

**USAPL NEW ENGLAND OPEN
POWERLIFTING CHAMPIONSHIPS AND
BAY STATE BENCH, DEADLIFT & PUSH/PULL CHAMPIONSHIPS
Westwood, Massachusetts – May 26th, 2012**

Location of Championship
Xaverian Brothers High School
800 Clapboardtree Street
Westwood, Massachusetts 02090

Meet Directors: Mike Zawilinski and Al Fornaro

Eligibility Requirements:

Open to all powerlifters. All lifters competing in the championship must be a member of USA Powerlifting [Membership cards can be purchased at registration and the weigh-ins]. Please take into consideration this is a drug-tested competition.

Weight Classes [lbs]:

Men: 114(teen and junior only), 123, 132, 148, 165, 181, 198, 220, 242, 275 & 275+

Women: 97(teen and junior only), 105, 114, 123, 132, 148, 165, 181, 198, 198+

Championship Timetable of Events
To be updated on www.mass-lift.com 2 weeks before the event

Saturday – May 26, 2012 Xaverian Brothers High School Gymnasium

Session I

7:00 am to 8:30 am – Weigh-in & equipment check (*Photo ID requires for Weigh-in*)

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

9:00 am to 1:00 pm – Competition lifting for all athletes

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

Session II (If necessary session II would include all male lifters in the wt. classes 198 and up)

Please check www.mass-lift.com 2 weeks before the event

12:00 pm to 1:30 pm – Weigh-in & equipment check (*Photo ID requires for Weigh-in*)

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

2:00 pm to 5:00 pm – Competition lifting for all athletes

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

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Divisions:

Open (14 and Up)
Youth (12-13)
Teen I (14-15)
Teen II (16-17)
Teen III (18-19)
Junior (20-23)
Sub Master (35-39)

Master I (40-49)
Master II (50-59)
Master III (60-69)
Master IV (70+)
Police/Fire/Military
Special Olympian (14 and Up)
Raw/Unequipped

Awards:

Awards will be presented to all 1st – 5th place finishers, for each weight class and division. Champion of Champions award will be presented to the best overall male and female lifters in the Bench Press only and Powerlifting competitions – Raw and Equipped. The overall best lifters will be determined by the Wilks formula. Awards will be presented to the 1st – 5th place teams.

Technical Rules:

This competition is sanctioned by USA Powerlifting. The USA Powerlifting Technical Rules can be found here: www.usapowerlifting.com/committees/technical

Note: APT gear/wraps are no longer approved by IPF or USAPL

All lifters must wear a one-piece lifting or wrestling singlet
and are required to have a state or school photo ID for weigh-ins and drug testing

Championship Updates/Information:

All contest information, updates, nominations, etc, will be posted on the following website:
www.mass-lift.com

Admission:

All spectators and personal coaches may enjoy the competition for an admission fee of \$5.00 per day. Contest T-shirts will be available for an additional fee for both spectators and athletes.

USA Powerlifting – Who We Are

USA Powerlifting (formerly American Drug Free Powerlifting Association, Inc.) is the leading powerlifting organization in the United States. USA Powerlifting is a member of the **International Powerlifting Federation (IPF)**, the governing body of powerlifting internationally. The IPF is comprised of member federations of 100+ countries on six continents. USA Powerlifting, through its affiliation with the IPF, also sends a national team to participate in the World Games. The World Games is an international multi-sports event hosted by the **International World Games Association (IWGA)** that falls under the direct patronage of the **International Olympic Committee (IOC)**. The event consists of official sports and demonstration sports selected from those not included in the Olympic Games. The Games are held every fourth year, following the year of the Summer Olympics.

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Name _____ E-mail: _____
(Please print E-mail clearly)

Address: _____

City: _____ State: _____ Zip Code: _____

Cell Phone: () _____ Home Phone: () _____

Weight class that you will be lifting in: _____ **Age:** _____ **Date of Birth:** ____/____/____

USAPL Membership Card #: _____ **Expiration Date:** _____ **Powerlifting Club** _____
(Can be purchased at the contest)

RELEASE FROM LIABILITY AND CONSENT TO DRUG TEST:

Read this carefully (When you sign it you will be giving up important legal rights)

In consideration of the acceptance of my Entry Form in this Powerlifting Competition I intend to be legally bound, for not only myself but also for my heirs, my executors and my administrators. In signing this release from liability I waive and release everyone connected with this competition from any and all liability, including any result of negligence, which may arise from this competition. Moreover, I agree that any testing method, which the meet directors and the sponsors of this meet use to detect the presence of strength inducing drugs, **SHALL BE CONCLUSIVE**. This is, whether I think the results of the test 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 test, which may be necessary to complete the drug testing. Should I fail to pass the drug tests I agree to forfeit any trophy or award, which I might 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 it is 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 by any person, real or corporate, which 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 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 force and effect. I also certify with my signature that this release/agreement cannot be modified orally.

Signature of lifter		Date	
Signature of Parent Or Legal Guardian <i>If Contestant is under 18</i>		Date	

Check the Divisions you will be lifting in: ☐ Raw ☐ Equipped

- | | | | |
|--|--|---|---|
| <input type="checkbox"/> Open (all ages 14 and up) | <input type="checkbox"/> Junior (20-23) | <input type="checkbox"/> Masters II (50-59) | <input type="checkbox"/> Special Olympian |
| <input type="checkbox"/> Teen I (14-15) | <input type="checkbox"/> Youth (12-13) | <input type="checkbox"/> Masters III (60-69) | <input type="checkbox"/> Paralympian |
| <input type="checkbox"/> Teen II (16-17) | <input type="checkbox"/> Sub Masters (35-39) | <input type="checkbox"/> Masters III (70+) | |
| <input type="checkbox"/> Teen III (18-19) | <input type="checkbox"/> Masters I (40-49) | <input type="checkbox"/> Police/Fire/Military | |

ENTRY FEE (S):

- _____ \$55.00 – Bay State Bench Press Only Competition
- _____ \$50.00 – Bay State Deadlift Only Competition
- _____ \$60.00 – Bay State Push/Pull only Competition [Bench Press and Deadlift]
- _____ \$65.00 – New England Powerlifting Championships [Squat, Bench Press and Deadlift]
- _____ \$80.00 – Bay State Bench Press Only Competition & New England Powerlifting Championships
- _____ \$75.00 – Bay State Deadlift Only Competition & New England Powerlifting Championships
- _____ \$30.00 – Each additional division entered (see above)
- _____ \$60.00 – Team Entry Fee (please see reverse side of this form)
- _____ \$15.00 – Championship T-shirt [S to 4XL] (**\$20 at the event**) ☐ S, ☐ M, ☐ L, ☐ XL, ☐ 2XL, ☐ 3XL, ☐ 4XL
- _____ \$25.00 – Late Fee if competition entry form is post-marked **after** Wednesday, May 9, 2012
- _____ Total Enclosed

APPLICATIONS MUST BE POSTMARKED BY NO LATER THAN WEDNESDAY, MAY 9, 2012

Important Note: If your application/entry form is late, you must notify the meet director either by e-mail or telephone. There are no refunds for any reason. The late fee will apply to everyone.

CHECK OR MONEY ORDERS PAYABLE AND MAILED TO THE FOLLOWING:

Mike Zawilinski – Co Contest Director

36 Sherwood Rd, North Weymouth, MA 02191

Telephone: 781.706.4009 * E-mail: mike@ironrevolution.com

Must be post-marked no later than Wednesday, May 9th, 2012

Online entry and up to date information: www.mass-lift.com

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FULL TEAM NAME: _____

HEADCOACH: _____ MANAGER: _____

PHONE: _____ USAPL Team Registration Number: _____ Expiration: _____

TEAM ENTRY FEE

Team entry fees are \$60.00 for each division (e.g., one men's and one women's team would be \$60.00 each totaling \$120.00). Also, you may have multiple team entries (e.g., Team A and Team B, in one division). Additionally, each team member must fully complete an individual entry form and forward the appropriate entry fees (see reverse side).

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 10 lifters spread throughout the range of the 10-bodyweight categories for men, and 9 lifters throughout the range of 9 bodyweight categories for women. Each team is allowed a maximum of two alternates. These alternates may be substituted at any time prior to the commencement of the weigh-in for a particular bodyweight category. Team scoring will be calculated in accordance with USAPL/IPF rules.

**ALL TEAM ROSTERS MUST BE RECEIVED BY 7:00 AM THE MORNING
OF SATURDAY, MAY 26, 2012 FOR DECLARATION INTO THE CHAMPIONSHIP**