



Elite Powerlifting Federation Presents the



Summer States Record Breaking Championships PUSH PULL EVENT

DATE: SATURDAY, AUGUST 25, 2018

TIME: 8:00 A.M.

RULES BRIEFING: 8:30 A.M.

PLACE: OCEAN STATE GYM, 10 Morgan Mill Road, Johnston, RI 02919; 401- 942-9646

WEIGH INS: Friday, April 13 from 6:00 pm - 8:30 pm and Saturday from 7:00 am - 8:00am MEET STARTS 9:30 AM

SANCTION: ELITE POWERLIFTING FEDERATION

UNIFORM: WRESTLING SINGLET OR SPANDEX SHORTS/PANTS AND T-SHIRT. NO OTHER UNIFORM WILL BE ACCEPTED
NO LOOSE OR BAGGY CLOTHES. IF YOU ARE OUT OF UNIFORM YOU WILL NOT LIFT!!

***All bench shirts are allowed in the equipped division. RAW means no bench shirts or suits *** **BE PREPARED!**

PRESIDENT: GEORGE LAZZARESCHI 401-837-5984 or elitepowerlifting@gmail.com

******* NO LATE ENTRIES AFTER AUGUST 18th NO EXCEPTIONS!! *******

ENTRY FEES: 1 Division **\$85.00** 2 Divisions **\$135.00** Additional Divisions **\$50.00** each
SPECTATOR FEE: ADULTS **\$10.00** 12 and under FREE at the door.
LIFTS: Bench and Deadlift

MUST HAVE AN EPF MEMBERSHIP CARD WITH YOU ON THE DAY OF THE SHOW

ELIGIBILITY: Open to any athletes 13 years or older ~ Everyone receives an award **DIVISIONS:**

MENS CLASSES: OPEN, 114.5, 123.25, 132.25, 148.75, 165.25, 181.75, 198.25, 220.25, 242.5, 275.5, 308.5, SUPERS.

NOVICE MEN TEEN MEN (13 – 15) TEEN MEN (16-17) TEEN MEN (18-19) JUNIOR MEN. (20-23)

MENS SUBMASTER: (33 - 39) MENS MASTER: (40-44) (45-49) (50-54) (55-59) (60-64) (65-69) (70 PLUS)

**WOMENS OPEN: 97, 105, 114.5, 123.25, 132.25, 148.75, 165.25, 181.75, 198.25, Unl. JR WOMEN: (13 - 23) SUB MASTER WOMEN (33-39)
MASTER WOMEN: (40- PLUS)**

TOP 5 BY FORMULA INCLUDE NOVICE, TEEN, JR, SUB MASTER & .MASTER

SEND ENTRY FORM & MAKE MONEY ORDER PAYABLE TO: George Lazzareschi, 1 Almond Drive, Johnston, RI 02919

TELEPHONE (401) 837-5984 Preferred contact is email first – elitepowerlifting@gmail.com

Checks must clear before the event. We do not except checks on day of contest

DETACH HERE

***** CHOOSE YOUR DIVISION(S) *****

YOU MUST HAVE AN EPF MEMBERSHIP CARD WITH YOU THE DAY OF THE SHOW-CARD CAN BE PURCHASED THE NIGHT OF THE WEIGH-IN OR DAY OF THE SHOW \$ 15.00 ADULT \$10.00 HIGH SCHOOL & COLLEGE – GOOD FOR 1 YR !!

PUSH PULL		RAW		or		EQUIPMENT		**PUSH PULL**	
Teen Men	Jr Men	Open Men	Sub Men	Master Men	Jr. Women	Open Women	Sub Women	Master Women	
		Police ___	Fire ___	Correctional Officers ___	Military ___	High School ___	Cross fit ___		

You're acceptance of this entry; I hereby intend to be legally bound for my self, my heirs, executors and or administrators waive and release any and all rights and claim from damages I may have against Ocean State Gym, the EPF, George Lazzareschi, Jr., his agents, representatives & assigns for any and all injuries at said weightlifting meet and traveling to and from this contest.

NAME: _____ DATE OF BIRTH: _____ AGE _____ SEX: _____ BODY WEIGHT: _____ (Best guess)

MAILING ADDRESS: _____ CITY: _____ STATE: _____

ZIP CODE: _____ PHONE: _____

(ALL ENTRIES MUST BE COMPLETED TO ENTER) SIGNATURE _____

EMAIL _____ Lifter (PARENT OR GUARDIAN IF UNDER 18)

This is how we will inform you of changes in this contest. NO SPAM we promise!

www.elitepowerlifting.com