



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



**Sanctioned By:** USA Powerlifting (USAPL) **Meet Directors:** Michael Zawilinski, Liane Blyn

**Date, Time, Place:** Sunday, June 2, 2013 starting at 9:00 a.m. at Athletic Based Training, 16 Everett St., 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! 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](http://www.usapowerlifting.com/committees/technical) or contact the meet directors.

### **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 open weight class both Raw and Equipped.
2. Awards will be presented to 1st – 5th place finishers for each division, based on wilks both Raw and Equipped.
3. Champion of Champion award to the best overall men/women's lifters – both Raw and Equipped.
4. Team trophies will be presented for 1st – 5th place [Men/Women and Combined Teams]. Teams must be entered by the deadline!!

### **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](http://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](http://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.



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**Official Qualifier for:**

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  
2014 Military/Armed Forces Nationals, Fort Hood, TX  
2014 Collegiate Nationals, Orlando, FL  
2014 High School Nationals, Killeen, TX  
2014 Masters Nationals, Killeen, TX  
2014 Women's Nationals, Baton Rouge, LA  
2014 Teen/Junior/Men's Nationals, Philadelphia, PA  
2014 Raw Nationals, Aurora, CO  
2014 Bench Press Nationals, San Antonio, TX  
2014 Deadlift/Push-Pull Nationals, Ft. Lauderdale, FL

Qualifying totals must be achieved, for more information please review [www.usapowerlifting.com](http://www.usapowerlifting.com)

**PRILIMINARY TIME TABLE:**

Any updates or changes will be posted on [www.mass-lift.com](http://www.mass-lift.com)

**Sunday: June 2, 2013**

**Session I**

**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 181**

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**

**12:00 to 1:30 pm – Weigh-in/Equipment check for men's wt classes: 198 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.

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

**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 – 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)
- \_\_\_\_\_ \$45.00 – Late Fee if competition entry form is post-marked after Monday, May 13, 2013
- \_\_\_\_\_ Total Enclosed

**APPLICATIONS MUST BE POSTMARKED BY NO LATER THAN MONDAY, MAY 13, 2013**

**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 Monday, May 13, 2013. 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](mailto:mike@mass-lift.com)  
**Must be post-marked no later than Monday, May 13, 2013**  
Online entry and up to date information: [www.mass-lift.com](http://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 SUNDAY, JUNE 2, 2013.

\* **PRELIMINARY ROSTER AND TEAM FEE MUST BE POST MARKED NO LATER THAN MONDAY, MAY 13, 2013.**