



DRUG FREE POWERLIFTING AT ITS BEST



Saturday, April 2nd

WNPF Squat/ Bench Press/ Deadlift/ Powercurl & Bench for Reps
NATIONAL CHAMPIONSHIPS. All events are separate!

LOCATION: Ramada Inn Bordentown, 1083 Rt. 206 North, Bordentown, NJ 609 298-3200, Exit 7 off the NJ turnpike and exit 56 off I-295, Room rate is \$79.00 if you mention the WNPF room block and you call three weeks in advance. <http://www.ramada.com/hotels/new-jersey/bordentown/ramada-bordentown/hotel-overview>

TIME: Weigh-ins are the night before you lift from 5-6PM or the day of from 7:30-8:30AM, a basic rules clinic will take place at 1:30, Session 2 start time 2:00-2:10PM or 15 minutes after the completion of the Women's Nationals. Please look over the rules at [RULE BOOK](#) because we will not have a full rules clinic.

ENTRY FEE: Fees are \$100.00 for the first division or event, \$60.00 for any additional division or event. If you would like to pay by credit card please email me at wnpf@aol.com and I will send you a PayPal request. There is a 3.5% charge if you use a credit card. **Absolutely no credit, refunds, exchanges or transfers on any and all fees if you do not attend the event.** Bank checks, cash and money orders only, no personal checks!

SCHEDULE

There will be a late fee (\$30.00) if not postmarked by MARCH 5, 2016. All late or walk-ins must email us and have your name placed on the roster, if you do not email us you cannot lift and a \$40.00 late fee will apply at weigh-ins. Once we reach our lifter limit this meet will be closed if you do not send your entry in advance.

TEAM FEE- \$80.00 in advance with your team roster, all lifters must be lifting in the same event such as full power, bench only, etc. The roster form is on page 4 of this application.

MEMBERSHIP FEE: \$20.00 high school and special Olympians, \$30.00 for seniors 65 and over and college students (up to 23 yrs old) and \$40.00 for all others. All high school and college students must show proof at weigh-ins. This fee can be paid in advance or at weigh-ins. [MEMBERSHIP](#)

AWARDS: All lifters will receive an award as long as you don't bomb out. We will give out 1st to 10th place in all divisions. Best lifter and team awards will also be given out.

ATTIRE: All lifters must have on a wrestling singlet to lift. RAW lifters can lift with knee sleeves or nothing on their knees. SINGLE PLY lifters can wear single ply gear. We do not offer a DOUBLE PLY division anymore. Please go to the WNPF rules page for all rules on attire. [RULES](#)

RECORDS: All WNPF state and national records will be up for grabs. If you are trying to set or break a record you must enter that class or event. Lifters are not allowed to change their division/event on meet day you can only add, unless you've had an injury. Please check the records online at [WNPF](#)

ADMISSION: \$12.00 at the door for all adult spectators, coaches and spotters. All lifters must check in at the desk. Please tell your cheering section that there is a fee to watch the show, all spotters, coaches, helpers and non lifters must pay admission.

SHIRTS AND ATTIRE: We will be selling shirts and attire at the event (Singlets, knee sleeves, wrist wraps, knee wraps, shirts and more) www.tntironwear.com. Page 3 of this application....

MEET DIRECTOR: Troy Ford- wnpf@aol.com. WNPF, POBOX 142347, FAYETTEVILLE, GA 30214, 770 668-4841 please leave a voice message or text.



Eric Leblanc and



WORLD NATURAL POWERLIFTING FEDERATION

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WNPF SQ/BP/DL/PC NATIONAL POWERLIFTING CHAMPIONSHIPS- Entry form- DEADLINE

MARCH 5, 2016. Late fees apply after this date.

Name _____ Nick name _____

Address _____

City _____ State _____ Zip Code _____ WT.CLASS _____

Date of Birth _____ Age on meet day _____ Telephone # _____

Email _____ Occupation _____

Are you a 2016 WNPF member- yes no ? Card # _____ Expiration date _____

Estimated first attempts= BENCH _____ DEADLIFT _____

Gym Name _____ City and State _____

PLEASE CHECK YOUR DIVISION AND EVENT BELOW. You must check raw, raw classic, equipped or single ply otherwise you automatically go into the single ply division.

SQUAT NATIONALS- Youth__ Teen__ Junior__ Lifetime Open__ Open__ Subs__ Masters__ Police/fire/Milt__
Raw__ Raw Classic__ Single ply__

BENCH NATIONALS- Youth__ Teen__ Junior__ Lifetime Open__ Open__ Subs__ Masters__ Police/fire/Milt__
Raw__ Single ply__

BENCH FOR REPS NATIONALS- Youth__ Teen__ Junior__ Open__ Subs__ Masters__ Police/fire/Milt__

DEADLIFT NATIONALS- Youth__ Teen__ Junior__ Lifetime Open__ Open__ Subs__ Masters__
Police/fire/Milt__ Raw__ Equipped__ (there is raw and equipped in Deadlift only)

POWERCURL NATIONALS- Youth__ Teen__ Junior__ Open__ Masters__

Make your payment to: WNPF **Send to:** WNPF, POBOX 142347, Fayetteville, GA 30214
or by credit card: wnpf@aol.com

Bank checks, cash and money orders only. No personal checks accepted. Please do not send your entry form by certified or registered mail; it will not be picked up. If you want confirmation please email us at wnpf@aol.com A \$30 late fee will apply after the deadline date, \$40 late fee if you are a walk-in lifter. Fees must and will be applied in advance or at weigh-ins, no exceptions. Cash only at

weigh-ins In consideration of your accepting this entry, I hereby for myself and my heirs, release any & all rights/claims for damages for injuries I may have against the contest facility in use, World Natural Powerlifting Federation, Troy Ford, Ron Deamcis, all other meet directors & staff, and any & all other participating sponsors, supporters, referees, and spotter/loaders as a result of my traveling to, and/or from and/or participating in, the above listed competition. I make this release and waiver of claim with full knowledge of the hazards and inherent risks associated with the above listed competition. I hereby assume the risk of injury and property damage/loss. Also, in consideration of your accepting this entry I hereby sign over my rights to be videotaped and/or photographed to the meet directors and/or his designee. I am fully aware that I will receive no royalties and/or compensation for resale/use of the videotapes and/or photographs. I also realize that if I do not attend this event for any reason I will forfeit all fees and cannot transfer them to another event. In consideration of the acceptance of my entry in this Powerlifting competition I intend to be legally bound, for not only myself but also for my heirs, my executors, and my administrators. In signing this release from liability I waive and release everyone connected with the competition from any and all liability, including any results of negligence which may arise from this competition. Moreover I agree that any testing method which the meet director and the sponsors of this meet use to detect the presence of strength-inducing drugs SHALL BE CONCLUSIVE. That is, whether I think results of the tests are right or wrong I agree that I have no right to challenge the results of the drug tests. I further agree to submit to any physical tests which may be necessary to complete drug testing. Should I fail to pass drug tests, I agree to forfeit any trophy or award which I otherwise have won. I understand and agree that if I fail to pass the drug tests, my name will appear on a published list of suspended members. If it is determined that I have failed the drug test, I agree to waive any claim for which legal relief is available. I agree to pay any attorney fee and litigation expenses incurred by any person, real or corporate, whom I may sue in an effort to challenge this Release from Liability form. I understand that my agreement to pay attorney fees and litigation expenses is the Sine Qua Non for the acceptance of my entry in this contest. If any provision of this release form liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release of Liability shall remain in full force and effect. I also certify with my signature that this release/agreement cannot be modified orally. Certification: I hereby give my word of honor as an athlete that I have not used any strength inducing drugs (i.e. any anabolic steroid, natural hormone or synthetic growth hormone) as part of my training during the past thirty six months, nor have I used prescription diuretics or psychomotor stimulants during the seven days prior to this meet

Signature in full of applicant or parent/guardian if lifter is under 18 **Absolutely**

no credit, refunds, exchanges or transfers on any and all fees!!!!!!!!!!



www.tntironwear.com

Email: TNTIRONWEAR@GMAIL.COM

TNT, POBOX 142347, FAYETTEVILLE, GA 30214

Knee wraps, Singlets, Knee sleeves, Wrist wraps and more.....

NEW ITEMS ARE COMING OUT SOON, PLEASE CHECK THE WEBSITE. Thanks



TEAM ROSTER

TEAM NAME _____

EVENT ENTERING _____ (EX: FULL POWER, BENCH ONLY, ETC.)

DIVISION ENTERING - TEEN_ MASTER_ WOMEN_ MULTIPLE DIVISIONS_

NAME

WT.CLASS

DIVISION

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

SUB _____

SUB _____

Rules: Your team cannot have more than 3 lifters in the same weight class.

All lifters must lift in the same event

You are allowed a maximum of 12 lifters and a minimum of 3 lifters

Final team rosters must be turned in by the end of the weigh-ins and cannot be changed