

Fourth Annual Ryan Moore New England Open High School Powerlifting Championship Meet Packet

Athletes MUST SEND the following documents BEFORE THE MEET to the meet director

1. Entry form (page 4) which MUST be signed by parent or guardian
2. Release of liability form (page 5) which MUST be signed by parent or guardian

Athletes MUST OBTAIN a USAPL membership card prior to competition

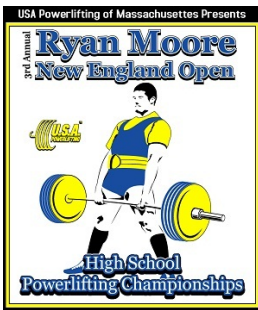
1. Purchase/renew membership online prior to meet day or bring paper copy to meet and purchase at check-in.
 - a. Link to purchase online membership
<http://usapowerlifting.com/forms/membership.shtml>
 - b. Paper copy of membership form can be found on page 6.
2. Membership form REQUIRES signature of parent or guardian.

Athletes MUST PRESENT the following documents at check-in/weigh-in

1. USAPL Card
 - a. If purchased online bring confirmation email, proof of payment, and membership card.
2. ALL equipment and apparel that will be worn/used during the competition.
3. ID card (student ID, driver's license/permit).

Coaches

1. Send application for club membership to the National Office prior to meet day (Page 8)
2. Bring team entry form (Page 7) to check-in prior to weigh-ins.



Fourth Annual Ryan Moore New England Open
High School Powerlifting Championships



SANCTIONED BY: USAPL

SANCTION # MA-2014-06

MEET DIRECTORS: Mike Zawilinski

DATE, TIME, PLACE: Sunday, March 9, 2014 starting at 9:30 a.m. at St. John's High School, 378 Main St. Shrewsbury, MA 01545

ELIGIBILITY: Open to ALL USAPL Junior High School and High School registered athletes 12-19 years of age who have been drug free for at least 3 years. At least 10% of the lifters will be drug tested. All athletes must have a valid USAPL Registration Card. Athletes may register at the meet prior to weigh-in. The 2014 Registration fee is \$15.00 for high school seasonal (HS only division for 6 mos.) or \$35 for high school full year (any meet). No qualifying totals required.

CONTESTED LIFTS: Squat, Bench, and Deadlift (Full Meet) with three attempts in each. USAPL rules will govern the meet. For further clarification refer to the USAPL rulebook or consult the National Office at (260) 248-4889 or www.usapowerlifting.com.

UNIFORMS: One piece lifting suits are mandatory for any contestant who enters the gear or equipped division. Shorts will be allowed for contestants who enter the raw division as long as the full knee is visible in the standing position. ALL equipment must conform to USAPL standards. This year we will also have a Raw Division which allows lifter to only wear a belt and wrist wraps; all other equipment is not allowed. For further clarification please visit www.usapowerlifting.com or contact the meet director.

WEIGHT CLASSES: Men's 114-123-132-148-165-181-198-220-242-275-SHW. Women's 97-104-114-123-132-148-165-181-198-SHW. There will be a Junior High/Freshman/Sophomore and Junior/Senior division in both Raw and Equipped.

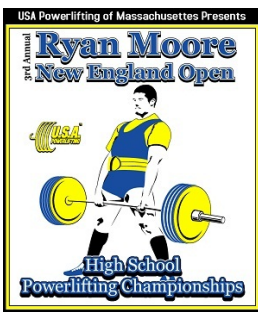
WEIGH-IN TIMES: All divisions will be weighed-in on Sunday between 7:30-9:00 AM. Rules briefing will follow at 9:00 AM. **Times subject to change!**

AWARDS: The first five places in all categories will receive awards. There will be team trophies for Women teams and Varsity Men teams. USAPL/ IPF rules will be used when determining awards. Outstanding Lifter Awards for overall men and overall women will be awarded. All Special Olympians will receive awards. **ALL TEAM ROSTERS MUST BE POSTMARKED BY SATURDAY, FEBRUARY 22nd, 2014**

DRUG TESTING: There will be a urinalysis test given to 10% of the entered contestants 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**.

GENERAL ADMISSION: \$5.00 at the door.

SEND ENTRIES AND MAKE CHECKS PAYABLE TO: Mike Zawilinski
WEBSITE for on-line entry and up to date information: www.mass-lift.com
MEET DIRECTORS: Mike Zawilinski Tel. 781-706-4009 or Mike@mass-lift.com



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PRILIMINARY TIME TABLE:

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

Sunday: March 9th 2014

Session I

Salem Student Commons, Conal Hall

7:30 to 9:00 am – Weigh-in/Equipment check for ALL Jr. High/ Freshman/ Sophomore weight classes.

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

9:30 am to 12:30 pm – Competition Lifting

12:30 to 1:00 pm – Awards presentation / Drug-testing protocol

Session II

Salem Student Commons, Conal Hall

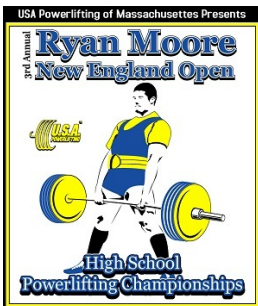
11:00 to 12:30 pm – Weigh-in/Equipment check for ALL Junior/ Senior weight classes.

12:30 to 1:00 pm – Rules briefing and/lifter warm-up

1:00 to 5:00 pm – Competition lifting

5:00 to 6:30 pm – Awards presentation / Drug-testing protocol

****Note**** Schedule is subject to change based on the number of entries. All contestants who supply an email and coaches will be contacted otherwise all changes will be viewable on www.mass-lift.com



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Meet Entry Form

NAME (Please Print): _____ D.O.B.: ____/____/____

ADDRESS: _____
STREET / CITY / STATE / ZIP

PHONE: (____) _____ E-MAIL: _____

WEIGHT CLASS: _____ USAPL# _____ TEAM/SCHOOL _____ GENDER: MALE / FEMALE

COACH: _____ COACHES E-MAIL: _____

COACHES PHONE: (____) _____

Age Divisions	Equipment			
JHS, FR, SO <input type="checkbox"/>	Raw <input type="checkbox"/>	Full Meet	\$50	_____
JR, SR <input type="checkbox"/>	Gear <input type="checkbox"/>	T-Shirt (If Applicable)	\$15 each	_____
Other <input type="checkbox"/>		T-shirt size (S-3XL)		_____
		Late Fee (If mailed after 2/22)	\$30	_____
		Total Entry Fee	\$	_____

Mail Entries To:
Mike Zawilinski
36 Sherwood Rd.
North Weymouth, MA
02191

FOR PARTICIPANTS UNDER AGE 18

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above, of all the Releases, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releases from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, **EVEN IF ARISING FROM THEIR NEGLIGENCE.**

(Parent/Guardian Signature) Date: _____ _____
(Emergency Phone Number)

NO LATE ENTRIES WILL BE ACCEPTED!
ALL ENTRIES MUST BE POSTMARKED BY SATURDAY, FEBRUARY 22nd, 2014
TWO WEEKS PRIOR TO THE CONTEST!

SEND ENTRIES AND MAKE CHECKS PAYABLE TO: Mike Zawilinski
36 Sherwood Rd.
North Weymouth, MA 02191

WEBSITE for on-line entry and up to date information: www.mass-lift.com
MEET DIRECTORS: Mike Zawilinski Tel. 781-706-4009 or Mike@mass-lift.com



1120 Huffman Rd, Ste 24 #223, Anchorage, AK 99515
 P: (260) 248-4889 / F: (260) 248-4879
 Email: nationaloffice@usapowerlifting.com
 Website: www.usapowerlifting.com

National Office Use Only	
Received	
Payment	
Approval	
USAPL #	

USA POWERLIFTING MEMBERSHIP APPLICATION

PLEASE PRINT CLEARLY

DATE OF APPLICATION: ____/____/____

First Name: _____ Middle Initial: _____ Last Name: _____

Mailing Address: _____ City: _____ State: ____ Zip Code: _____

Phone: _____ Email: _____
XXX-XXX-XXXX you@domain.com

Date of Birth: ____/____/____ Age: _____ Gender: Male/Female U.S. Citizen: Yes/No
MM/DD/YY (circle one) (circle one)

New or Renewal (circle one) If Renewal, enter USAPL Member number:

Membership Type/Prices: please check one

Competing Divisions: please check all that apply

NOTE – Save \$5 for Open/HS Memberships with Online purchase

<input checked="" type="checkbox"/> Type	Price
<input type="checkbox"/> Open	\$50.00
<input type="checkbox"/> Youth or High School (HS)	\$35.00
<input type="checkbox"/> High School Seasonal (HS only meets Dec 1 - May 31)	\$15.00
<input type="checkbox"/> Upgrade from current HS Seasonal to HS Full year	\$20.00
<input type="checkbox"/> Special Olympian	\$10.00

<input type="checkbox"/> Open	<input type="checkbox"/> Collegiate
<input type="checkbox"/> Youth (10-13 years)	<input type="checkbox"/> Police and Fire
<input type="checkbox"/> Teen (14-19 years)	<input type="checkbox"/> Special Olympian
<input type="checkbox"/> Junior (20-23 years)	<input type="checkbox"/> Non Compete
<input type="checkbox"/> Master (40+ years)	<input type="checkbox"/> High School Full Year
<input type="checkbox"/> Military	<input type="checkbox"/> High School Seasonal

USAPL Registered Club Represented (if applicable): _____

DISCLOSURE AND RELEASE

Participating in powerlifting, like most sports, has associated risk of injury. By signing below, should I choose to compete and/or participate in a USAPL competition, I recognize and assume the risk of competing and participating in a USAPL powerlifting meet, and I assume the risk of injury and serious injury. I know that USAPL strongly recommends that I consult my health care provider before competing in the sport of powerlifting to determine whether I am healthy enough to compete. By signing below, I assume the responsibility of choosing to compete whether or not I choose to consult my health care provider. Further, I fully understand that I may injure myself during the competition, including the warming up; however, I hereby release USAPL, its officers, governing board, and employees, the meet directors of any meet that I might compete in, the loaders and spotters who may assist me during the competition, and all referees and officials who conduct the meet for any injury that I may sustain during my warm ups or during the competition, even if I claim or allege that my injury was caused by the fault and negligence of any of the parties that were listed above. Should I compete in a state where I am not able to release a party for fault or for negligence, I intend this release to be applied and interpreted in its fullest capacity and authority according to the applicable law. In consideration of USAPL accepting by membership and permitting me to compete or otherwise participate in a USAPL meet, I, for myself, my personal representatives, administrators, heirs, and assigns, hereby hold harmless USAPL, its officers, governing board, and employees, the meet directors of any meet that I might compete in, the loaders and spotters who may assist me during the competition, and all the referees and officials from any claims, demands, and causes of action, including reasonable legal fees, arising from my participation in USAPL and from my competing in a USAPL sanctioned competition, whether the competition is held in the United States or abroad. I also know that before I sign this Disclosure and Release, I may consult an attorney of my choice to determine whether it is in my best to sign this. By signing below, I affirm that I have read the above, understand it, and agree to it. DISCLOSURE AND RELEASE: I affirm that I have read the above, understand it, and agree to it.

CONDITIONS OF MEMBERSHIP

As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that positive test regarding my membership. As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test. If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method on the Internet, in Powerlifting USA, or any other publication that USAPL so chooses. CONDITIONS OF MEMBERSHIP: I affirm that I have read the above, understand it, and agree to it.

PAYMENT FOR MEMBERSHIP

All memberships expire December 31 of the year purchased, except purchases November and December which expire the following year end. Allow 4-6 weeks process time.

Select one payment method: (Credit cards are no longer accepted at meets unless the meet director is using Square)

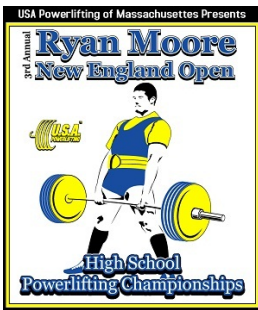
___ Cash
 ___ Check/Money Order: number _____
 ___ Credit Card: _____
ONLY ACCEPTED at Meets with Square reader or CALL National Office with Credit Card #
 Card # Last 4 digits - _____
 Card Type (Visa/MC/Discover/AMEX): _____
 Staff Accepting: _____
 National Office Verification _____

SIGNATURE: Signatures are required for membership. Your signature affirms that you have read all the above, understand it, and agree to it.

Applications Signature: _____ Applicants less than 18 years must have parent or guardian initial: _____

White Copy – National Office

Yellow Copy – Member



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High School Powerlifting Championships



Team Entry Form

FULL TEAM NAME: _____

HEADCOACH: _____ TEAM MANAGER: _____

PHONE: _____ USAPL Team Registration Number: _____ Expiration: _____

TEAM ENTRY FEE

Team entry fees are \$40.00 for each division (e.g., one men's and one women's team would be \$40.00 each totaling \$80.00). 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 TEAM ROSTERS MUST BE POSTMARKED BY SATURDAY, FEBRUARY 22nd, 2014



USA POWERLIFTING

NATIONAL OFFICE
1120 Huffman Rd, Ste 24, #223
Anchorage, AK 99515
260-248-4889 / 260-248-4879 fax

APPLICATION FOR CLUB MEMBERSHIP

DATE: _____ **USAPL CLUB REGISTRATION NUMBER:** _____

NAME OF CLUB: _____

CLUB ADDRESS: _____

The above named club herewith makes application for membership in the USAPL. The club, if approved, hereby agrees to abide by the rules and By-Laws of the USAPL and to respect and enforce all decisions of the National Governing Body and the Executive Committee.

Signature of Club President

MBR No.

Club Secretary Signature

MBR No.

Print Name of Club President

Print Name of Club Secretary

Address of Club President

Address of Club Secretary

City State Zip Code

City State Zip Code

Work Telephone of President

Home Telephone of Secretary

Number of USAPL Registered Club Members as of this date: (A minimum of 3 is required) _____

For Club Membership in the USAPL, this form must be completed and sent along with a check or money order for \$30.00 (payable to USAPL) to cover registration for the current year. Mail to: USAPL NATIONAL OFFICE, 1120 Huffman Rd, Ste 24 #223, Anchorage, AK 99515.