

2010 USAPL NEW ENGLAND POWERLIFTING & BENCH PRESS CHAMPIONSHIPS

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

DATE, TIME, PLACE: Saturday and Sunday, May 15-16, 2010 at Next-Level Fitness Center & Sports Training Center, 12 Industrial Lane, Johnston, RI 02919.

The meet will either be one day (Sunday 5/16) or two days (Saturday and Sunday 5/15-5/16) depending on the number of entries received. If it becomes a two day meet all male 220 class and up will weigh in Saturday between 12 noon and 1:30pm, lifting would start promptly at 2 pm. All men 198 down and women would weigh in Sunday between 7:00am and 8:30 am, lifting would start at 9:00am. If the number of entries is low enough all lifters would weigh in Sunday between 7:00am and 8:30 am, lifting would start at 9:00am. There will be an email sent out to all those entered and postings on www.newenglandusapl.com and www.ironrevolution.com informing them on what will go on, approximately two weeks prior to the contest.

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 2010 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 in 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. Women's Open and Open Raw Divisions 105-114-123-132-148-165-181-198-SHW. There will be Teen-Masters-Open Divisions for both women and men where the winner will be determined by Formula. There will also be a Grandmasters Division (over 50), Masters (40-44, 45-49), Submaster's (35-39), Junior (20-23) and Teenage Divisions (14-19); the winners to be determined by Formula. There will also be a Special Olympics Division.

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. **Team lists must be presented to the Meet Director before the weigh-in on Saturday along with a \$30 team fee.**

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. There will also be a concessions stand with food and beverages.

SEND ENTRIES AND MAKE CHECKS PAYABLE TO: MIKE ZAWILINSKI

WEBSITE : www.newenglandusapl.com/ , www.ironrevolution.com

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

MEET DIRECTORS: MIKE ZAWILINSKI Tel. (781) 706-4009 or Mike@ironrevolution.com

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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		Full Meet	\$60	_____
Equipped		Bench Meet	\$60	_____
Raw	<input type="checkbox"/>	Both (Full Meet and Bench Meet)	\$90	_____
Open	<input type="checkbox"/>	Team Entry (If Applicable)	\$30	_____
Teen	<input type="checkbox"/>	2 nd Division (If Applicable)	\$30	_____
Junior	<input type="checkbox"/>	3 rd Division (If Applicable)	\$30	_____
SM (35-39)	<input type="checkbox"/>	USAPL Membership (If Applicable)	\$45 open \$30 high school	_____
M1 (40-44)	<input type="checkbox"/>	T-Shirt (If Applicable)	\$15 each	_____
M2 (45-49)	<input type="checkbox"/>	T-shirt size (S-3XL)		_____
GM (50+)	<input type="checkbox"/>	Total Entry Fee	\$	_____

Check all that apply

Mail Entries To:
Mike Zawilinski
36 Sherwood Rd.
North Weymouth, MA
02191

**NO LATE ENTRIES WILL BE ACCEPTED! ALL ENTRIES MUST BE POSTMARKED BY Wednesday, April 28th, 2010
2 1/2 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 the acceptance of this application, I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the USAPL, Mike Zawilinski, Rene Moyen, Greg Kostas, Next-level Fitness Center, or the Town of Johnston, RI, their representatives, successors, and assigns for any and all injuries and bodily harm that I might suffer while competing at Next-level Fitness Center during the 2010 USAPL New England Open Powerlifting & Bench Press Championships from any and all liability, including any results of negligence which may arise from this competition. Moreover 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 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 which may be necessary to complete drug testing. Should I fail to pass the drug test I agree to forfeit any trophy or award which I 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 determined that I have failed the drug test, I agree to waive any claim for which legal relief is available. I agree to pay any attorney fee and litigation expenses incurred by any person, real or corporate, whom I may sue in an effort to challenge this Release from Liability form. 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. If any provision of this release from liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release from Liability shall remain in full force and effect. I also certify with my signature that this release/agreement cannot be modified orally.

Signature of Contestant Date: _____

(Parent/Guardian Signature) Date: _____

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.

Signature of Contestant Date: _____

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.

(Parent/Guardian Signature) Date: _____

(Emergency Phone Number)

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