

2011 USAPL BOSTON OPEN  
POWERLIFTING & BENCH PRESS & PUSH/PULL CHAMPIONSHIPS

**SANCTIONED BY:** USAPL (Formerly ADFPA)

**MEET DIRECTOR:** Eric Cordeiro

**DATE, TIME, PLACE:** Saturday August 27<sup>th</sup>, 2011 at Powerfit Gym 215 Newbury St # 1 Peabody, MA

The meet will be limited to the first 45 entries. No entries will be accepted beyond this number. All lifters will get a BBQ lunch as part of their entry fee.

**ELIGIBILITY:** Open to *ALL* USAPL registered athletes, 14 years of age or over who have been drug-free for at least 3 years. All athletes must have a valid USAPL Registration card. Athletes may register at the meet prior to weigh-in. The 2011 Registration fee is \$45.00; for high school athletes the Registration Fee is \$30.00 (\$15 for half year) and for Special Olympians \$10.00.

**CONTESTED LIFTS:** Squat, Bench, and Deadlift (Full Meet) or Bench (Bench Only Meet) or Bench and Deadlift (Push/Pull) three attempts in each. USAPL rules will govern the meet. State Records can be set at any sanctioned USAPL **FULL** powerlifting event. For further clarification refer to the USAPL rulebook or consult the National Office at (260) 248-4889 or [www.usapowerlifting.com](http://www.usapowerlifting.com).

**UNIFORMS:** One piece lifting suits. ALL equipment must conform to USAPL standards.

**WEIGHT CLASSES:** Men's Open and Open Raw Divisions 123-132-148-165-181-198-220-242-275-SHW. Women's Open and Open Raw Divisions 105-114-123-132-148-165-181-198-SHW. There will be Teen, Junior Submasters, and Masters Divisions for both women and men where the division splits will depend on entries, winners in these groups will be determined by Formula. There will also be a Special Olympics Division.

**ENTRY FEE:** A fee of \$60.00 (\$25.00 for each additional division entered) must accompany the entry form. High School lifters may enter the teenage division only for \$45. Entries due into the Meet Director no later than Wednesday, August 10, 2011. No entry fee will be charged to Special Olympians.

**DRUG TESTING:** There will be a urinalysis test given and a release form to be signed by each and every contestant competing. Failure to submit to and/or passing the drug test will result in **DISQUALIFICATION**.

**GENERAL ADMISSION:** \$10.00 at the door.

**SEND ENTRIES AND MAKE CHECKS PAYABLE TO: ERIC CORDEIRO 59 Maplewood St. Watertown, MA 02472**

**WEBSITE :** [www.mass-lift.com](http://www.mass-lift.com)

**NOTE: REGISTERED CHECKS OR MONEY ORDERS ONLY. NO PERSONAL CHECKS ACCEPTED.**

**MEET DIRECTOR: ERIC CORDEIRO Tel. 617-797-6597 or [eccbeast@yahoo.com](mailto:eccbeast@yahoo.com)**

# 2011 USAPL BOSTON OPEN POWERLIFTING & BENCH PRESS & PUSH/PULL CHAMPIONSHIPS

NAME (Please Print): \_\_\_\_\_

D.O.B.: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
STREET / CITY / STATE / ZIP

PHONE: (\_\_\_\_) \_\_\_\_\_ E-MAIL: \_\_\_\_\_

WEIGHT CLASS: \_\_\_\_\_ USAPL# \_\_\_\_\_ TEAM \_\_\_\_\_ GENDER: MALE / FEMALE

<b>Divisions</b> Equipped Raw Open Teen Junior SM (35-39) Masters (Please indicate age)	Check all that apply	Full Meet	\$60	_____	
		Bench Meet	\$60	_____	
		Push Pull Meet	\$60	_____	
		Multiple Meets (Full, Bench and/or Push-Pull Meet)	\$90	_____	
		2 <sup>nd</sup> Division (If Applicable)	\$25	_____	
		3 <sup>rd</sup> Division (If Applicable)	\$25	_____	
		High School Student (Teen Only)	\$45	_____	
		USAPL Membership (If Applicable)	\$45 open \$30 high school	_____	
		<b>Total Entry Fee</b>		<b>\$</b>	_____

**Mail Entries To:**  
Eric Cordeiro  
59 Maplewood St.  
Watertown, MA  
02472

**NO LATE ENTRIES WILL BE ACCEPTED! ALL ENTRIES MUST BE POSTMARKED BY Wednesday 8/10/2011  
2 1/2 WEEKS PRIOR TO THE CONTEST!**

**RELEASE FROM LIABILITY AND CONSENT TO DRUG TEST  
IMPORTANT: READ THIS RELEASE CAREFULLY, WHEN YOU SIGN IT YOU WILL BE GIVING UP  
IMPORTANT LEGAL RIGHTS.**

In consideration of the acceptance of this application, I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the USAPL, Eric Cordeiro, Jo Ann and George Smyrnios, Powerfit Gym, or the Peabody, MA, their representatives, successors, and assigns for any and all injuries and bodily harm that I might suffer while competing at Powerfit Gym during the 2011 USAPL Boston Open from any and all liability, including any results of negligence which may arise from this competition. Moreover I agree that any testing method which the meet director and the sponsors of this meet use to detect the presence of strength-inducing drugs SHALL BE CONCLUSIVE. That is, whether I think results of the tests are right or wrong I agree that I have no right to challenge the results of the drug tests. I further agree to submit to any physical tests which may be necessary to complete drug testing. Should I fail to pass the drug test I agree to forfeit any trophy or award which I otherwise have won. I understand and agree that if I fail to pass the drug tests, my name will appear on a published list of suspended members. If determined that I have failed the drug test, I agree to waive any claim for which legal relief is available. I agree to pay any attorney fee and litigation expenses incurred by any person, real or corporate, whom I may sue in an effort to challenge this Release from Liability form. I understand that my agreement to pay attorney fees and litigation expenses is the Sine Qua Non for the acceptance of my entry in this contest. If any provision of this release from liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release from Liability shall remain in full force and effect. I also certify with my signature that this release/agreement cannot be modified orally.

\_\_\_\_\_  
Date: \_\_\_\_\_  
Signature of Contestant

\_\_\_\_\_  
Date: \_\_\_\_\_  
(Parent/Guardian Signature)

**DRUG FREE CERTIFICATION**

I hereby give my word of honor as an athlete that I have not used any strength inducing drugs (i.e. any anabolic steroid, natural hormone or synthetic growth hormone) as part of my training during the past thirty-six months, nor have I used prescription diuretics or psychomotor stimulants during the seven days prior to this meet.

\_\_\_\_\_  
Date: \_\_\_\_\_  
Signature of Contestant

**FOR PARTICIPANTS UNDER AGE 18**

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above, of all the Releases, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releases from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE.

\_\_\_\_\_  
Date: \_\_\_\_\_  
(Parent/Guardian Signature)

\_\_\_\_\_  
(Emergency Phone Number)