



**Elite Powerlifting Federation  
And  
The DogHouse Powerlifting Organization  
Presents the**

**New England Regional State Championships  
BENCH PRESS ONLY**

**DATE:** SATURDAY, NOVEMBER 24, 2018      **TIME:** 8:00 A.M.      **RULES BRIEFING:** 8:30 A.M.  
**PLACE:** OCEAN STATE GYM, 10 Morgan Mill Road, Johnston, RI 02919; 401-942-9646  
**WEIGH INS:** Friday, November 23, 2018 from 6:00pm–8:00pm and Saturday from 7:00am–8:00am MEET STARTS 9:30 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!**

**PRESIDENT:** GEORGE LAZZARESCHI (401) 837-5984 or elitepowerlifting@gmail.com

**\*\*\*\* NO LATE ENTRIES AFTER NOVEMBER 17TH NO EXCEPTIONS !! \*\*\*\***

**ENTRY FEES:** 1 Division **\$85.00** 2 Divisions **\$135.00** 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 WITH YOU 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- PLUS)**

TOP 5 BY FORMULA INCLUDE NOVICE, TEEN, JR. SUB MASTER & MASTER

**SEND ENTRY FORM & MAKE MONEY ORDER PAYABLE TO:** George Lazzareschi, 1 Almond Drive, Johnston, RI 02919

**TELEPHONE (401) 837-5984 Preferred contact is email first – elitepowerlifting@gmail.com**

**Checks must clear before the event. We do not except checks on day of contest**

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 !!

<b>***BENCH ONLY***</b>		<b>RAW</b>		<b>or</b>		<b>BENCH SHIRT</b>		<b>***BENCH ONLY***</b>	
Teens	Jr Men	Open Men	Sub Men	Master Men	Jr Women	Women Open	Master Women		
	Police	Fire	Correctional Officers	Military	High School	Cross fit			

Your 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 Ocean State Gym, the EPF, George Lazzareschi, 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. NO SPAM we promise!

**www.elitepowerlifting.com**