

# XPC

## XTREME POWERLIFTING COALITION

In conjunction with:



*Proudly presented as part of*



©

## 2013 XPC MULTI PLY OPEN

Date	March 3, 2013 (SUNDAY) – 8AM
Location	Franklin County Veterans Memorial 300 West Broad Street, Columbus, Ohio 43215
Director	Dan Dague: (614) 554-8824 or email <a href="mailto:lexenxtreme@aol.com">lexenxtreme@aol.com</a>
Entry Fees & Deadline	FEE PER LIFTER: Full Power, Bench Only, Push/Pull \$125 • Crossover \$50 per division. February 15, 2013 – 50 Lifter Limit <b><u>We will not issue refunds for cancellations for any reason.</u></b>
Divisions	There are 3 divisions (OPEN, TEEN & MASTERS) - ALL <b>MULTI-PLY ONLY</b> Any combination of multi-ply gear will be accepted. No Entry Qualifications/Restrictions
Classes	Expert & Below Expert – See bottom of page 2 or <a href="http://www.xpcpowerlifting.com/qualify/totals/">www.xpcpowerlifting.com/qualify/totals/</a>
Weight Classes	Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, SHW

# LIFTING BEGINS AT 8 A.M.

**Lifting Schedule:** The length of the meet will be determined after the entry deadline date of February 15, 2013 or when 50 lifter limit has been met. Each weight class will perform the squat, bench and deadlift. Award ceremony will be held upon completion of the meet.

**Weigh-ins**                    24 HOUR MANDATORY WEIGH-INS. ALL WEIGH-INS WILL TAKE PLACE AT:

**Lexen Xtreme  
3666 Garden Court • Grove City, OH 43123**

**\*THERE WILL BE NO WEIGH-INS THE DAY OF COMPETITION (NO EXCEPTIONS)**

**Saturday, March 2:                    8 A.M. – 11 A.M. and 7 P.M. – 9 P.M.**

**YOU WILL RECEIVE YOUR ARNOLD SPORTS FESTIVAL © PACKET AT WEIGH-INS**

**Rules**                    **Xtreme Powerlifting Association (XPC) rules apply. Equipment must meet XPC specifications. One-piece lifting suit must be worn.**  
*For rules and regulations, please visit the website at [www.xpcpowerlifting.com](http://www.xpcpowerlifting.com)*

**Payment**                    **Entry fee must accompany the entry meet application form or online entry form used.**  
**NO CHECKS WILL BE ACCEPTED FOR ENTRIES POSTMARKED AFTER FEBRUARY 15, 2013.**  
**ONLY CASH OR MONEY ORDERS WILL BE ACCEPTED AFTER THAT DATE.**

**XPC Registration**    N/A

**Awards**                    **Awards will be distributed to the top three places in each weight class including best lifters in each division.**

**WE WILL NOT SHIP AWARDS THAT WERE NOT PICKED UP AT THE MEET!**

**Hotel:** There are no hotel blocks set up for this event. Book your hotel NOW if you want a room in town.

## **REMEMBER, GET YOUR ENTRIES IN EARLY!**

If you have totaled the expert number of greater, mark "Expert" on the entry form.  
If you have not totaled at the Expert level, mark "Below Expert" on entry form.  
If you total above Expert at the meet, you will be scored with the rest of the Experts

### **Men's Expert Totals**

114 • 1080    198 • 1695  
123 • 1150    220 • 1780  
132 • 1250    242 • 1840  
148 • 1380    275 • 1890  
165 • 1500    308 • 1925  
181 • 1610    SHW • 1955

### **Women's Expert Totals**

097 • 652    148 • 920  
105 • 680    165 • 990  
114 • 725    181 • 1065  
123 • 830    198 • 1095  
132 • 855    SHW • 1205

# 2013 XPC MULTI PLY OPEN

OFFICIAL ENTRY FORM • SUNDAY, MARCH 3, 2013

Contact: Dan Dague (614) 554-8824 or [lexenxtreme@aol.com](mailto:lexenxtreme@aol.com)

**This is a Multi-Ply Only Contest**  
**Entry fee is \$125 regardless of event. Crossovers are \$50**

**PLEASE REMEMBER TO INCLUDE YOUR WEIGHT CLASS AND DIVISION INFORMATION**  
**(Circle those that apply):**

Event	FULL POWER	BENCH ONLY	PUSH/PULL
Sex	Male      Female	Division	Open      Teenage (age: ____)
Weight Class	_____	Class*	Expert _____      Below Expert _____

\*For totals see page 2 or check [www.xpcpowerlifting.com/qualify/totals/](http://www.xpcpowerlifting.com/qualify/totals/)

Name: \_\_\_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_\_\_

Street address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email Address \_\_\_\_\_

**PAYMENT CHOICE:**              Check              Money Order

**PLEASE DO NOT EMAIL ENTRIES. Payment must accompany entry form and be postmarked by February 15, 2013! No personal checks will be accepted after the February 15 postmarked deadline!**

**Please make checks payable to: Lexen Xtreme, 2251 Sundew Avenue, Grove City, OH 43123**

**We will not issue cash refunds for cancellations due to any reason.**

### **RELEASE FROM LIABILITY**

On behalf of myself, my heirs, executors, administrators, and assigns, I hereby irrevocably waive, release and fully discharge Lexen Xtreme Strength Training, LLC., the XPC, the RPS, the USPA, the UPA, and the Arnold Sports Festival©, their respective officers, directors, employees, agents, and shareholders, of and from any and all rights, claims, demands, lawsuits, and causes of action due to or arising from any accident, injury, damage or loss directly, indirectly or in any way associated with my participation in the powerlifting competition sponsored by Lexen Xtreme Strength Training, LLC. and the XPC.

I represent that I know of no medical reason or condition that would impair my ability to participate in this event, and I hereby assume any and all risk of accidental, medical injury or consequential damages resulting from my participation. I acknowledge, understand and accept the inherent risks of powerlifting.

I fully understand that if I enter the contest, I may be selected to take a urinalysis test. If this test is found positive for anabolic steroids I (the signed applicant) will pay for the cost of this test. If the test is found to be negative, the XPC will pay for the test. By signing this release from liability, I irrevocably waive all rights, claims, demands, lawsuits and causes of action against everyone connected with this contest with regard to the result of any drug test. **I have read the above release, understand its meaning and consequences, and intend to be legally bound by its terms and have signed this release freely and voluntarily.**

\_\_\_\_\_  
Signature (in full) of applicant              Date

\_\_\_\_\_  
Signature (in full) of parent or guardian if applicant      Date  
is under 21 years of age.