

Seventh Annual Northeast Regional High School and Collegiate Powerlifting Championships

SANCTIONED BY: USAPL MEET DIRECTORS: Mike Zawilinski

DATE, TIME, PLACE: Saturday and Sunday, January 28 & 29, 2012 starting at 9:00 a.m. at Athletic Based Training, 53 Jeffrey Ave, Hollistion, MA 01746

ELIGIBILITY: Must be a registered USAPL Member (memberships sold at weigh-ins. No qualifying totals required.)

<u>UNIFORMS:</u> One piece lifting suits are mandatory for all contestants with the exception for high school raw lifters. High school raw lifters will be allowed to wear shorts 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 lifters to only wear a belt and wrist wraps, all other equipment is not allowed. For further clarification please visit 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.

<u>AWARDS</u>: The first five places in all categories will receive awards. There will be team trophies for Women teams and Men teams for both High School and Collegiate levels; 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.

SEND ENTRIES AND MAKE CHECKS PAYABLE TO: Mike Zawilinski WEBSITE for on-line entry and up to date information: www.mass-lift.com MEET DIRECTORS: Mike Zawilinski Tel. 781-706-4009 or Mike@mass-lift.com



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TIME TABLE:

<u>Saturday: January, 28 2012</u>

Session I

12:00 to 1:30 pm - Weigh-in/Equipment check for ALL women's weight classes.

12:00 to 1:30 pm - Weigh-in/Equipment check for men's weight classes: 114, 123 and 132

1:30 to 2:00 pm - Rules briefing and/lifter warm-up

2:00 to 5:00 pm - Competition Lifting

2:00 to 3:00 pm – Early equipment check for Sunday lifters [Contest Venue]

5:00 to 6:00 pm – Awards presentation / Drug-testing protocol

Sunday - January, 29 2012

Session I

7:00 to 8:30 am - Weigh-in/Equipment check for men's wt classes: 148, 165, 181 and 198

8:30 to 9:00 am - Rules briefing and/lifter warm-up

9:00 to 1:00 pm - Competition lifting

1:00 to 2:00 pm – Awards presentation / Drug-testing protocol

Session II

12:00 to 1:30 pm - Weigh-in/Equipment check for men's wt classes: 220, 242, 275 and SHW

1:30 to 2:00 pm – Rules briefing and/lifter warm-up

2:00 to 6:00 pm – Competition lifting

6:00 to 7:00 pm - Awards presentation / Drug-testing protocol



(Parent/Guardian Signature)

Seventh Annual Northeast Regional High School and Collegiate Powerlifting Championships

| NAME (Please Print) ADDRESS: | | | | | | D.O. | В.: | _// |
|--|--|--|---|--|--|--|--|---|
| ADDRESS: | STREET | | | CITY | | STATE | / | ZIP |
| | 211221 | | , | 0111 | , | 21112 | , | |
| PHONE: () |) | | | | | | | |
| WEIGHT CLASS: | USAF | PL# | | TEAM | | (| ENDE | ER: MALE / FEMALE |
| Age Divisions | Equipment | Full Meet | | | \$50 | | - | Mail Entries To: |
| High School 🗌 | Raw 🗌 | USAPL M | ember | ship | | | | Mike Zawilinski |
| Collegiate | Gear 🔲 | Open/Collegia | ate exp. 12 | 2/31/12 | \$45 | | _ [] | 36 Sherwood Rd. North Weymouth, |
| Other | | High School F | ull Year | r exp. 12/31/12 | \$30 | | _ | MA 02191 |
| | | High School S | Seasonal | exp. 5/31/12 | \$15 | | _ | |
| | | T-Shirt (If Ap | pplicable | e) | \$15 each | · | _ L | |
| | | T-shirt size (| (S-3XL) |) | | | _ | |
| | | | Tot | tal Entry Fe | e \$ | S | _ | |
| <u>A</u> . | LL ENTRIES | NO LATE I MUST BE PO THREE WE | <u>OSTM</u> A | ARKED BY | SATURD | AY, JANUARY 7 | ^{7th} , 201 | <u>12</u> |
| In consideration of the acc for damages I may have as representatives, successors. Annual Northeast Regiona arise from this competition inducing drugs SHALL Bithe drug tests. I further aga any trophy or award which members. If determined the expenses incurred by any pay attorney fees and litig deemed by a court of com- signature that this release. | gainst the USAPL, Ms, and assigns for any al High School and Ch. Moreover I agree to E CONCLUSIVE. There to submit to any point of the total to any point of the total to the deperson, real or corposation expenses is the petent jurisdiction to | like Zawilinski, Livand all injuries are collegiate Powerlift hat any testing me hat is, whether I the physical tests which on. I understand arrug test, I agree to rate, whom I may so Sine Qua Non for be invalid, the renmodified orally. | iane Blyn, nd bodily leting Chamethod which ink results the may be and agree the owaive and sue in an eartheacept | Richard Blyn, Jharm that I migh pionships from the the meet direct s of the tests are necessary to connat if I fail to past y claim for whice effort to challeng tance of my entr | be Wencus, At t suffer while of any and all liab tor and the spo right or wrong plete drug test s the drug tests h legal relief is e this Release y in this contest | hletic Based Training, competing at Athletic Boility, including any res nsors of this meet use t I agree that I have no rating. Should I fail to pass, my name will appear available. I agree to pafrom Liability form. I ust. If any provision of the | or the cha cased Tra ults of ne o detect t right to ch ss the dru on a pub ay any att understan his release and effect | ampionship staff, their ining during the Seventh egligence which may the presence of strength-hallenge the results of ag test I agree to forfeit dished list of suspended torney fee and litigation at that my agreement to e from liability shall be t. I also certify with my |
| Signature of Contesta | | Date: | _ | (Parent/G | uardian Sigi | nature) | Date | 2: |
| I hereby give my word of hormone) as part of my trathis meet. Signature of Contest: This is to certify that I, as Releases, and, for myself, | ant parent/guardian with my heirs, assigns, ar | nat I have not used t thirty-six months | any strengs, nor have PARTIC ty for this lease and a | EI used prescript CIPANTS UNDI participant, do cagree to indemni | gs (i.e. any and ion diuretics of ER AGE 18 onsent and agr fy and hold har | ee to his/her release, as | ts during provided m any an | the seven days prior to d above, of all the d all liabilities incident |
| to my minor child's involv | remem or participation | Date: | ns as prov | iucu above, EVI | an ir akibin | o prom their neu | LIGENC | .Li. |

(Emergency Phone Number)



Seventh Annual Northeast Regional High School and Collegiate Powerlifting Championships

| HEADCOACH: | CH:TEAM MANAGER: | | | | | | | |
|------------|------------------|---|--------------|-------------|--|--|--|--|
| PHONE: | | USAPL Team Registration Nun | nber:] | Expiration: | | | | |
| | | <u>TEAM ENTRY FEE</u> | | | | | | |
| | | ision (e.g., one men's and one women's tean st fully complete an individual entry form a | | | | | | |
| | | TEAM ROSTER | | | | | | |
| No. | Lifter | Weight Class | USAPL Card # | : | | | | |
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| 11 | | | | _ | | | | |
| | | <u>ALTERNATES</u> | | | | | | |
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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 SATURDAY, JANUARY 28, 2012 FOR DECLARATION INTO THE CHAMPIONSHIP