



# Body Fortress presents: The USPA AMERICAN CUP PRO INVITATIONAL

Raw and Classic Raw  
Full Power, Bench only, Deadlift only

- DATE & TIME:** Saturday, February 7, 10-6:30pm and Sunday February 8, 2015, 10-5pm
- LOCATION:** Los Angeles Convention Center (**South Hall G, H, J and K**)  
1201 S. Figueroa St., Los Angeles, CA 90015
- DIRECTIONS:** Use GPS or visit: <http://www.lacclink.com/lacclink/Visiting.aspx>
- PARKING DETAILS:** [http://lacclink.s3.amazonaws.com/doc/LACC\\_Parking\\_V3.pdf](http://lacclink.s3.amazonaws.com/doc/LACC_Parking_V3.pdf)
- EXPO FLOOR PLAN:** <http://www.map-dynamics.com/lafitnessexpo2015>
- SANCTIONED BY:** United States Powerlifting Association (USPA)
- ELIGIBILITY:** Male and female lifters by invitation only. Lifters must be current USPA members. Annual Memberships are \$40 for adults starting Jan 1. Good for one year from date of purchase. Must purchase online before contest at <http://uspla.org/home/uspa-membership-application>
- DIVISIONS:** Open Men and Women
- WEIGHT Classes:**  
Men: 132,148,165,181,198,220,242,275,308,308+  
Women: 97,105,114,123,132,148,165,181,198,198+
- GEAR RULES:** **Current USPA rules.** One piece singlet must be worn.  
RAW division allows singlet, t-shirt, 4-inch belt, wrist wraps, and knee sleeves.  
CLASSIC Raw division allows same as Raw but also allows knee wraps up to 2.5 meters.  
Review current USPA rules of performance at [www.uspla.org](http://www.uspla.org)
- LIFTING SCHEDULE:**  
**Saturday: Classic Raw Full Power for men and women: All wt classes.**  
**Sunday: Raw Full Power, Raw Bench & Raw Deadlift for men and women. All wt classes**
- Weighin SCHEDULE:**  
(All Lifters)  
Early weigh-in for Saturday lifters -----Friday 10 to 1130am and 5:30 to 7pm.  
Early weigh-in for Sunday lifters-----Saturday 10 to 1130am and 4 to 530pm.  
Regular weigh-in-----Saturday/Sunday 7:30am-9:00am  
Warmup-----Saturday/Sunday, 9:00am  
Lifting Begins -----Saturday/Sunday 10:05am
- AWARDS:**  
Open Men-----1st thru 3rd place for each weight class.  
Open Women---1st thru 3rd place light and heavy by formula.  
\$3000 in Award Payouts:  
Best Female Raw lifter by formula: \$500  
Best Male Raw lifter by formula: \$500  
Best Female Classic Raw lifter by formula: \$500  
Best Male Classic Raw lifter by formula: \$500  
Best Female Raw Bencher: \$250  
Best Male Raw Bencher: \$250  
Best Female Raw Deadlift: \$250  
Best Male Raw Deadlift: \$250  
**NOTE: The above payouts are subject to change due to increased revenue from sponsors or from increased or decreased participation.**
- ENTRY FEE:** \$100.00 per lifter (40% of entry fee is going back to Cash Payouts)
- DEADLINE:** Entries must be received by December 8 to reserve slot.
- PAYMENT:** Make check or money order payable to: USPA  
Send entry form and payment to: USPA  
P.O. Box 1090, Placentia, CA 92871
- QUESTIONS:** Call Steve Denison at 661-333-9800 or email at [steve@uspla.org](mailto:steve@uspla.org)
- WEBSITE:** Go to [www.uspla.org](http://www.uspla.org) to view the records and rules.
- ACCOMODATIONS** [http://www.thefitexpo.com/TFELA\\_hotel.asp](http://www.thefitexpo.com/TFELA_hotel.asp)  
Or visit priceline.com, Expedia.com, or Kayak.com to find accommodations.



**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 **American Cup** meet 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, USPA, Denison Powerlifting, Los Angeles Fit Expo, Los Angeles Convention Center, Creation Entertainment, National Fitness Productions, Iron Man Magazine, City of Los Angeles, Aramark 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

**Please mail your entry form, release form and payment to: USPA, PO Box 1090, Placentia, CA 92871**