



# Elite Powerlifting Federation

Presents the

## National Championships

### BENCH PRESS ONLY – ENTRY FORM

**DATE:** SATURDAY, November 28, 2020      **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 27, 2020 from 6:00pm–8:00pm and Saturday from 8:00am-8:30am 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 NOVEMBER 20th NO EXCEPTIONS!! \*\*\*\***

**ENTRY FEES:** 1 Division \$100.00 2 Divisions \$150.00 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<sup>st</sup> time lifters) \_\_\_ Police \_\_\_ Fire \_\_\_ Correctional Officers \_\_\_ Military \_\_\_ High School \_\_\_

Your 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-Johnston, RI, 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)