

Discover Kalamazoo



Kalamazoo County Convention & Visitors Bureau

For Immediate Release

Contact: Stacey Dobis

Phone: 269-488-0061

sdobis@discoverkalamazoo.com

USA Powerlifting Teen/Junior National Championships

Kalamazoo, Mich. June 6, 2007 – USA Powerlifting, the leading drug-free, powerlifting organization in the United States will hold its 2007 Teen/Junior National Championships, June 9-10 at the Radisson Plaza Hotel and Suites. Around 145 lifters from approximately 20-25 different states will compete in four different divisions and ten different weight classes. The participants range in age from 14-23 and will be lifting between 100-800 lbs.

USA Powerlifting is a member of the International Powerlifting Federation (IPF), the governing body of powerlifting internationally. The IPF is comprised of member federations from 83 countries and six continents.

Distinct from weightlifting, a sport made up of two lifts: the Snatch and the Clean-and-Jerk, where the weight is lifted above the head; powerlifting comprises three lifts: the Squat, Bench Press and Deadlight. Powerlifting competitions may be comprised of one, two or all three of the lifting disciplines. Athletes are categorized by sex, age and bodyweight. Each competitor is allowed three attempts at each lift, the best lift in each discipline being added to their total. The lifter with the highest total is the winner. In cases where two or more lifters achieve the same total, the person with the lightest bodyweight wins. Spectators are welcome to view the 2007 Teen/Junior National Championships in the Arcadia Ballroom for \$6 per day or \$10 for the weekend.

In the United States, USA Powerlifting has representative chairs in 44 states. Each state chair is responsible for overseeing the development and implementation of USA Powerlifting's local competitions, state championships and state records. USA Powerlifting operates as a 501 (c) (3) non-profit organization. You can find out more about the organization at www.usapowerlifting.com.

If you would like more information on this event please contact Bryon See at 269-760-2778 or by e-mail at seebass77@gmail.com.

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