



Elite Powerlifting Federation

Presents the

National Championships

BENCH PRESS ONLY – ENTRY FORM

DATE: SATURDAY, APRIL 30, 2022 **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, April 29, 2022 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 APRIL 22ND NO EXCEPTIONS!! ******

ENTRY FEES: 1 Division **\$125.00** 2 Divisions **\$175.00** 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 ___ College ___				

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-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