

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://www.usapowerlifting.com/forms/MembershipApplication.php>
 - 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.



Fifth Annual Ryan Moore New England Open High School Powerlifting Championships



SANCTIONED BY: USAPL and MAHSPLA

USAPL SANCTION # MA-2015-01

MAHSPLA SANCTION # MAHSPLA-2015-02

MEET DIRECTORS: Michael Zawilinski

DATE, TIME, PLACE: Sunday, March 15, 2015 starting at 9:30 a.m. at Xaverian Brothers High School, 800 Clapboardtree Street, Westwood, MA 02090

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 2015 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, approved knee sleeves, wrist wraps; all other equipment is not allowed. For further clarification please visit www.usapowerlifting.com or contact the meet director.

Weight Classes:

Men: 116, 130, 145, 163, 183, 205, 231, 264, 264+

Women: 94, 103, 114, 125, 138, 158, 185, 185+

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 WEDNESDAY, FEBRUARY 25th, 2015**

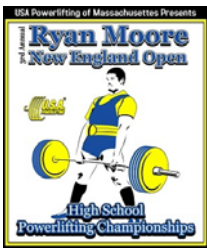
DRUG TESTING: There will be a urinalysis test given to 10% of the entered contestants and a release form to be signed by each and every contestant competing. Failure to submit to and/or passing the drug test will result in **DISQUALIFICATION.**

GENERAL ADMISSION: \$10.00, (students with ID \$5.00) at the door.

SEND ENTRIES AND MAKE CHECKS PAYABLE TO: Big Iron Powerlifting

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



Fifth Annual Ryan Moore New England Open
High School Powerlifting Championships



PRILIMINARY TIME TABLE:

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

Sunday: March 15th 2015

Session I

Francis Xavier Division Gymnasium

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

Francis Xavier Division Gymnasium

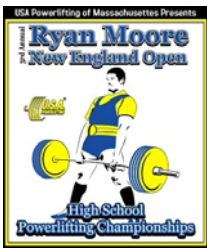
11:00 to 12:30 pm – Weigh-in/Equipment check for ALL Junior/ Senior weight classes.

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

ADDRESS: _____
STREET / CITY / STATE / ZIP

PHONE: (____) _____ E-MAIL: _____

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

QUALIFYING TOTAL: _____ Kilos / Pounds QUALIFYING MEET: _____

Currently qualifying total are not required but will be used to organize flights. Qualifying meets must be IPF/NAPF/USAPL or MAHSPLA (Massachusetts High School Powerlifting Association)

COACH: _____ COACHES E-MAIL: _____

COACHES PHONE: (____) _____

Age Divisions	Equipment	Full Meet	\$50	_____	Mail Entries To: Big Iron Powerlifting PO Box 93 Hanson, MA 02341
JHS, FR, SO <input type="checkbox"/>	Raw <input type="checkbox"/>	T-Shirt (If Applicable)	\$15 each	_____	
JR, SR <input type="checkbox"/>	Gear <input type="checkbox"/>	T-shirt size (S-3XL)		_____	
Other <input type="checkbox"/>		Late Fee (If mailed after 3/3)	\$30	_____	
		Total Entry Fee	\$	_____	

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 Tuesday, March 3, 2015. The late fee will apply to everyone.

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)

CHECK OR MONEY ORDERS PAYABLE TO BIG IRON POWERLIFTING
AND MAILED TO THE FOLLOWING:

Big Iron Powerlifting
PO Box 93
Hanson, MA 02341
Telephone: 781.706.4009 * E-mail: mike@mass-lift.com
Must be post-marked no later than Tuesday, March 3, 2015
Online entry and up to date information: www.mass-lift.com



USA Powerlifting™

1120 Huffman Rd, Ste 24 #223, Anchorage, AK 99515

Phone: (260) 248-4889 Fax: (260) 248-4879

Email: nationaloffice@usapowerlifting.com Website: www.usapowerlifting.com

ALL Lifters and Meet Participants, including Loaders, Spotters, Platform Workers, and Referees must complete part A of this form prior to weigh-in or the commencement of the meet, whichever is applicable. In addition, all Lifters must also complete part B of this form prior to weigh-in or the commencement of the meet, whichever is applicable.

PART A

RELEASE OF CLAIMS AND LIABILITY: All Lifters and Meet Participants, including Loaders, Spotters, Platform Workers, and Referees

IMPORTANT: READ THIS RELEASE CAREFULLY. WHEN YOU SIGN IT YOU WILL BE GIVING UP IMPORTANT LEGAL RIGHTS.

In consideration of my participation in the 5th Annual Ryan Moore Championships Powerlifting Competition as a competitor, as a loader/spotter, as a referee, as a platform worker, or as in any other capacity, I intend to be legally bound, for not only myself but also for my heirs, executors, representatives, agents, successors, assigns, and administrators. By signing this Release of Claims and Liability, I waive, release, and forever discharge USAPL, USAPL officers and officials, the meet directors(s), the loaders and spotters, the referees, all meet personnel, and all USAPL administrative personnel, agents, independent contractors, and employees associated with this competition, from any and all claims, demands, damages, costs, expenses, loss of services, actions and causes of action, that I, my heirs, personal representatives, or assignees, may have against USAPL and the aforementioned parties for all injuries and damages, known or unknown, that I may incur as a result of my participation and/or involvement in the above-described event or by my use of the facility in which this competition is held.

I do further agree that I shall indemnify and save harmless USAPL, USAPL officers and officials, the meet directors(s), the loaders and spotters, the referees, all meet personnel, and all USAPL administrative personnel, agents, independent contractors, and employees, from any and all claims, demands, damages, loss of service, or expense for property damage and for personal injuries or actions brought by a third party resulting or arising from my participation in the above-described competition or my use of the facility in which this competition is held.

Further, I assume the risk of my participation in this sport and in this competition, which is potentially dangerous, like most other sports. Serious to minor injuries can and do occur. I further recognize that my participation in this competition is voluntary and requires that I assume the risk of this potentially dangerous sport and, therefore, I assume the risk of potential injury.

Further, if asked to submit to a drug test, I agree that any testing method, which the meet director and the sponsors of this meet use to detect the presence of strength-inducing drugs, SHALL BE CONCLUSIVE. That is, whether I think the results of the tests 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 tests that may be necessary to complete the drug testing. Should I fail to pass the drug tests, I agree to forfeit any trophy or award that 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 the drug test to which I submit is reported as positive, then I waive any claim, action, or cause of action for which legal relief is available.

I agree to pay any attorney fees and litigation expenses incurred by any person, real or corporate, whom I may sue in an effort to challenge this Release of Claims and Liability. I understand that my agreement to pay attorney fees and litigation expenses is the sine qua non for the acceptance of my entry in this contest or my participation in this competition. If any provision of this Release of Claims and Liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release of Claims and Liability shall remain in full force and effect. I also certify with my signature that this Release of Claims and Liability cannot be modified orally.

By signing below, I acknowledge that I have read and fully understand the information contained in this document and that I sign this Release of Claims and Liability voluntarily with the knowledge that I waive important legal rights.

Signature of Participant

Signature of Parent or Guardian if Participant is under 18 years old

Printed Participants Name

Date

Print Name of Parent or Guardian if Participant is under 18 years old

Date

PART B

CERTIFICATION FOR COMPETITORS: All Lifters

I hereby give my word of honor as an athlete that I have not used any strength inducing drugs (i.e. any anabolic steroid, natural hormone or synthetic growth hormone) as part of my training during the past thirty-six months, nor have I used prescription diuretics or psychomotor stimulants during the seven days prior to this meet.

Signature of Participant

Signature of Parent or Guardian if Participant is under 18 years old

Printed Participants Name

Date

Print Name of Parent or Guardian if Participant is under 18 years old

Date

White Original – National Office

Yellow – Lifters and Meet Participants



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

New or Renewal 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

Type	Price
<input type="checkbox"/> Open	\$50.00
<input type="checkbox"/> Youth/Teen/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 (8-13 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



Fifth Annual Ryan Moore New England Open High School Powerlifting Championships



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			

ALTERNATES

1	
2	
3	
4	
5	

TEAM SCORING

Each team is allowed a maximum of 8 lifters spread throughout the range of the 8-bodyweight categories for men, and 7 lifters throughout the range of 7 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. Two lifters is the maximum per weight class!

ALL TEAM ROSTERS MUST BE POSTMARKED BY Tuesday, March 3rd, 2015



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: _____

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) _____

Current Calendar Year Registration: **\$30.00**
Check: Payable to USA Powerlifting or
Online: <https://squareup.com/market/usa-powerlifting/club-registration-fee>
Email: nationaloffice@usapowerlifting.com or FAX: 260-248-4879 or
Mail: USAPL NATIONAL OFFICE, 1120 Huffman Rd, Ste 24 #223, Anchorage, AK 99515