



2009 Twin Cities Open (TCO)
Saturday, September 19th
Little Canada, MN



Please type or print clearly

Name: _____

Street Address: _____

City/St /Zip: _____ Phone: _____

Email: _____ USAPL Card#: _____ Exp. _____

Age: _____ Date of Birth: _____ Division: _____ Sex: _____ Weight Class: _____

Last Drug Test: Date _____ Meet _____ Meet Director _____

Entry Fee: \$53

T-shirts \$12 (\$15 at the contest) \$ _____ Sizes _____
Meet Programs \$2 (\$4 at the contest) \$ _____ = Total \$ _____

PARTICIPANT'S EMERGENCY CONTACT INFORMATION

Name: _____ Relation: _____

Address: _____ Phone: _____

RELEASE FROM LIABILITY

IMPORTANT: READ THIS RELEASE CAREFULLY. WHEN YOU SIGN, YOU WILL BE GIVING UP VERY IMPORTANT LEGAL RIGHTS.

In consideration of acceptance of my entry in the 2009 Twin Cities Open, I intend to be legally bound for not only myself, but also for my heirs, my executors and my administrators. In signing this Release from Liability, I waive and release everyone connected with the 2009 Twin Cities Open, including, but not limited to the meet directors (Richard Edinger and Tom Hines), event staff, The Press Gym, and any sponsors, from any and all liability, including any result of negligence which may arise from this competition.

Moreover, I agree that any testing method which the meet directors and the sponsors of the 2009 Twin Cities Open use to detect the presence of strength-inducing drugs SHALL BE CONCLUSIVE. That is, whether I think the results of the test are right or wrong, I agree that I have no right to challenge the results of the drug testing. Should I fail to pass the drug tests, I agree to forfeit any trophy or award which I might otherwise have won. I understand and agree that if I fail to pass the drug test, I agree to waive any claim for which legal relief is available.

I agree to pay any attorney fee and litigation expenses incurred by any person, real or corporate, whom I may sue in an effort to challenge this Release from Liability form. I understand that my agreement to pay attorney fees and litigation expenses is the sine qua non for the acceptance of my entry in this contest. If any provision of the Release from Liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release from Liability shall remain in full force and effect. I also certify with my signature that this Release/Agreement cannot be modified, orally.

Signature in full of Applicant

Signature in full of legal Guardian (if Applicant under 18 years)

CERTIFICATION

I herby give my word of honor as an athlete that I have not used any strength-inducing drugs (i.e., any anabolic steroid, natural hormone or synthetic growth hormone) as part of my training during the past thirty-six (36) months, nor have I used prescription diuretics or psychomotor stimulants during the seven (7) days prior to the 2009 Twin Cities Open.



**2009 Twin Cities Open (TCO)
Saturday, September 19th**



**The Press Gym
2900 Rice Street, Suite 150
Little Canada, MN 55113**

Sanctioned by: USA Powerlifting

Eligibility: Men and Women must be 14 years of age or older. Lifters must be current USAPL card-holders. Cards will be available for purchase at the meet. \$45 (\$30 High School, \$10 Special Olympian). USAPL membership valid through December 31st of the year purchased.

Wt. Classes: Men – 123, 132, 148, 165, 181, 198, 220, 242, 275, 275+, Women – 105, 114, 123, 132, 148, 165, 181, 198, 198+

Divisions: Men's Open, Women's Open, Men's Raw & Women's Raw

Awards: Men's & Women's Open 1st-3rd for each weight class. Men's Raw 1st-3rd by formula (wt classes 123-181 and 198-275+). Women's Raw 1st-3rd by formula (all wt classes). Additionally, there will be best lifter awards for the following: Men's Open, Women's Open, Men's Raw, Women's Raw, Men's Teenage, Men's Junior and Men's Masters

If you are eligible, you will automatically be put into the appropriate age category without an additional fee.

Competition Schedule:

Weigh-in: Saturday, 7:30 am – 9:00 am

Rules Briefing: 9:00 am

Lifting Begins: 9:30 am

Flights and sessions will be determined after all entries have been received. They will be posted on the web at www.tcoevent.com. If you don't have access to the internet please indicate it on your entry form and we will call you with any updates.

Rules: Current USAPL rules will apply. One piece wrestling type singlet must be worn. Single ply polyester supportive shirts and lifting suits only. No denim, canvas or Velcro. All supportive gear must be IPF approved. Visit www.usapowerlifting.com for complete rules.

Drug Testing: Between 10% and 20% of all lifters will be drug tested via urinalysis. Visit www.usapowerlifting.com for a list of banned substances.

Entry Fee: \$53

Entry Deadline: Entries must be postmarked by **August 29th, 2009**. A late fee of \$20 will be accessed after the aforementioned postmark date. **NO EXCEPTIONS!** No refunds after the entry deadline.

Payment Info: Please send check or money order payable to:
Tom Hines / 11131 230th St S / Barnesville, MN 56514

Meet Directors: Rich Edinger 701-200-7886 or edingerlaw@cableone.net / Tom Hines 218-343-2181 or tom@nutritiongeeks.com

For meet info & updates go to www.TCOevent.com