



# 2009 USA Powerlifting Police/Fire National Championships

## 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 1<sup>st</sup> -3<sup>rd</sup> in their weight class.

### ENTRY FEE

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

### 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](http://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

