



Elite Powerlifting Federation
Presents the
Summer States Record Breaking Championships
BENCH PRESS ONLY

DATE: SATURDAY, AUGUST 25, 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, August 24 from 6:00 pm – 8:30 pm and Saturday from 7:00 am - 8:00 am 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 AUGUST 18TH 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) **SUBMASTER WOMEN (33-39)**
MASTER WOMEN: (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 !!

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

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 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 _____

EMAIL _____ Lifter (PARENT OR GUARDIAN IF UNDER 18)
 This is how we will inform you of changes in this contest. NO SPAM we promise!

www.elitepowerlifting.com