



In conjunction with:



***2012 XPC PRO ELITE COALITION
MULTI-PLY POWERLIFTING & BENCH PRESS MEET***

General Information

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

Date **March 3, 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

****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	ENTRY FEE PER LIFTER: \$150/ELITE & PRO (Full Power) \$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 <u>ONLY</u>	
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 2, 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)

Friday, March 2:	8 A.M. – NOON, and 5 P.M. – 8 P.M.
Saturday, March 3:	7:00 A.M - 8:00 A.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*

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 2, 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 (1st, 2nd 3rd Place) in the Pro Division (Full Power Only).

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

Bench Only Division will be awarded money from their cash “pot”.

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

Hotel

The University Plaza Hotel. Visit 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 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!

