



# Elite Powerlifting Federation

Presents the

## New England Regional Championships

Qualifier for Nationals in May, 2023

### **PUSH PULL EVENT – ENTRY FORM**

**DATE:** SATURDAY, FEBRUARY 11, 2023      **TIME:** 8:00 A.M.      **RULES BRIEFING:** 8:30 A.M.  
**PLACE:** OCEAN STATE GYM, 10 Morgan Mill Rd, Johnston, RI 02919  
**WEIGH INS:** Friday, February 10, 2023 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 FEBRUARY 3rd 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 and Deadlift** Must have a 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 !!

**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 ___ 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](http://www.elitepowerlifting.com)