



2014 Raw Collegiate Cup Presented by Massachusetts Powerlifting

Sanctioned By: USA Powerlifting (USAPL)

Sanction # MA-2014-07

Meet Directors: Roy Apostle, Michael Zawilinski

Date, Time, Place: Saturday - Sunday, November 15-16, 2015 at 9:00 AM at Baystate Athletic Club, 28 New Driftway, Scituate, MA 02066

Eligibility: Must be a collegiate athlete and a registered USAPL Member (No qualifying totals required.) Membership MUST be purchased prior to the meet. Membership can be purchased on meet day for \$50. USAPL membership can be purchased online for \$45 here: www.usapowerlifting.com/forms/MembershipApplication.php

Entry Fee and Form: Must be mailed into the meet director prior to the competition. Any late entry forms will be subject to a late fee and the lifter MUST contact the meet director.

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. 1st, 2nd, and 3rd Place for each weight class (IPF weight classes!!!) Men's and Women's divisions
4. 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 be 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: \$10 per coach/spectator/assistant

Accommodations: The Holiday Inn Rockland will serve as the official championship hotel. To reserve the special event rate for \$109 per night please call them directly at 888.465.4329 and mention "USA Powerlifting"

Address: 929 Hingham Street
Rockland Massachusetts 02370



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PRILIMINARY TIME TABLE:

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

Saturday: November 15, 2014

Session I

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

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 weight classes: 53 kg – 74 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

Sunday: November 16, 2014

Session I

7:00 to 8:30 am – Weigh-in/Equipment check for men’s weight classes: 83 kg – 93 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 weight classes: 105kg – 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

Official Qualifier for:

2015 Collegiate Nationals, Atlanta, GA

2015 Men’s and Women’s Open Nationals, San Antonio, TX

2015 Raw Nationals, Scranton, PA

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



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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 _____
(Can be purchased at the contest)

Nominated total: _____ **kilos (best raw total in a USAPL meet)**
Not required but will be used to divide flights if needed

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):

- _____ \$60.00 – Raw Collegiate Cup [Squat, Bench Press and Deadlift]
- _____ \$45.00 – Late Fee if competition entry form is post-marked after Monday, November 1, 2014
- _____ Total Enclosed

APPLICATIONS MUST BE POSTMARKED BY NO LATER THAN FRIDAY, NOVEMBER 1, 2014

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 8, 2014. The late fee will apply to everyone.

CASH, CHECK, OR MONEY ORDERS PAYABLE

BIG IRON POWERLIFTING

AND MAILED TO THE FOLLOWING:

Massachusetts Powerlifting
PO Box 599
Scituate, MA 02066

Telephone: 908.770.4625 *E-mail: royapostle@gmail.com
Must be post-marked no later than Friday, NOVEMBER 1, 2014
Online entry and up to date information: www.mass-lift.com



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COLLEGE/UNIVERSITY: _____

HEADCOACH: _____ TEAM MANAGER: _____

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

E-MAIL: _____

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			

ALTERNATES

1	
2	
3	
4	
5	

TEAM SCORING

Each team is allowed a maximum of 9 (men) 8 (women) lifters spread throughout the range of bodyweight categories 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 IPF rules, TOP 5 WILL SCORE POINTS FOR THE TEAM. 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, NOVEMBER 15, 2014.

*** PRELIMINARY ROSTER AND TEAM FEE MUST BE POST MARKED NO LATER THAN SATURDAY, NOVEMBER 1, 2014.**