



## 2014 USA Powerlifting Winter Classic

**Sanctioned By:** USA Powerlifting (USAPL) Sanction # MA-2014-05

**Meet Directors:** Michael Zawilinski

**Date:** Sunday, February 23, 2014

**Place:** Baystate Athletic Club, 28 New Driftway, Scituate MA, 02066

**Eligibility:** Must be a registered USAPL Member

USAPL Memberships can be bought on-line for \$45 at <http://www.usapowerlifting.com/forms/MembershipApplication.php>  
Memberships can also be bought at the meet for \$50.

**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 be 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. Champion of Champion award to the best overall men/women's lifters – both Raw and Equipped.

### **Technical Rules:**

This competition is sanctioned by USA Powerlifting and all USAPL/IPF Technical rules will be followed. The Technical rules can be 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.

### **Note:**

**This is an open only meet! All lifters will only be classified by raw or equipped and by weight class. Age group records will still be able to be set based on the lifters age.**



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### **Official Qualifier for:**

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: February 23, 2014**

If there are more than 45 lifters entered 7 days prior we will split into two sessions as listed below, otherwise we plan on having one session for all weight classes following the session timetable. Updates will be posted on [www.mass-lift.com](http://www.mass-lift.com)

#### **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.

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

Be sure to select Raw or Equipped  
All entries received without this  
checked will be assumed as  
equipped!!

### ENTRY FEE (S):

- \_\_\_\_\_ \$65.00 – Winter Classic Powerlifting Championship
- \_\_\_\_\_ \$45.00 – Late Fee if competition entry form is post-marked after Friday, February 8th, 2014
- \_\_\_\_\_ Total Enclosed

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, February 8th, 2014. 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 Friday, February 8th, 2014**  
 Online entry and up to date information: [www.mass-lift.com](http://www.mass-lift.com)