



Elite Powerlifting Federation

Presents the

NE Regional Championships

BENCH PRESS ONLY - ENTRY FORM

DATE: SATURDAY, SEPTEMBER 27, 2025 **TIME:** 8:30 A.M. **RULES BRIEFING:** 9:00 A.M.
PLACE: FITCHBURG STRENGTH & FITNESS GYM, 15 Oakhill Lane, Fitchburg, MA 01420 (978) 870-4725
WEIGH INS: Friday, SEPTEMBER 26, 2025 from 6:00pm-7:30pm and Saturday from 8:30am-9:00am
MEET STARTS 10:00 A.M.

SANCTION: ELITE POWERLIFTING FEDERATION

UNIFORM: WRESTLING SINGLET OR SPANDEX SHORTS/PANTS AND T-SHIRT. NO OTHER UNIFORM WILL BE ACCEPTED

OR #D R R V H #R U #E D J J \ #F O R W K H V #L I #A R X #D U H #R X W #R I #K O L I R U P #A R X #Z I O O #D R W #D I I W S S

***All bench shirts are allowed in the equipped division. RAW means no bench shirts or suits *** **BE PREPARED!**

**** **NO LATE ENTRIES AFTER SEPTEMBER 17th 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 the 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 Fitchburg Strength & Fitness Gym, Fitchburg, Mass., 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 _____

EMAIL _____ Lifter (PARENT OR GUARDIAN IF UNDER 18)
This is how we will inform you of changes in this contest.

www.elitepowerlifting.com