



26th WNPf LIFETIME DRUG FREE NATIONALS & 2014 ALL-AMERICANS NEW HOME OF THE WNPf- EDISON, NJ

NEW MEET LOCATION: **EDISON HOTEL, 3050 WOODBRIDGE AVE, EDISON, NJ** , Take Turnpike to Exit 10 and bear right after the toll plaza. Take Highway 514 West and follow signs to Highland Park/Raritan Center. Stay in two right lanes and follow curved road to the light. Then make a left onto King George Post Road. The Hotel will be on your left. Additional directions on page 3) , **ROOM RATE IS \$79 PER NIGHT IF YOU MENTION WNPf. CALL 732 661-1000 FOR YOUR ROOMS...** <http://www.edisonhotelcp.com/contact-en.html> **HAROLDS NY DELI IS THE OFFICIAL RESTAURANT FOR THE EDISON HOTEL!**

DATE: SUNDAY, SEPT 7, 2014 **FORMAT:** WEIGH-INS 5-6PM ON SATURDAY OR SUNDAY 8-9 AM. RULES-9 AM, START TIME 9:45 AM

ENTRY FEE: \$100.00 FOR THE FIRST DIVISION OR EVENT, \$60.00 FOR ANY ADDITIONAL DIVISION OR EVENT. ALL ENTRIES MUST BE POSTMARKED BY **AUGUST 16, 2014** OTHERWISE A \$30or40 LATE FEE WILL APPLY. LIFTERS THAT ARE LATE MUST CALL IN ADVANCE AND HAVE YOUR NAME PLACED ON THE ROSTER. **NO REFUNDS, TRANSFERS OR EXCHANGES ON FEES IF YOU DO NOT ATTEND** Lifters that wish to use a credit or debit card can do so; I will send you a secure email with all information needed. A 3% charge will be added to use this service.....

YEARLY WNPf MEMBERSHIP FEE: \$20- HIGH SCHOOL, SPECIAL OLYMPIAN AND YOUTH, \$30- COLLEGE STUDENTS (18-23 YRS), \$40- ADULTS. This fee can be paid in advance or at weigh-ins. All lifters must be members to compete.

AWARDS: 1ST TO 10TH IN ALL DIVISIONS AND WEIGHT CLASSES. BEST LIFTER AWARDS! TEAM AWARDS!

WT CLASSES: **WOMEN** 60-80-97-105-114-123-132-148-165-181-SHW, **MEN** 60-80-100-114-123-132-148-165-181-198-220-242-275-300-SHW **DIVISIONS:** YOUTH 9-10 & 11-12, TEENS 13-16 & 17-19, JUNIOR 20-23, OPEN, SUBS 35-39, MASTERS 40-49, 50-59, 60-69, 70-79, 80-89, POLICE/FIRE/MILITARY. All lifetime drug free lifters must lift in the Lifetime Nationals.....

EQUIPMENT- PLEASE LOOK AT PAGE 4 FOR INFORMATION ON WHAT TYPE OF EQUIPMENT IS ALLOWED IN THE WNPf FOR EACH FORMAT.

DRUG TESTING: TESTING WILL TAKE PLACE AT THE EVENT. LIFTERS WILL BE CHOSEN AT RANDOM

RECORDS: LIFTERS CAN SET STATE & NATIONAL RECORDS AT THIS EVENT. Check for records at www.wnpf.net

ADMISSION: PLEASE TELL YOUR CHEERING SECTION AND COACHES THAT THERE IS A CHARGE TO SEE THE SHOW \$10.00 AT THE DOOR FOR SPECTATORS **ATTIRE:** WNPf MEET SHIRTS & TNT IRONWEAR ATTIRE WILL BE SOLD AT THE EVENT (KNEE & WRIST WRAPS, SINGLETs, CHALK AND MORE) www.tntironwear.com

CONTACT INFO: TROY FORD- WNPF@AOL.COM /WEBSITE- WWW.WNPf.NET PLEASE GO TO THE WEBSITE FOR RECORDS, RULES, EQUIPMENT, NEWS AND MORE.....

THIS IS A QUALIFIER FOR THE 2014 WORLDS ON NOVEMBER 15-16, 2014.



www.tntironwear.com



WNPF LIFETIME NATL/ALL-AMERICANS- DEADLINE AUGUST 16, 2014

NAME _____ NICK NAME _____ SEX- M ___ F ___

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

AGE _____ DATE OF BIRTH _____ WT. CLASS ENTERING _____

TEL # _____ EMAIL _____

Are you a 2014 WNPF or WNPF LIFETIME member? Yes ___ No ___ Card expiration date _____

ESTIMATED OPENING ATTEMPTS? SQ _____ BP _____ DL _____ PC _____

GYM NAME _____ CITY _____ STATE _____ ZIP CODE _____

OCCUPATION _____ I am drug free for life? Yes ___ No ___

Please check or circle your event below and which format you are lifting in. EX: Raw, Raw classic, etc.

Check one- I am lifting in the Lifetime nationals ___ I am lifting in the All-Americans (3 yr minimum clean) ___

FULL POWER (SQ, BP, DL COMBINED) = YOUTH TEEN JUNIOR OPEN SUBS MASTERS

POLICE/FIRE/MILITARY RAW RAW CLASSIC SINGLE PLY DOUBLE PLY

BENCH ONLY= YOUTH TEEN JUNIOR OPEN SUBS MASTERS POLICE/FIRE/MILITARY RAW SINGLE PLY DOUBLE PLY

DEADLIFT ONLY= YOUTH TEEN JUNIOR OPEN SUBS MASTERS POLICE/FIRE/MILITARY RAW EQUIPPED

SQUAT ONLY= YOUTH TEEN JUNIOR OPEN SUBS MASTERS POLICE/FIRE/MILITARY RAW RAW CLASSIC SINGLE PLY DOUBLE PLY

POWERCURL=YOUTH TEEN OPEN MASTERS REPS= TEEN JUNIOR OPEN SUBS MASTERS

POLICE/FIRE/MILITARY **We're not offering the Ironman division for this event.**

Mail Entry form and make payment to: WNPF Send to: WNPF, POBOX 142347, Fayetteville, GA 30214 Bank checks, cash and money orders only. No personal checks accepted. Do not send your entry form by certified mail; it will not be picked up. If you want confirmation please email us. Entry deadline is AUG. 16, 2014 Postmark, \$30 late fee must be sent in after this 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 Doucels, 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 Shin Quan Xun 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 or guardian if lifter is under 18 **absolutely no credit, refunds, exchanges or transfers on any and all fees!!!!!!!!!!!!**





tntironwear@gmail.com

We have everything you need for your powerlifting meet.....

KNEE WRAPS, WRIST WRAPS, SINGLETS, CHALK, AMMONIA CAPS

LIFTING STRAPS, DEADLIFT SOCKS

COMING SOON- POWER BELTS

We also have Olympic plates, 1,500 & 2,000 pound test power bars, curl bars, medicine balls, kettle bells, collars, mats, bumper plates, dip/chin belts, hex bars and more.

Troy Ford

DIRECTIONS

New Jersey Turnpike (North and South)

Take Turnpike to Exit 10 and bear right after the toll plaza. Take Highway 514 West and follow signs to Highland Park/Raritan Center. Stay in two right lanes and follow curved road to the light. Then make a left onto King George Post Road. The Hotel will be on your left.

Garden State Parkway North

Take Exit 127 and stay in the right hand lane. Follow sign for Route 287. When you reach the widening highway get into the second right-hand lane and exit onto Highway 514 West. Follow signs to Raritan Center and exit there. Make a left onto King George Post Road. The Hotel will be on your left.

Garden State Parkway South

Take Exit 129 and follow the signs to Woodbridge. Immediately after exiting the Parkway, exit onto Fords, you will be on King George Post Road. Continue approximately 2 miles and the Hotel will be on your left.

Brooklyn & Staten Island via Outerbridge Crossing

Take the Staten Island Expressway (Route 278) to Outerbridge Crossing Exit/Route 440 South. Follow 440 South until Exit signs to Outerbridge Crossing. Go over the bridge. Three miles from the bridge are signs for Highway 514. Be in the right lane where you will exit on your left at exit for Highway 514, West Bonhamtown. Follow the sign to Raritan Center and exit there. Make a left onto King George Post Road. The Hotel will be on your left.

EQUIPMENT RULES

RAW- Mandatory singlet, wrist wraps up to 36", belt and optional approved knee sleeves, cotton t-shirt and underwear (no compression material of any kind is allowed)

RAW CLASSIC- Mandatory singlet, wrist wraps up to 36", belt, knee wraps up to 2.5 meters, optional approved knee sleeves, elbow sleeves for the squat and deadlift only (no compression material of any kind is allowed)

SINGLE PLY- Mandatory singlet, wrist wraps up to 36", knee wraps up to 2.5 meters, optional approved knee sleeves, elbow sleeves for the squat and deadlift events, Single ply bench shirt made of poly only and your shirt must be fully closed in the back. Squat briefs are not allowed unless you are wearing squat briefs and a wrestling singlet.

DOUBLE PLY- Mandatory singlet, wrist wraps up to 36", knee wraps up to 2.5 meters, optional approved knee sleeves, elbow sleeves for the squat and deadlift events, Double ply shirts made of poly or denim (shirts can be open in the back and cannot be pulled below your armpit. Briefs are allowed under your suit but it must be a combination of no more than double ply. Or you can wear a double ply brief and a singlet.

POWERCURL

Wrist wraps, optional belt, cotton tee shirt and underwear, no loose fitting shorts allowed. If your shorts are loose you will be warned and you must change to a singlet. The judges must be able to see your knees. (No compression material of any kind is allowed)

REPS CONTEST

Wrist wraps up to 36", optional belt, no loose fitting shorts allowed. If your shorts are loose you will be warned and you must change to a singlet. The judges must be able to see your butt on the bench. (No compression material of any kind is allowed)

OTHER RULES

Full length socks must be worn in the deadlift and you must have a sole on the bottom of your shoe.

Knee wraps are not allowed in the deadlift in the RAW divisions. Knee sleeves are allowed in the deadlift in the RAW divisions.

Gloves of any kind are not allowed

Sling shots are not allowed

Please email me at wnpf@aol.com with any questions or concerns regarding equipment