



Elite Powerlifting Federation

Presents the

National Championships

BENCH PRESS ONLY – ENTRY FORM

DATE: SATURDAY, MAY 4, 2019 **TIME:** 8:00 A.M. **RULES BRIEFING:** 8:30 A.M.
PLACE: RAMADA INN SEEKONK, 213 Taunton Avenue, Seekonk, MASS 02771; 508-336-8700
WEIGH INS: Friday, May 3, 2019 from 6:00pm–8:00pm and Saturday from 7:00am–8:00am MEET STARTS 9:30 A.M.
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!**

**** **NO LATE ENTRIES AFTER APRIL 24th NO EXCEPTIONS!!** ****

ENTRY FEES: 1 Division \$90.00 2 Divisions \$140.00 Additional Divisions \$50.00 each
SPECTATOR FEE: ADULTS \$10.00 12 and under FREE at the door.
LIFTS: Bench Press You must have an EPF Membership Card 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(33-39) MASTER : (40-44) (45-49) (50-54) (55-59) (60-64) (65-69) (70 PLUS)

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

SEND ENTRY FORM & MAKE CHECK/MONEY ORDER PAYABLE TO: Elite Powerlifting Federation,
 c/o George Lazzareschi, Jr., 1 Almond Drive, Johnston, RI 02919 TELEPHONE (401) 837-5984

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

PRESIDENT: GEORGE LAZZARESCHI, JR. (401) 837-5984 or elitepowerlifting@gmail.com

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 !!

BENCH ONLY	RAW	or	BENCH SHIRT	***BENCH ONLY***
Teens _____ Jr Men _____ Open Men _____ Sub Masters Men _____ Master Men _____ Jr Women _____ Women Open _____				
Sub Masters Women _____ Master Women _____				
Novice (1 st time lifters) _____ Police _____ Fire _____ Correctional Officers _____ Military _____ High School _____				

By your acceptance of this entry; I hereby intend to be legally bound for myself, my heirs, executors and or administrators waive and release any and all rights and claim from damages I may have against Ramada Inn Seekonk/Providence, 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 _____

Lifter (PARENT OR GUARDIAN IF UNDER 18)
 This is how we will inform you of changes in this contest.

www.elitepowerlifting.com