



# Elite Powerlifting Federation Presents the National Championships

## FULL POWER EVENT - 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 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 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:** **Squat, Bench and Deadlift** You 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 !!

**\*\*FULL POWER\*\***      \_\_\_\_\_ **RAW**      or      \_\_\_\_\_ **EQUIPMENT**      **\*\*FULL POWER\*\***

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Teen Men \_\_\_ Jr Men \_\_\_ Open Men \_\_\_ Sub Men \_\_\_ Master Men \_\_\_ Jr. Women \_\_\_ Open Women \_\_\_  
 Sub-Master Women \_\_\_\_\_ Masters Women \_\_\_\_\_

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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, 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. NO SPAM we promise!