

WDFPF World Powerlifting Championships

October 26, 27, 28, 2012

Presented by:

The American Drug Free Powerlifting Federation

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BIG IRON Powerlifting USA

Equipment



- Serpa squat racks
- Adjustable Competition Benches
- Eleiko Competition plates
- New Texas power bars for platforms

Awards

- High quality custom awards
- 1st, 2nd, and 3rd Place for all classes
- Best Lifter (male and female)
- Best Master Lifter (by formula)(male and female)

Meet Hotel



- Holiday Inn Rockland, Massachusetts USA
 - 127 rooms
 - Located only 20 miles from Boston, Massachusetts
 - Park and Ride with bus service from Logan Airport less than a mile away
 - Onsite Restaurant

Holiday Inn

- 929 Hingham Street
- www.holidayinn.com Rockland, Massachusetts
- \$129 + tax (per night) Reserve by 9/15/2012
- 001-781-871-0545
- 1.1 miles from the competition venue
- Restaurants and a Sports Bar within a 10 minute walk
- Highway to Boston and Cape Cod less than one mile
- Seacoast about 10 miles east on state highway

Venue



- The Company Theatre 30 Accord Park Dr. Norwell , MA
- 781-871-2787
- 1.1 miles from the hotel
 - Two platforms on the stage
 - Seating for 350
 - Vendor areas in the lobby

Venue



- Warm-Up area
 - Fully equipped platforms with Eleiko plates
 - Large room with door to the outside
 - Rest rooms adjacent



Registration Requirements

- All competitors must be registered through their National Federation
- A list of all competitors must be sent from each Federation by 4, October 2012
- Listing must include: Equipped/Unequipped, gender, weight class, age and division (Open, M1 etc.)
- Send information to: Dave46M@earthlink.net
- Team USA Lifters (after acceptance to Team USA) mail entry and fees directly to meet director (see ADFPF website for applications)



Competition Entries & Fees

- Entry Fee (one day) \$105
- Crossover (both days) Fee \$140
- All entries must be confirmed from each national organization to the meet directors by Friday, 5 October, 2012 by e-mail at bigironpowerlifting@comcast.net or by mail to BIG IRON Powerlifting 58 Holmes Terrace, Hanson, Massachusetts, USA 02341
- Spectator Admission (one day) \$8.00 (both days \$10)
- Each registered athlete will receive 2 (free) weekend spectator passes at registration



Competition Schedule

- Congress 26 October 2012 1:00 – 5:00 at the venue
- Unequipped competition Saturday (27th) lifting starts at 9:00 AM
- Equipped competition Sunday (28th) lifting starts at 9:00 AM
- Registration and equipment check (both days) starts at 6:30 at the venue
- Weigh-in (both days) 7:00 – 8:30 AM at the venue
- Rules briefing (both days) 8:30
- Equipment check 4:00 – 6:00 PM at the meet hotel Friday

Competition Information

- The Meet Hotel is the Holiday Inn: updates to competition information will be posted in the lobby of the hotel
- Meet Directors are:
- Dave Mansfield 617-633-1427 (cell)
- Rich Deleon 781-789-9511 (cell)
- Mark Sieminski 781-544-3359 (land line)
- E-mail: bigironpowerlifting@comcast.net
- Web Page: www.bigironpowerlifting.com

Hotels

- Additional Lodging
 - Best Western Rockland
 - www.bestwestern.com
 - 75 yards from Meet Hotel
 - 76 Guest rooms
 - \$109+tax 781-871-5660
 - Reserve by Sept. 15, 2012
 - Comfort Inn Rockland
 - www.comfortinn.com
 - 200 yards from Meet Hotel
 - 101 Guest rooms
 - \$110+tax 781-782-1000



Hotels



- Nantasket Beach Resort
- 45 Hull Shore Drive, Hull, MA 02045
- www.NantasketBeachHotel.com
- Resort Hotel on the Beach about 10 miles from venue
- Rates: \$99 - \$139+tax
- Reserve by 9/03/2012



Transportation

- **Plymouth and Brockton Bus Service**
- Logan Airport (Boston) to Parking Lot .5 miles from hotels
- www.p-b.com for schedules and directions
- **Robbins Taxi Service, Rockland, MA 02370**
- **781-878-02370**

Dining

- Dining (within walking distance)
 - Italian Restaurant
 - Sports Bar
 - Chinese food
 - Coffee Shop
 - Sandwich shop



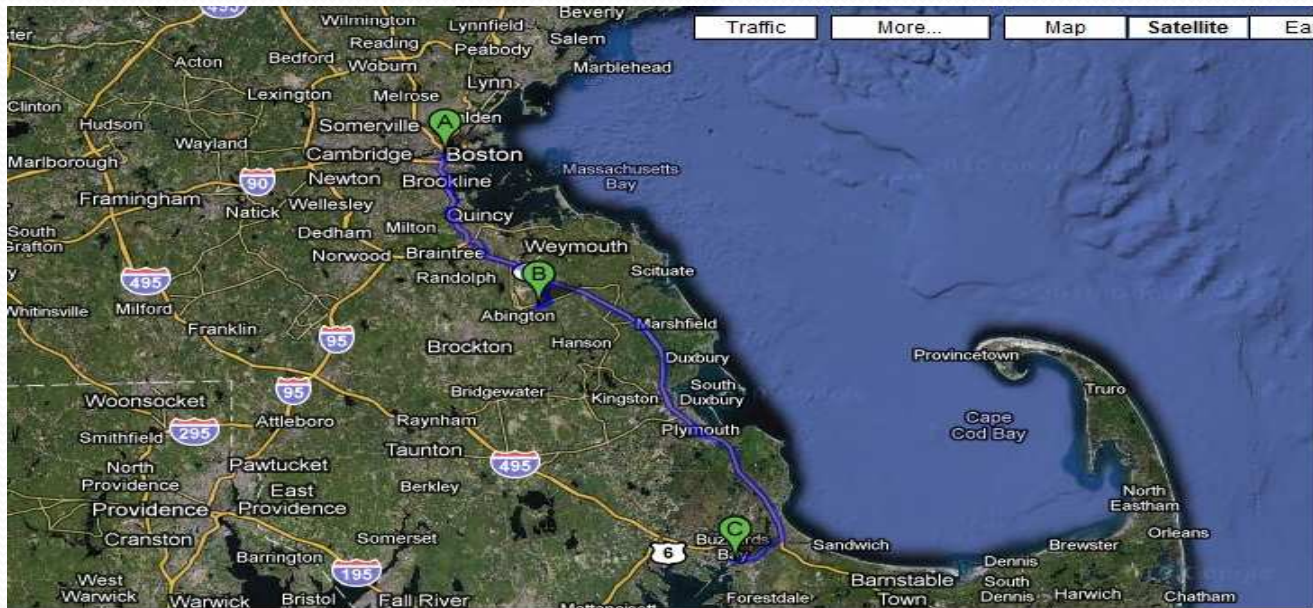


Services (close by)

- Within a short drive < 3 miles
 - Multiple Restaurants
 - Supermarket
 - Fast Food restaurants
 - Shopping
 - ATM
 - AAA

Local Attractions

- Meet venue
 - Situated between Boston and Cape Cod
 - Short drive to ocean beaches (15 minutes)



Local Attractions

- Located within a 20 minute ride from meet venue
 - Plimoth Plantation
 - Mayflower II
 - Ocean Beaches
 - City of Boston
 - Cape Cod (30-40 minutes)
 - Multiple shopping malls
 - Derby Street Shops (3 miles)
 - Hanover Mall (5 miles)
 - South Shore Plaza (12 miles)



