



2012 SPF Super Training Open
Raw + Single ply + Multi-ply + Crossfit
Full Power & Bench Only
Sunday, February 26, 2012
Super Training Gym
2010 3rd Street
Sacramento, CA 95818

Sponsored by:	Mark Bell's Slingshot, Power Magazine
Meet Director	Mark Bell Cara Westin, Super Training Gym (contact email: riotbarbie@hughes.net)
Eligibility	Open to all lifters (SPF membership card required. 1 year membership \$30. Membership open to everyone.)
Weight Classes	Men: Lightweight (less than 198), Middleweight (198 to 242), Heavyweight (243 and above) Women: Lightweight (less than 166), Heavyweight (166 and above)
Divisions	Open Division only – Raw, Single Ply, Multi Ply, Crossfit Full Power or Bench Only. Wrist wraps, knee wraps and belt allowed for Raw.
Weigh-ins	Saturday, February 25 10:00 am – Noon, evening by appointment Sunday, February 26 8:00 am – 8:30 am
Competition	Mandatory rules briefing Sunday at 9:15 am Lifting begins at 10:00 am
Uniform:	Mandatory - Must have one piece lifting suit or wrestling suit. SPF rules apply.
Entry Fee:	\$75
Deadline	Entries must be received by February 17th.
Awards	Awards for first place in each division by formula plus male and female Best Lifter. (Records may be set in all weight classes and age groups.)
Hotels	Hawthorne Suites, Sacramento (800) 527-1133 Holiday Inn Sacramento – Capitol Plaza (877) 863-4780 Vagabond Inn Executive (916) 446-1481

**2012 SPF
Super Training Open
ENTRY FORM
February 26, 2012**

Competitor:

Last Name First Name MI

Address _____

City _____ State _____ Zip Code _____

Day Phone _____ Evening Phone _____ Age _____

e-mail _____ Date of Birth _____

Men (circle one): Lightweight (less than 198), Middleweight (198 to 242),
Heavyweight (243 and above)

Women: Lightweight (less than 166), Heavyweight (166 and above)

Full power or Bench Press only

Raw or Single ply or Multi ply Crossfit

Fees & Payment: Entry fee \$75 \$ _____

SPF Card (Y or N) _____ Exp. Date _____ **Late fee after 2/17/12 \$40** \$ _____
(No exceptions)

TOTAL DUE \$ _____

Liability Release:

On behalf of myself, my heirs, executors, administrators, and assigns, I hereby irrevocably waive, release, and fully discharge Cara Westin, the SPF, Jesse Rodgers, Mark Bell, Super Training Gym, Midtown Strength and Conditioning, 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 the SPF at Super Training Gym on February 26, 2012. 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 have read the above release, understand its meaning and consequences, and agree to be legally bound by its terms. I have signed this release freely and voluntarily.**

Signature

Make Check Payable to and

Return Entry Form to:

Cara Westin
P.O. Box 499
Loomis, CA 95650