

## Second Annual Ryan Moore New England Open High School Powerlifting Championships

**SANCTIONED BY: USAPL MEET DIRECTORS:** Mike Zawilinski and Al Fornaro

**DATE, TIME, PLACE:** Sunday, March 11, 2010 starting at 9:00 a.m. at Xaverian Brothers High School, 800 Clapboardtree Street, Westwood MA 02090.

**ELIGIBILITY:** Open to ALL USAPL Junior High School and High School registered athletes, 12-19 years old who have been drug free for at least 3 years. At least 10% of the lifters will be drug tested. All athletes must have a valid USAPL Registration Card. Athletes may register at the meet prior to weigh-in. The 2012 Registration fee is \$15.00 for high school seasonal (HS only division for 6 mos.) or \$30 for high school full year (any meet). No qualifying totals required.

**CONTESTED LIFTS:** Squat, Bench, and Deadlift (Full Meet) with three attempts in each. USAPL rules will govern the meet. 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 are mandatory for any contestant who enters the gear or equipped division. Shorts will be allowed for contestants who enter the raw division as long as the full knee is visible in the standing position. ALL equipment must conform to USAPL standards. This year we will also have a Raw Division which allows lifter to only wear a belt and wrist wraps, all other equipment is not allowed. For further clarification please visit [www.usapowerlifting.com](http://www.usapowerlifting.com) or contact the meet director.

**WEIGHT CLASSES:** Men's 114-123-132-148-165-181-198-220-242-275-SHW. Women's 97-104-114-123-132-148-165-181-198-SHW. There will be a JV and Varsity division in both Raw and Equipped. JV will consist of junior high school, freshman, and sophomores while the varsity will be juniors and seniors. There will also be a High School Special Olympics Division.

**WEIGH-IN TIMES:** All divisions will be weighed-in on Sunday between 7:00-8:30 AM. Rules briefing will follow at 8:30 AM. **Times subject to change!**

**AWARDS:** The first five places in all categories will receive awards. There will be team trophies for Women teams and Varsity Men teams; the USAPL/ IPF rules will be used. Outstanding Lifter Awards for overall men and overall women will be awarded. All Special Olympians will receive awards. **Team lists must be presented to the Meet Director before the weigh-in on Sunday along with a \$50 team fee.**

**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:** \$5.00 at the door.

<p><b>SEND ENTRIES AND MAKE CHECKS PAYABLE TO:</b> Mike Zawilinski <b>WEBSITE</b> for on-line entry and up to date information: <a href="http://www.mass-lift.com">www.mass-lift.com</a> <b>MEET DIRECTORS:</b> Mike Zawilinski Tel. 781-706-4009 or <a href="mailto:Mike@mass-lift.com">Mike@mass-lift.com</a></p>
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NAME (Please Print): \_\_\_\_\_ D.O.B.: \_\_\_\_/\_\_\_\_/\_\_\_\_

ADDRESS: \_\_\_\_\_

STREET / CITY / STATE / ZIP

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

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

Age Divisions	Equipment	Item	Price	Amount
JV (FR, SO) <input type="checkbox"/>	Raw <input type="checkbox"/>	Full Meet	\$50	_____
Var. (JR, SR) <input type="checkbox"/>	Gear <input type="checkbox"/>	USAPL Membership		_____
Other <input type="checkbox"/>		High School Full Year exp. 12/31/12	\$30	_____
		High School Seasonal exp. 5/31/12	\$15	_____
		T-Shirt (If Applicable)	\$15 each	_____
		T-shirt size (S-3XL)		_____
		<b>Total Entry Fee</b>	<b>\$</b>	_____

**Mail Entries To:**  
Mike Zawilinski  
36 Sherwood Rd.  
North Weymouth, MA  
02191

***NO LATE ENTRIES WILL BE ACCEPTED!***

***ALL ENTRIES MUST BE POSTMARKED BY SATURDAY, FEBRUARY 18<sup>th</sup>, 2012***

***THREE 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, Mike Zawilinski, Al Fornaro, Joe Wencus, Xaverian Brothers High School, or the Town of Westwood, MA, their representatives, successors, and assigns for any and all injuries and bodily harm that I might suffer while competing at Xaverian Brothers High School during the 2<sup>nd</sup> Annual Ryan Moore New England Open High School Powerlifting Championships 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)

\_\_\_\_\_  
Date: \_\_\_\_\_

(Emergency Phone Number)

# Second Annual Ryan Moore New England Open High School Powerlifting Championships

**FULL TEAM NAME:** \_\_\_\_\_

**HEADCOACH:** \_\_\_\_\_ **TEAM MANAGER:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **USAPL Team Registration Number:** \_\_\_\_\_ **Expiration:** \_\_\_\_\_

## **TEAM ENTRY FEE**

*Team entry fees are \$50.00 for each division (e.g., one men's and one women's team would be \$50.00 each totaling \$100.00). Additionally, each team member must fully complete an individual entry form and forward the appropriate entry fees.*

## **TEAM ROSTER**

No.	Lifter	Weight Class	USAPL Card #:
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			

## **ALTERNATES**

1
2

## **TEAM SCORING**

Each team is allowed a maximum of 11 lifters spread throughout the range of the 11-bodyweight categories for men, and 10 lifters throughout the range of 10 bodyweight categories for women. Each team is allowed a maximum of five alternates. These alternates may be substituted at any time prior to the commencement of the championship. Team scoring will be calculated in accordance with USAPL/IPF rules. All Teams must be registered with USA powerlifting via a club membership application.

**ALL TEAM ROSTERS MUST BE RECEIVED BY 8:30 AM THE MORNING  
OF SUNDAY, MARCH 11, 2011 FOR DECLARATION INTO THE CHAMPIONSHIP**