



2010 RMLC Championships & 2010 USAPL Colorado State High School Powerlifting Championships

WHEN

March 20, 2010
Weigh in begins at 7am
Lifting Starts at 9am

WHERE

Rocky Mountain Lifting Club
1600 S Abilene St Unit D
Aurora, CO 80012

WHO

Lifters must be current USAPL members. Membership applications and renewals will be available at the meet.

AWARDS

Awards will be given to lifters that place 1st -3rd in their weight class.

RULES

USAPL rules will be followed and can be obtained by your meet director, state chair, or the USAPL national office. You must wear a one-piece lifting-suit for all lifts. **Drug testing will be conducted** so be sure to take responsibility for what goes into your body. Resources available to the lifter include the USOC Drug testing Hotline at 1-800-233-0393. There are many supplements/drugs that are legal to buy, but are **not** legal to take if you compete in USAPL competitions, including Andro and like substances.

ENTRY FEE

ENTRIES MUST BE POSTMARKED BY March 5, 2010.

No refunds.

Full Meet \$65.00. Bench Only \$65.00. Team entry \$40.00.
High School Entries-\$55.
Team roster must accompany entry.
\$25 for each additional division.

MEET T-SHIRT

Official, commemorative T-Shirts are available for sale. Pre-ordering is recommended since a limited number will be available for purchase at the meet.
\$12 Sizes S,M,L
\$15 Sizes XL, 2XL, 3XL

SPECTATORS

Adults \$5
12 and under Free

WEBSITE

Online registration and more information at:
www.RMLCcolorado.com. For more information you may call 303-337-4613

Make check or money order payable to: Dan Gaudreau

Mail entry form and payment to: Rocky Mountain Lifting Club, 1600 S. Abilene St. Unit D. Aurora, CO 80012

