

OFFICIAL Eastern States POWERLIFTING FEDERATION ENTRY FORM

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Nickname _____

Phone _____ Email _____

Gym Name _____ State _____

Wt.Class _____ Male _____ Female _____ DOB _____ Age _____

Estimated opening attempts: SQ _____ BP _____ DL _____
(These can be changed during weigh-ins, these are only estimates)

Check Division(s) and Event(s) That You Want To Enter Below:

Full Powerlifting (SQ-BP-DL for a total)- Youth _____ Teen _____ Junior _____ Subs _____
Masters _____ Police/Fire/Military _____ Raw _____ Single Ply _____ Special O _____ Disabled _____

Bench Only- Youth _____ Teen _____ Junior _____ Subs _____ Masters _____
Police/Fire/Military _____ Raw _____ Single Ply _____ Special O _____ Disabled _____

Deadlift Only- Youth _____ Teen _____ Junior _____ Subs _____ Masters _____
Police/Fire/Military _____ Raw _____ Single Ply _____ Special O _____ Disabled _____

Squat Only- Youth _____ Teen _____ Junior _____ Subs _____ Masters _____
Police/Fire/Military _____ Raw _____ Single Ply _____ Special O _____ Disabled _____

ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE

Date: **May 21, 2011** Start time: **10 am** Rules: **9:30-9:45 am sharp**

Location: **Atlas Fitness, 42 Nichols St., Spencerport, NY 14559**

Weigh-ins: **Friday 6-7 pm & Saturday 8-9:30 am (please bring equipment for inspection)**

Entry Fee: **\$40 for 1st division or event, \$20 for each additional division or event,
after initial \$100 each additional division is \$10.**

DEADLINE: All entries must be received by May 15, 2011, otherwise a \$10 late fee will be assessed.

If you don't include it in your initial entry, you must pay it at weigh-ins. If you are going to be a late lifter, please email and have your name put on the roster. NO REFUNDS OR TRANSFERS OF FEES...

Make checks payable to: Patricia Unvericht and mail entry form and payment to:
ESPF, c/o Patricia Unvericht, PO Box 303, Spencerport, NY 14559

Weight classes:

Men: 80, 90, 100, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275 & SHW

Women: 80, 97, 105, 114, 123, 132, 148, 165, 181 & SHW

Divisions:

Youth 9-10 & 11-12, Teen 13-16 & 17-19, Junior 20-23, Subs 35-39, Masters in increments of 10 years, Police/Fire/Military, Special O, and Disabled.

Records:

ESPF New York and United States records are all open.

Awards:

Lifters through third place will be awarded as long as they don't bomb out. Best Lifter and Team awards will be awarded too. Places will be determined once the meet is over.

Record Certificates will be given out after the meet.

Please check all the ESPF rules at www.espf.weebly.net

Admission:

Admission is free.

We are using pound plates.

Director: Patti Unvericht, espinfo@gmail.com or 585-329-1723