



Release the Beast

# Elite Powerlifting Federation Presents the NE Regional Championships

## PUSH PULL EVENT - 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 8:30 am-9:00am MEET STARTS 10:00 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 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 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 Fitchburg Strength & Fitness - 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](http://www.elitepowerlifting.com)