



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, Holliston, MA 01746

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

UNIFORMS: 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.

AWARDS: 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:

Saturday: January, 28 2012

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



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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 SATURDAY, JANUARY 28, 2012 FOR DECLARATION INTO THE CHAMPIONSHIP**