



# Elite Powerlifting Federation

Presents the

## New England Regional Championships

### Qualifier for Nationals in April, 2020

## PUSH PULL EVENT – ENTRY FORM

**DATE:** SATURDAY, NOVEMBER 30, 2019      **TIME:** 8:00 A.M.      **RULES BRIEFING:** 8:30 A.M.  
**PLACE:** OCEAN STATE GYM, 10 MORGAN MILL ROAD, JOHNSTON, RI 02919  
**WEIGH INS:** Friday, November 29, 2019 from 6:00pm-8:00pm and Saturday from 8:00 am-8:30am      **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!**

\*\*\*\* **NO LATE ENTRIES AFTER NOVEMBER 23rd 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 and Deadlift Must have a EPF Membership Card on the day of the Show

**Save \$ 15.00 - Reduced Entry Fee of \$ 75.00 if received by November 2, 2019**

**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, 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

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DETACH HERE  
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**\*\*\* 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 Masters Women ___ Masters Women ___				
Novice (1 <sup>st</sup> time lifters) ___ Police ___ Fire ___ Correctional Officers ___ Military ___ High School ___				

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 \_\_\_\_\_  
Lifter (PARENT OR GUARDIAN IF UNDER 18)

EMAIL \_\_\_\_\_ This is how we will inform you of changes in this contest.

[www.elitepowerlifting.com](http://www.elitepowerlifting.com)