

USAPL BOSTON OPEN
POWERLIFTING, BENCH PRESS, DEADLIFT & PUSH/PULL
CHAMPIONSHIPS
Cambridge, Massachusetts – September 15, 2012

Location of Championship
Morss Hall
Massachusetts Institute of Technology
142 Memorial Dr.
Cambridge, MA, 02139

Meet Directors: Mike Zawilinski

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+

Divisions:

Open (14 and Up)	Master I (40-49)
Youth (12-13)	Master II (50-59)
Teen I (14-15)	Master III (60-69)
Teen II (16-17)	Master IV (70+)
Teen III (18-19)	Police/Fire/Military
Junior (20-23)	Special Olympian (14 and Up)
Sub Master (35-39)	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.

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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 a donation of \$5.00 per person to the MIT Powerlifting Club.

Time Table:

Saturday- September 15, 2012, Morss Hall, Massachusetts Institute of Technology

7:30 am to 9:00 am - Weigh-in & equipment check (*Photo ID requires for Weigh-in*)

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

9:30 am - Competition lifting for all athletes

Awards Presentation and Drug-Testing Protocol to follow competition

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 –Bench Press Only Competition
- _____ \$50.00 –Deadlift Only Competition
- _____ \$60.00 –Push/Pull only Competition [Bench Press and Deadlift]
- _____ \$65.00 –Powerlifting Championships [Squat, Bench Press and Deadlift]
- _____ \$80.00 –Bench Press Only Competition & Powerlifting Championships
- _____ \$75.00 –Deadlift Only Competition & Powerlifting Championships
- _____ \$30.00 – Each additional division entered (see above)
- _____ \$60.00 – Team Entry Fee (please see reverse side of this form)
- _____ \$30.00 – Late Fee if competition entry form is post-marked after Friday, August 31, 2012
- _____ Total Enclosed

APPLICATIONS MUST BE POSTMARKED BY NO LATER THAN FRIDAY, AUGUST 31, 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 Friday, August 31, 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 FEES MUST POST MARKED NO LATER THAN FRIDAY, AUGUST 31, 2012
ALL TEAM ROSTERS MUST ALSO BE RECEIVED BY 7:30 AM THE MORNING
OF SATURDAY, SEPTEMBER, 15th FOR DECLARATION INTO THE CHAMPIONSHIP**