

2006 WPA WORLD BENCH PRESS & DEADLIFT CHAMPIONSHIPS

October 7 & 8, 2006 at Ferg's Sports Bar & Grille, 1320 Central Avenue, Saint Petersburg, Florida

Information: Brian Highnote – Meet Director (727)631-1935 or benchcentric@aol.com

Sanctioned by the American Powerlifting Association. You must be a member to be eligible. You must present a current card or purchase an APA membership card at the meet (\$30 yr Adults or \$15 High School Students.). Online rulebook and equipment regulations can be found on the APA website <http://www.apa-wpa.com>.

Bench Press: Will be held on Saturday, October 7, 2006. Weigh-ins will be as follows: Early weigh-ins – 6pm – 8pm, Friday at Titanium Barbell Club, 4714 28th Street North, Saint Petersburg. Meet Day weigh-ins 8:30am – 10 am. Meet start time: 10:30am. You will have to reweigh for the next day.

Deadlift: Will be held on Sunday, October 8, 2006. Weigh-ins will be as follows: Early weigh-ins – 7pm-8pm, Saturday at Titanium Barbell Club, 4714 28th Street North, Saint Petersburg. Meet Day weigh-ins 8:30am – 10 am. Meet start time: 10:00am. You will have to reweigh, even if you competed Saturday.

Required Lifting Uniform: Bench press uniform – one piece lifting suit, singlet, or spandex bike tights. Bench shirts allowed as long as they are no more than 2X thickness and not made of canvas. Denim & polyester shirts are okay. **Deadlift uniform** – one piece lifting suit or singlet (can not be made of canvas or denim – Polyester/cotton is fine).

PLEASE CHECK DIVISIONS ENTERING – NOTE THAT EACH COLUMN REPRESENTS A DIFFERENT MEET/FEE

Bench Press: \$69 one division & \$29 each additional division.	Deadlift: \$69 one division & \$29 each additional division.
Mens Open – NonTested	Mens Open – NonTested
Mens Open – Drug Tested	Mens Open – Drug Tested
Womens Open – Non Tested	Womens Open – Non Tested
Womens Open – Drug Tested	Womens Open – Drug Tested
Teenage 13-15	Teenage 13-15
Teenage 16-17	Teenage 16-17
Teenage 18-19	Teenage 18-19
Junior 20-23	Junior 20-23
Submaster 33-39	Submaster 33-39
Master 40-49	Master 40-49
Master 50-59	Master 50-59
Master 60-69	Master 60-69
Master 70+	Master 70+

FOR PROPER MEET PLANNING IT IS ENCOURAGED THAT YOU REGISTER ON TIME AND AVOID LATE FEES!!!

Entry fees: Send entry & make money order payable to: Titanium Barbell Club, PO Box 60337, St. Petersburg, FL 33784.

Entry deadline is September 15, 2006. Any entry received after this date must pay a \$20 late fee. Those registering on the date of the meet must pay in cash & include late fee.

Name _____ Age _____ Phone _____ Email _____
Address _____
City _____ State/Country _____ Zip _____

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