



Massachusetts Open Powerlifting Championships Presented By Con-Crét and ProMera Sports



Sanctioned By: USA Powerlifting (USAPL) **Meet Director:** Michael Zawilinski

Date, Time, Place: Saturday, December 8, 2012 starting at 9:00 a.m. at Holiday Inn, 929 Hingham Street, Rockland, MA 02370

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! As well as non supportive briefs without legs for competition and weigh-ins. ALL equipment must conform to USAPL standards, supportive suits, shirts and wraps must manufactured by Inzer, Titan or Metal all others are not allowed. For further clarification please visit www.usapowerlifting.com/committees/technical or contact the meet director.

Weight Classes:

Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 275+

Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+

Championship Awards:

The following awards will be presented at the competition:

1. Awards will be presented to 1st – 5th place finishers for each weight class and division.
2. Champion of Champion award to the best overall men/women's lifters – both Raw and Equipped.
3. Team trophies will be presented for 1st – 5th place [Men/Women and Combined Teams].

Technical Rules:

This competition is sanctioned by USA Powerlifting and all USAPL/IPF Technical rules will be followed. The Technical rules can viewed here: www.usapowerlifting.com/committees/technical

Championship Website:

All official announcements and updates will be made on this website. It will be important that you review this site on a regular basis: www.Mass-Lift.com

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**.

Admission for spectators and personal coaches: \$5.00 at the door.

Hotel Information

Holiday Inn- Rockland

Address: 929 Hingham Street, Rockland, MA 02370

Tel: (781) 871-0545

Cost: \$109.00+ tax per night for a single or double.

Reference the Group Code: USA POWERLIFTING

Official Qualifier for:

2013 Collegiate Nationals, Killeen, TX, April 12-14

2013 High School Nationals, Denver, CO

2013 Master's Nationals, Orlando, FL, May 3-5

2013 Women's Nationals, Orlando, FL, May 19-20

2013 Teen/Junior/Men's Nationals, Killeen, TX

2013 Raw Nationals, Orlando, FL, July 19-21

2013 Bench Press Nationals, Atlanta, GA

2013 Deadlift/Push-Pull Nationals, Ft. Lauderdale, FL

Qualifying totals must be achieved, for more information please review www.usapowerlifting.com



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PRILIMINARY TIME TABLE:

Any updates or changes will be posted on www.mass-lift.com

Saturday: December, 8 2012

Session I

Holiday Inn Grand Ballroom

7:00 to 8:30 am – Weigh-in/Equipment check for ALL women's weight classes.

7:00 to 8:30 am – Weigh-in/Equipment check for men's weight classes: 114 through 165

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

9:00am to 1:00 pm – Competition Lifting

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

Session II

Holiday Inn Grand Ballroom

12:00 to 1:30 pm – Weigh-in/Equipment check for men's wt classes: 181 through SHW

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

2:00 to 7:00 pm – Competition lifting

7:00 to 8:00 pm – Awards presentation / Drug-testing protocol



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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: ____/____/____ Gender: M / F

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 If Contestant is under 18		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 (\$):

- _____ \$55.00 – Bench Press Only Competition
- _____ \$50.00 – Deadlift Only Competition
- _____ \$60.00 – Push/Pull only Competition [Bench Press and Deadlift]
- _____ \$65.00 – Massachusetts State Championships [Squat, Bench Press and Deadlift]
- _____ \$80.00 – Bench Press Only Competition & Massachusetts State Championships
- _____ \$75.00 – Deadlift Only Competition & Massachusetts State Championships
- _____ \$30.00 – Each additional division entered per competition (see above)
- _____ \$60.00 – Team Entry Fee (please see reverse side of this form)
- _____ \$35.00 – Late Fee if competition entry form is post-marked after Friday, November 16, 2012
- _____ Total Enclosed

APPLICATIONS MUST BE POSTMARKED BY NO LATER THAN FRIDAY, NOVEMBER 16, 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 after Friday, November 16, 2012. The late fee will apply to everyone.

CHECK OR MONEY ORDERS PAYABLE AND MAILED TO THE FOLLOWING:

Mike Zawilinski – Contest Director
36 Sherwood Rd, North Weymouth, MA 02191
Telephone: 781.706.4009 * E-mail: mike@mass-lift.com

Must be post-marked no later than Friday, November 16th, 2012
Online entry and up to date information: www.mass-lift.com



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FULL TEAM NAME: _____

HEADCOACH: _____ TEAM 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). 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 FINAL TEAM ROSTERS MUST BE RECEIVED BY 7:00 AM THE MORNING OF SATURDAY, DECEMBER 8, 2012.

* **PRELIMINARY ROSTER AND TEAM FEE MUST BE POST MARKED NO LATER THAN FRIDAY, NOVEMBER 16, 2012**