powerlifting Meet @ So Cal Strength and Conditioning **ENTRY FORM**

October 2, 2011

Competitor:		
Last Name	First Name	MI
Address		
City	StateZip	Code
Day Phone	Evening Phone	Age
e-mail	Date of Birth	
Men (circle one): Women:	Lightweight (less than 198), Middleweight (198 to 242), Heavyweight (243 and above) Lightweight (less than 166), Heavyweight (166 and above)	
☐Full power or ☐ Bench F	Press only	
☐Raw or ☐ Single ply or	☐ Multi ply ☐ Crossfit	
Fees & Payment:	Entry fee	\$75 \$
SPF# Exp. Date	Late fee after 9/26/11 (No exceptions)	\$40 \$
Liability Release:	TOTAL DUE	\$
Westin, the SPF, Jesse Rodgers, Mark directors, employees, agents, and shar or arising from any accident, injury, dar competition sponsored by the SPF at S reason or condition that would impair n injury or consequential damages result	<u></u>	alboa, John Welbourn, their respective officer mands, lawsuits, and causes of action due to ciated with my participation in the powerlifting 1. I represent that I know of no medical sume any and all risk of accidental, medical and, and accept the inherent risks of
Make Check Payable to and	Signature d	

Cara Westin P.O. Box 499 Loomis, CA 95650