



2009 USAPL MASSACHUSETTS and RHODE ISLAND OPEN STATE POWERLIFTING & BENCH PRESS CHAMPIONSHIPS

SANCTIONED BY: USAPL (Formerly ADFPA) **MEET DIRECTORS:** Eric Cordeiro and Mike Zawilinski

DATE, TIME, PLACE: Saturday, December 12, 2009 starting at 9:30 a.m. at Next-Level Fitness Center & Sports Training Center, 12 Industrial Lane, Johnston, RI 02919 . **Note: There will be two lifting sessions!**

ELIGIBILITY: Open to *ALL* USAPL registered athletes, 14 years of age or over who have been drug-free for at least 3 years. All athletes must have a valid USAPL Registration card. Athletes may register at the meet prior to weigh-in. The 2009 Registration fee is \$45.00; for high school athletes the Registration Fee is \$30.00 and for Special Olympians \$10.00.

CONTESTED LIFTS: Squat, Bench, and Deadlift (Full Meet) or Bench (Bench Only Meet) three attempts each. USAPL rules will govern the meet. State Records can be set at any sanctioned USAPL **FULL** powerlifting event. For further clarification refer to the USAPL rulebook or consult the National Office at (260) 248-4889 or www.usapowerlifting.com.

UNIFORMS: One piece lifting suits. ALL equipment must conform to USAPL standards.

WEIGHT CLASSES: Men's Open and Open Raw Divisions 123-132-148-165-181-198-220-242-275-SHW. There will also be Teen-Junior-Masters Divisions determined by formula. Women's Open and Open Raw Divisions 105-114-123-132-148-165-181-198-SHW, There will also be Teen-Junior-Masters Divisions determined by formula for women as well. There will also be a Special Olympians Division.

WEIGH-IN TIMES: SATURDAY: All contestants in Women, Teen and Masters Categories will be weighed-in between 7:30 am and 9:00 am. All Men's Open division contestants and Men's Jr's (20-23) will be weighed-in between 12:00 pm and 1:30 pm. The Rules briefing will be at 9:00 am and 1:30 pm. **Times subject to change depending on number of lifters!**

AWARDS: Beautiful awards for the first three places in each Men's Open and Women's Open weight classes. There will also be awards for the first three finishers in the: Grandmasters, Masters, Submaster's, Junior and Teenage. There will be an Outstanding Lifter award for both Men's and Woman's Divisions. All Special Olympians will receive awards. The team trophy will be determined by the 7-5-3-2-1 point system. **Team lists must be presented to the Meet Director before the weigh-in on Saturday along with a \$30 team fee.**

ENTRY FEE: A fee of \$60.00 (\$30.00 for each additional division entered) must accompany the entry form and be into the Meet Director no later than Saturday, November 21st, 2009. There will also be a \$30 Team Fee. No entry fee will be charged to Special Olympians.

DRUG TESTING: There will be a urinalysis test given and a release form to be signed by each and every contestant competing. Failure to submit to and/or passing the drug test will result in **DISQUALIFICATION**.

GENERAL ADMISSION: \$10.00 at the door.

HOTEL ACCOMODATIONS: La Quinta Inn and Suites Warwick Providence Airport (401) 941-6600, Comfort Inn Airport (401) 732-0470, Radisson Hotel Providence Airport (800) 395-7046. All locations are less than 15min from competition site. **PLEASE MAKE RESERVATIONS EARLY!**

SEND ENTRIES AND MAKE CHECKS PAYABLE TO: ERIC CORDEIRO

WEBSITE : www.newenglandusapl.com and www.ironrevolution.com

There will be an online entry form at ironrevolution.com under team store.

NOTE: REGISTERED CHECKS OR MONEY ORDERS ONLY. NO PERSONAL CHECKS ACCEPTED.

MEET DIRECTOR: ERIC CORDEIRO Tel. (617) 797-6597 or ecceast@yahoo.com

CO MEET DIRECTOR: MIKE ZAWILINSKI Tel. (781) 706-4009 or mike@ironrevolution.com

For more information and common question please visit the New England Powerlifting Forum at www.newenglandpowerlifting.com and look under sponsored meets.



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NAME (Please Print): _____ D.O.B.: ____ / ____ / ____

ADDRESS: _____

STREET / CITY / STATE / ZIP

PHONE: (____) _____ E-MAIL: _____

WEIGHT CLASS: _____ USAPL# _____ TEAM _____ GENDER: MALE / FEMALE

Divisions			
Equipped	<input type="checkbox"/>	Full Meet	\$60 _____
Raw	<input type="checkbox"/>	Bench Meet	\$60 _____
Open	<input type="checkbox"/>	Both (Full Meet and Bench Meet)	\$90 _____
Teen	<input type="checkbox"/>	Team Entry (If Applicable)	\$30 _____
Junior	<input type="checkbox"/>	2 nd Division (If Applicable)	\$30 _____
SM (35-39)	<input type="checkbox"/>	3 rd Division (If Applicable)	\$30 _____
M1 (40-44)	<input type="checkbox"/>	4 th Division (If Applicable)	\$30 _____
M2 (45-49)	<input type="checkbox"/>	T-Shirt (If Applicable) Size: _____	\$15 ea. _____
GM (50+)	<input type="checkbox"/>	USAPL Card ex. 12/31/10 (If Needed)	\$45adult, \$30 H.S. _____
		Total Entry Fee	\$ _____

Check all that apply

Mail Entries To:
Eric Cordeiro
59 Maplewood St.
Watertown, MA
02472

NO LATE ENTRIES WILL BE ACCEPTED! ALL ENTRIES MUST BE RECEIVED BY SATURDAY, NOVEMBER 21st, 2009 3 WEEKS PRIOR TO THE CONTEST!

RELEASE FROM LIABILITY AND CONSENT TO DRUG TEST
IMPORTANT: READ THIS RELEASE CAREFULLY, WHEN YOU SIGN IT YOU WILL BE GIVING UP IMPORTANT LEGAL RIGHTS.

In consideration of my participation in the 2009 USAPL MASSACHUSETTS and RHODE ISLAND OPEN STATE POWERLIFTING & BENCH PRESS CHAMPIONSHIPS as a competitor, as a loader/spotter, as a referee, as a platform worker, or as in any other capacity, I intend to be legally bound, for not only myself but also for my heirs, executors, representatives, agents, successors, assigns, and administrators. By signing this **Release of Claims**, I waive, release, and forever discharge USAPL, USAPL officers and officials, the meet directors(s), the loaders and spotters, the referees, all meet personnel, and all USAPL administrative personnel, agents, independent contractors, and employees associated with this competition, from any and all claims, demands, damages, costs, expenses, loss of services, actions and causes of action, that I, my heirs, personal representatives, or assignees, may have against USAPL and the aforementioned parties for all injuries and damages, known or unknown, that I may incur as a result of my participation and/or involvement in the above-described event or by my use of the facility in which this competition is held.

I do further agree that I shall indemnify and save harmless USAPL, USAPL, USAPL officers and officials, the meet directors(s), the loaders and spotters, the referees, all meet personnel, and all USAPL administrative personnel, agents, independent contractors, and employees, from any and all claims, demands, damages, loss of service, or expense for property damage and for personal injuries or actions brought by a third party resulting or arising from my participation in the above-described competition or my use of the facility in which this competition is held.

Further, I assume the risk of my participation in this sport and in this competition, which is potentially dangerous, like most other sports. Serious to minor injuries can and do occur. I further recognize that my participation in this competition is voluntary and requires that I assume the risk of this potentially dangerous sport and, therefore, I assume the risk of potential injury.

Further, if I am asked to submit to a drug test, I agree that any testing method which the meet director and the sponsors of this meet use to detect the presence of strength-inducing drugs SHALL BE CONCLUSIVE. That is, whether I think the results of the tests are right or wrong I agree that I have no right to challenge the results of the drug tests. I further agree to submit to any physical tests that may be necessary to complete the drug testing. Should I fail to pass the drug tests, I agree to forfeit any trophy or award that I might otherwise have won. I understand and agree that if I fail to pass the drug tests, my name will appear on a published list of suspended members. If the drug test to which I submit is reported as positive, then I waive any claim, action, or cause of action for which legal relief is available.

I agree to pay any attorney fees and litigation expenses incurred by any person, real or corporate, whom I may sue in an effort to challenge this **Release of Claims**. I understand that my agreement to pay attorney fees and litigation expenses is the *sine qua non* for the acceptance of my entry in this contest or my participation in this competition. If any provision of this **Release of Claims** shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this **Release of Claims** shall remain in full force and effect. I also certify with my signature that this **Release of Claims** cannot be modified orally.

BY SIGNING BELOW, I ACKNOWLEDGE THAT I HAVE READ AND FULLY UNDERSTAND THE INFORMATION CONTAINED IN THIS DOCUMENT AND THAT I SIGN THIS RELEASE OF CLAIMS VOLUNTARILY WITH KNOWLEDGE THAT I WAIVE IMPORTANT LEGAL RIGHTS.

Date: _____
Signature of Contestant

Date: _____
(Parent/Guardian Signature)

DRUG FREE CERTIFICATION

I hereby give my word of honor as an athlete that I have not used any strength inducing drugs (i.e. any anabolic steroid, natural hormone or synthetic growth hormone) as part of my training during the past thirty-six months, nor have I used prescription diuretics or psychomotor stimulants during the seven days prior to this meet.

Date: _____
Signature of Contestant

FOR PARTICIPANTS UNDER AGE 18

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above, of all the Releases, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releases from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE.

Date: _____
(Parent/Guardian Signature)

(Emergency Phone Number)