Elite Powerlifting Federation

Presents the

National Championships

BENCH PRESS ONLY – ENTRY FORM

DATE: SATURDAY, MAY 20, 2023 **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, May 19, 2023 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 MAY 12th 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 (1st 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