



Elite Powerlifting Federation

Presents the

National Championships

BENCH PRESS ONLY - ENTRY FORM

DATE: SATURDAY, NOVEMBER 29, 2025 **TIME:** 8:30 A.M. **RULES BRIEFING:** 9:00 A.M.
PLACE: GENERAL FITNESS GYM, 425 Pleasant Street, Fall River, MA 02721 (508) 677-4923
WEIGH INS: Friday, November 28, 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
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 NOVEMBER 19th 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

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) *****

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 General Fitness Gym, 425 Pleasant Street, Fall River, 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 _____

Lifter (PARENT OR GUARDIAN IF UNDER 18)

EMAIL _____ This is how we will inform you of changes in this contest.

www.elitepowerlifting.com