



2015 USAPL Arizona Fall Championships

Nov 21 & 22, 2015

Sanction # AZ-2015-04

Location of Championship:

East Valley CrossFit

3875 W Ray Rd #8

Chandler, AZ 85226

Provisional Schedule of Events:

Friday, Nov 20, 2015

7:00 to 8:00 pm – Early Check-in/Equipment Check (weigh-ins will be morning of the meet)

Saturday, Nov 21, 2015

OPEN TO ALL USAPL REGISTERED MEMBERS – Limit to first 60 Lifters

Weight Classes: Women up to 63kg / Men up to 93kg

6:30 to 7:00 am – Check-in/Equipment Check/Rack Height check

7:00 to 8:30 am – Weigh-ins (Women first)

8:30 to 8:45 am – Rules Briefing

9:00 to TBD – Lifting (flights TBD)

Sunday, Nov 22, 2015

OPEN TO ALL USAPL REGISTERED MEMBERS – Limit to first 50 Lifters

Weight Classes: Women 72kg and up / Men 105kg and up

7:30 to 8:00 am – Check-in/Equipment Check/Rack Height check

8:00 to 9:30 am – Weigh-ins (Women first)

9:30 to 9:45 am – Rules Briefing

10:00 to TBD – Lifting (flights TBD)

Eligibility and Qualifying Requirements:

USA Powerlifting member required. Membership can be purchased here:

www.usapowerlifting.com/membership-application/

Membership cards must be purchased before the competition. *Memberships purchased after Nov 1, 2015 will be good through 12/31/2016, purchased prior to 11/1 will expire 12/31/2015.*

Weight Classes (in Kilos)

Men: 52 (age 8-19 only), 59, 66, 74, 83, 93, 105, 120, 120+

Women: 43 (age 8-19 only), 47, 52, 57, 63, 72, 84, 84+

Events:

Full Meet (squat/bench/deadlift); Bench Only; Push-Pull (bench/deadlift); Deadlift Only

Entry:

Limited to 110 lifters

Fee: \$65 for first event and division, then \$25 for each add'l event/division

Entry Deadline November 1st or until meet cap is filled – [Register online](#)

Meet Tshirts:

\$15 when purchased with entry, \$20 at the event (limited quantity)

Spectator Fee:

\$3 at the door/ \$5 for all weekend (funds to go to EVCF for use of their facility)

Records

State and American Records can be set at this competition.

Awards:

Awards: 1st – 3rd place finishers for each weight class and division.

Best lifter awards by Wilks formula: Teen/Jr, Master, Open Male, Open Female

Technical Rules:

USAPL Rulebook can be located here: www.usapowerlifting.com/rules-bylaws/

USAPL Coaching Certification:

Entry deadline 7/10 - Course 7/18

Registration

Location: [CrossFit Max Force](#)

State Webpage: www.usapowerlifting.com/arizona

Facebook: www.facebook.com/groups/USAPLArizona/

Questions?

Contact Meet Director: Priscilla Ribic priscillaribic@gmail.com