

DYNA MAXX and the APF present The 2010 Maine State Open Powerlifting & Bench Press Championships

- Sponsored By:** Dyna Maxx Training Systems, 120 Main St. Westbrook ME 04092
- Meet Director:** Matt Israelson 207-838-6933
- Sanctioned By:** American Powerlifting Federation. APF rules apply, bench shirts allowed, one piece lifting suit required.
- Eligibility:** Open to all APF lifters. APF cards available for purchase at the meet.
- Place:** Westbrook Armory, 120 Stroudwater Street, Westbrook, ME (2miles from Dyna Maxx)
- Weigh-In:** Friday, May 14th 8:30-12:00am at Dyna Maxx
Saturday, May 15th at 7:00-8:00am at Westbrook Armory
- Lifting:** Saturday, May 15th, Rules seminar prior to start of each session
Session 1: 8:30am: Women's Open + Masters, Men's Masters, Teens & Bench Only
Session 2: approx. 1:30pm: Men's Open.
- Weight Classes for Men's Open:** up to 114lbs, 123lbs., 132lbs., 148lbs., 165lbs, 181lb., 198lbs., 220lbs., 242lbs., 275lbs., 308lbs., SHW.
- Divisions:** Teen (1 class), Women's Open (1 class), Women's Master (1 class), Men's Open, Men's Master ages 40-50 (1 class), ages 51+ (1 class).
- Bench Only:** Teen Division, Women's Division, Women's Masters, Men's Light (to 170lbs), Men's Medium (171-219lbs), Men's Heavy (220lbs +), Men's Masters 40-50, Men's Masters 51+
- Awards:** Medals for first 3 places in each division of the meet. Best Lifter award by formula for Teen Open, Women's Open, Women's Masters, Men's Open 114-181lb and 198-SHW and Men's Masters.
- Entry Fees:** A fee of \$70.00 must accompany each entry by May 7th.
A fee of \$90.00 for all entries received May 8th or later.

***NOTE* \$10.00 of every entry will go to a wounded warrior (to be determined).**

Make checks payable to Dyna Maxx, 1124 Brighton Ave., #9, Portland, ME 04102.

Entry Form

Name(print): _____ Street: _____

City: _____ State _____ Zip: _____ Age(at meet): ____ DOB: ____/____/____

Full Meet Division: Teen Open: ____ (must be at least 14 years old and show proof of age) Women's Open: ____
Women's Master: ____ Men's Open: ____ Master 40-50: ____ Master 51+: ____

Bench Only Division: Teen Open: ____ Women's Open: ____ Women's Master: ____ Men's Lt: ____ Men's Med: ____
Men's Hvy: ____ Men's Master 40-50: ____ Men's Master 51+: ____

****** Please add \$25.00 for each additional division entered******

I hereby release Dyna Maxx, its owners, officials, staff, heirs and occupants of any and all liability in conjunction with the 2010 Maine State Powerlifting Championship on May 15, 2010. Signed of my own free will:

Signature: _____ Parent's Signature if minor): _____
Date: _____

