

Michael A Tarro

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PRESENTS

“2009 NEW ENGLAND RAW POWERLIFTING , BENCH PRESS & DEADLIFT CHAMPIONSHIPS”

Location: Northeast Sports Training & Rehabilitation 25 Coronado Rd. Warwick, RI 02886 401-739-1528

Directions: From Providence north: 95 south take exit 15 (Jefferson blvd.) turn left, go 2 miles then take a left at Honey Dew Donuts, NSTR ahead on left...From south; 95 north take exit 15 and turn right, travel 2 miles then turn left at Honey Dew Donuts, NSTR ahead on left.

Date/Time: Sunday June 7, 2009 10am

Early weigh-in is encouraged and will be on SATURDAY June 6, 2009 at NORTHEAST SPORTS TRAINING 25 Coronado Rd .Warwick,RI

3:00PM-6:30pm weigh-in will also be at Northeast Sports Training Sunday June 7, from 7am – 7:30am. (PLEASE try to make early weigh-in)

Rules Meeting: 8:00am at Northeast Sports Training- Lifting starts promptly at 10:00am.

Meet Director: Joe Reeves phone: cell 401-952-9166 home 401-270-3963

Eligibility: This is a non-sanctioned meet open to all lifters age 14 and up. (Note: AAU rules will govern the meet)

Lifts: (Squat, Bench Press, Deadlift) or Just Bench or Just Deadlift

Uniforms: ONE PIECE SINGLET MANDATORY! No Squat Suits, No Groove Briefs, No Bench Shirts, No Erector Shirts, No Knee Wraps. (Belt, wrist wraps and squat shoes are allowed).NOTE: NO ELBOW OR KNEE SUPPORTS OF ANY KIND.

Weight Class: 114 ½, 123 ¼, 132 ¼, 148 ¾, 165 ¼, 181 ¾, 198 ¼, 220 ¼, 242 ½, 275 ¼, 308, SHW.Example:If you weigh between 220 ½-242 ½ you are in the 242 lb weight class.

Divisions: Men, Women, Teens (14-19), Sub-Master (35-39), Master (40+)

Awards: Trophies to top 3 Mens open weight classes. (Top 5 overall Womens, Teens and Sub-masters and Masters by Wilkes formula.)

Best Lifter awards to Mens open powerlifting lightweight and heavyweight divisions. One overall Best Lifter for the Bench & Deadlift.

Entry/Deadline: Powerlifting \$45.00 per division. Bench Press \$45.00 per division, Deadlift \$45.00 per division

Accommodations: Comfort Inn 1940 Post Rd. Warwick, RI 02886...401-732-0470 (Comfort Inn is less than ¼ mile from meet) Motel 6 (20 Jefferson Blvd. Warwick, RI... 401-467-8362) 2 miles from meet.

Entries must be received or post-marked NO LATER than Tuesday, May 26, 2009 (NOTE: If your entry is LATE, you may lift to post a total but will NOT compete for an AWARD. Please call me if you have any questions 401-952-9166.

Make Cashiers Check or Money Orders Payable to:

Joe Reeves, 45 Falcon Lane Cranston, RI. 02921

E-Mail Address: joemusclehead845@yahoo.com

For meet information and additional entry form, go to <http://WWW.Motonutracing.com>

2009 NewEngland RAW Powerlifting,Benchpress and Deadlift Championships

NAME _____ DOB _____ AGE _____

ADDRESS _____ PHONE _____

CITY _____ STATE _____ ZIP _____

E-MAIL _____ **If you are entering multiple contests with different divisions please explain on back, NOTE: It is \$45.00 for each contest and \$45.00 for each additional division entered. For explanation, please call me at 401-952-9166**

WEIGHTCLASS _____ DIVISION: Mens Open _____ Women _____ Teenage _____ SubMasters _____ Masters _____

CONTEST: Powerlifting _____ Benchpress _____ Deadlift _____

In Consideration of the acceptance of this entry, I hereby for myself, my heirs, executors, administrators and assigns, waive and release forever and all rights and claims for damages, injury, or personal loss against the meet director, meet location, or meet sponsors, also, including their representatives, successors and assigns for any and all injuries and bodily harm that I may suffer while competing or speculating at said contest. I acknowledge that by signing this waiver I am giving up all-important legal rights.

Signature _____ Date _____

Parent (if under 18) _____ Date _____