



2009 USA Powerlifting American Open

December 4, 5 & 6, 2009

WHEN

December 4, 5 & 6, 2009
See Website for meet schedule.

WHERE

Rocky Mountain Lifting Club
1600 S Abilene St. Unit D
Aurora, CO, 80012
303.337.4613

WHO

Lifters must be current USAPL members. USAPL 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.

ENTRY FEE

ENTRIES MUST BE POSTMARKED BY November 13, 2009
No refunds.

QUALIFIER INFO

The American Open is a qualifier for the Men's Nationals. If you win your weight class in the Open Division you automatically qualify for the 2010 Men's Nationals, regardless of your total.

SPECTATORS

Adults \$5
12 and under Free

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**, 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

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

WEBSITE

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

