



**In conjunction with:**



## ***2012 XPC INTERNATIONAL OPEN MEET***

### **General Information**

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

**Date**                      **March 4, 2012 (SUNDAY)**

**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 USA 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**                    **ENTRY FEE PER LIFTER: \$100 (Full Power), \$50 (Bench Only), \$70 (Push/Pull)  
Crossover - \$35 per division.**

**Divisions**                    **There are 2 divisions (AMATEUR & PRO): Amateur division is a drug-tested division, Drug testing is by urinalysis. Pro division is not a drug tested division. We will not issue refunds for cancellations for any reason. If a cancellation is due to an injury, we will credit the entry fee towards the next XPC event directed by Dan Dague only.**

**DIVISIONS:**

**SUB-DIVISIONS:**

- |                         |                                      |          |                              |
|-------------------------|--------------------------------------|----------|------------------------------|
| Single Ply or Multi Ply | • Open Professional                  | • Men    | • Submaster                  |
| Single Ply or Multi Ply | • Open Amateur                       | • Women  | • Master (all age divisions) |
| Pro or Amateur          | • Raw (knee wraps required)          | • Teen   | • Junior                     |
| Pro or Amateur          | • Ultra Raw (No knee wraps required) | • Police |                              |

**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 9 A.M.**

**Lifting Schedule:** The length of the meet will be determined after the entry deadline date of March 4, 2012. Each weight class will perform the squat, bench and deadlift. 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)**

**Saturday, March 3:                    8 A.M. – NOON, and 5 P.M. – 8 P.M.  
Sunday, March 4:                    7:00 A.M - 8:00 A.M**

**Rules**                    **Xtreme Powerlifting Association (XPC) rules apply. Equipment must meet XPC specifications. One-piece lifting suit must be worn. For rules and regulations, please visit the LEXEN XTREME 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 3, 2012.***

**XPC Registration** N/A (NOTE: If you want to break an IPA record, you must either already have a current IPA card or purchase an IPA card. IPA cards will be available at the meet for \$30, and \$25 for teen athletes.  
*Cash or money order only accepted for IPA cards.*

**Awards** Awards will be distributed to the top three places in each weight class and every division and sub-division, including best lifters.

**Lifters must make arrangements to have a friend or family member receive his/her award/s.**

**WE WILL NOT SHIP AWARDS THAT WERE NOT PICKED UP AT THE MEET!**

**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  
FREE (kids 10 and under)**

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

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

**PROFESSIONAL OR AMATEUR . . . NEED HELP CHOOSING YOUR DIVISION?**

**Pro Division:** Anyone who totals **Professional (Pro)** is entered into this division. Standard lifting rules apply, but the division is open to anyone who wants to enter as a Professional, no matter what he or she totals. There is no drug testing in this division.

**Amateur (Am) Division:** This division is a very strict drug-free division. Any lifter under suspicion of drug use will be required to have a urinalysis test (same standards as the U.S. Olympic Committee). If the test is negative, the meet director will absorb the cost of the drug test. If the test results are positive, the lifter will be responsible for all expenses associated with the drug test, and all of the lifter's records and accomplishments to date will be considered disqualified. A lifter testing positive will be permanently banned from lifting in the *Am Division*.

2012 XPC  
INTERNATIONAL OPEN  
OFFICIAL ENTRY FORM  
MARCH 4, 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):      FULL POWER                      BENCH ONLY                      PUSH/PULL

(Circle Below all that apply):

			Single Ply	Multi Ply
Open Men's	Women		Teenage (age: ____)	Submaster
Raw	Junior		Master (age: ____)	Police
Ultra Raw				
Weight Class _____			IPA Expiration Date _____	
Man	Woman	Am (drug tested)	Pro (non-drug tested division)	

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 24, 2012! No personal checks will be accepted after the February 24 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 the 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.

I fully understand that if I enter the Am (drug tested) divisions, I may be selected to take a urinalysis test. If this test is found positive for anabolic steroids I (the signed applicant) will pay for the cost of this test. If the test is found to be negative, the IPA will pay for the test. By signing this release from liability, I irrevocably waive all rights, claims, demands, lawsuits and causes of action against everyone connected with this contest with regard to the result of any drug test. **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.