



In conjunction with:



## ***2012 XPC PRO ELITE COALITION XTREME BENCH BASH***

### **General Information**

**\*\*THIS MEET IS BEING HELD THE SAME WEEKEND AS  
THE ARNOLD SPORTS FESTIVAL©**

**Date**                    **March 2, 2012**

**Location**            **Ultimate Sports Center  
1200 Steelwood Road, Suite B  
Columbus, Ohio 43212**

**\*\*\*PLEASE NOTE THERE IS A NEW VENUE LOCATION\*\*\***

**Director**                **Dan Dague**  
**Dan: (614) 554-8824 or email [lexenxtreme@aol.com](mailto:lexenxtreme@aol.com)**

**\*\*THERE IS NO AFFILIATION BETWEEN THE XPC, LEXEN XTREME, IPA, UPA, OR THE USPA AND THE ARNOLD SPORTS FESTIVAL (The Arnold Sports Festival is owned by Classic Productions and is a © 2009 Copyright Classic Productions, ALL RIGHTS RESERVED).**

**Entry Fees**

**\$125/ELITE & PRO (Bench Only)**

\$75.00 of each entry fee will be placed in a “pot” to distribute to the lifters who win (see Awards below for details)

**Crossover**

N/A

**Divisions**

**ELITE MULTI-PLY AND PRO MULTI-PLY ONLY**

**Weight Classes**

**Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW**  
**Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, SHW**

**LIFTING BEGINS AT 7 P.M.**

**Lifting Schedule:** The length of the meet will be determined after the entry deadline date of March 1, 2012. Each weight class will perform the bench . Award ceremony will be held upon completion of the meet.

**Weigh-ins**

**24 HOUR WEIGH-IN RULE IN EFFECT. ALL WEIGH-INS WILL TAKE PLACE AT:**

**Ultimate Sports Center  
1200 Steelwood Road, Suite B  
Columbus, Ohio 43212**

**(VENUE IS NEXT TO SPOT ATHLETICS IN PALMER DONOVAN BUILDING – FOLLOW SIGNS)**

**thursday, March 1: 8 A.M. – NOON, and 5 P.M. – 8 P.M.**  
**friday, March 2: 7:00 A.M - NOON & 5P.M.---6 P.M.**

**Rules**

**XTREME POWERLIFTING COALITION (XPC) MULTIPLY RULES APPLY. Equipment must meet XPC specifications. For rules and regulations, please visit the LEXEN XTREME'S website at [www.lexenxtreme.com](http://www.lexenxtreme.com)**

**Entry Fee**

**Entry fee must accompany the entry meet application form. NO CHECKS WILL BE ACCEPTED FOR ENTRIES POSTMARKED AFTER FEBRUARY 24, 2012. ONLY CASH OR MONEY ORDERS WILL BE ACCEPTED AFTER THAT DATE.**

**Deadline**

***Entry deadline is MARCH 1, 2012.***

**XPC Registration**

**N/A (Note: This is a Coalition Meet, there will be no membership cards)**

**Awards**

The money from the “pot” will be awarded to the best Elite lifter by co-efficient and the best Top Three lifters (1<sup>st</sup>, 2<sup>nd</sup> 3<sup>rd</sup> Place) in the Pro Division .

Any money donated or received from sponsors will be awarded to the Pro and Elite Only (unless sponsor specifically directs where award should be distributed)

**WINNERS MUST BE PRESENT TO RECEIVE CASH AWARD(S).**

**Hotel**

The University Plaza Hotel. Visit [www.universityplazaosu.com](http://www.universityplazaosu.com) for more information or call (614) 456-1154 ask for Kara Krispinsky.

The Varsity Inn (North and South) are two other choices near the venue. Visit [www.varsityinn.com](http://www.varsityinn.com) or call 1-866-678-8277.

**THE ABOVE LISTED HOTELS HAVE SPECIAL RATES.  
MENTION ULTIMATE SPORTS CENTER WHEN BOOKING  
FOR THE DISCOUNTED RATES.**

**\*\*\*\*\*CASH ONLY AT THE DOOR\*\*\*\*\*  
(VENUE DOES NOT HAVE AN ATM)**

**OTHER FEES: Spectator Fees: \$10 per person**

**Coaches Fee: \$5 per coach (*Limit 2 coaches per lifter*)**

**CHILDREN 10 YEARS AND UNDER ARE FREE**

***REMEMBER, GET YOUR ENTRIES IN EARLY!***

**OFFICIAL ENTRY FORM  
MARCH 2, 2012**

**Contact: Dan Dague (614) 554-8824 or [lexenxtreme@aol.com](mailto:lexenxtreme@aol.com)**

**Entry fee for each division (See information sheet).**

**PLEASE REMEMBER TO INCLUDE YOUR WEIGHT CLASS AND DIVISION INFORMATION**

(Circle one): **BENCH ONLY**

(Circle Below all that apply):

Men (Elite)\_\_\_\_\_ Men (Pro)\_\_\_\_\_ Women (Elite)\_\_\_\_\_ Women (Pro)\_\_\_\_\_

Weight Class \_\_\_\_\_ Weight Class \_\_\_\_\_

**QUALIFIERS: *VISIT [lexenxtreme.com](http://lexenxtreme.com) to view qualifiers for this meet.***

Name: \_\_\_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_\_\_

Street address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email Address \_\_\_\_\_

**PAYMENT CHOICE:** Check Money Order

**PLEASE DO NOT EMAIL ENTRIES. Payment must accompany entry form and be postmarked by February 26, 2011! No personal checks will be accepted after the February 26 postmarked deadline!**

**Please make checks payable to: Lexen Xtreme, 2251 Sundew Avenue, Grove City, OH 43123**

**We will not issue cash refunds for cancellations due to any reason. If cancellation is due to an injury, we will credit the entry fee toward the next XPC event directed by Dan Dague only.**

**RELEASE FROM LIABILITY**

On behalf of myself, my heirs, executors, administrators, and assigns, I hereby irrevocably waive, release and fully discharge Lexen Xtreme Strength Training, LLC., THE XPC, THE IPA, THE UPA, AND USPA 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 Lexen Xtreme Strength Training, LLC. AND THE XPC.

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.

By signing this release from liability, I irrevocably waive all rights, claims, demands, lawsuits and causes of action against everyone connected with this contest. **I have read the above release, understand its meaning and consequences, and intend to be legally bound by its terms and have signed this release freely and voluntarily.**

\_\_\_\_\_  
Signature (in full) of applicant Date

\_\_\_\_\_  
Signature (in full) of parent or guardian if applicant Date  
is under 21 years of age.