

2013 Northeastern University Raw Collegiate Cup

Sanctioned By: USA Powerlifting (USAPL) **Meet Directors:** Roy Apostle, Michael Zawilinski

Date, Time, Place: Sunday, November 17, 2013 at 10:00 AM at Northeastern University's Cabot Center, 360 Huntington Ave Boston, MA 02115

Eligibility: Must be a collegiate athlete and a registered USAPL Member (No qualifying totals required.) Membership **MUST** be purchased prior to the meet. Absolutely **NO** payment will be accepted on meet day in exchange for a membership. USAPL membership can be purchase online here: www.usapowerlifting.com/forms/MembershipApplication.php

Entry Fee and Form: Must be mailed into the meet director prior to the competition. Absolutely **NO** payment will be accepted at the time of the meet.

Uniforms: One piece lifting suits are mandatory for all contestants! As well as non supportive briefs without legs for competition and weigh-ins. This is a RAW/non-equipped competition; ALL equipment (knee sleeves, belts, etc) must conform to USAPL standards and IPF Technical Rules. If you're not familiar with IPF Technical Rules, they can be found at the following link: www.usapowerlifting.com/committees/technical or contact the meet directors.

Weight Classes:

Men: 53 kg, 59 kg, 66 kg, 74 kg, 83 kg, 93 kg, 105 kg, 120 kg, 120 kg+

Women: 43 kg, 47 kg, 52 kg, 57 kg, 63 kg, 72 kg, 84 kg, 84 kg +

Championship Awards:

The following awards will be presented at the competition:

1. 1st and 2nd Place for the best overall Men's teams entered
2. 1st and 2nd Place for the best overall Women's teams entered
3. Best Lifter Men's and Women's division

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

Official Announcements:

All official announcements and updates will be made via this website, and it is 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: 18+ free admission. Absolutely **NO** spectators and coaches will be admitted if they are not over the age of 18. A list of potential spectators and coaches must be provided to the meet directors in advance of the meet.

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Official Qualifier for:

2014 Collegiate Nationals, Orlando, FL
2014 Women's Nationals, Baton Rouge, LA
2014 Teen/Junior/Men's Nationals, Philadelphia, PA
2014 Raw Nationals, Aurora, CO

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

PRILIMINARY TIME TABLE:

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

Sunday: December 15, 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: 53 kg through 74 kg

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

9:00am to 2:00 pm – Competition Lifting

Session II

12:00 to 1:30 pm – Weigh-in/Equipment check for men's wt classes: 83 kg through 120+ kg

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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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:** _____ **School Representing** _____

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	

ENTRY FEE (S):

_____ \$45.00 – Raw Collegiate Cup [Squat, Bench Press and Deadlift]
 _____ \$45.00 – Late Fee if competition entry form is post-marked after Monday, November 4, 2013
 _____ Total Enclosed

APPLICATIONS MUST BE POSTMARKED BY NO LATER THAN FRIDAY, NOVEMBER 4, 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 November 10, 2013. The late fee will apply to everyone.

CHECK OR MONEY ORDERS PAYABLE TO NORTHEASTERN UNIVERSITY
AND
MAILED TO THE FOLLOWING:

**Michael Zawilinski
 360 Huntington Ave
 219 Cabot Center
 Boston, MA 02115**

Telephone: 908.770.4625 E-mail: royapostle@gmail.com

Must be post-marked no later than Friday, NOVEMBER 4, 2013

Online entry and up to date information: <http://nuweb5.neu.edu/powerlifting/wordpress/>