

WNPF Women's Nationals (Full meet, SQ, BP, DL, Powercurl, Ironmaiden and Reps)

Date: Sunday, April 12, 2015 **WORLD QUALIFIER** **Time:** Weigh-ins from 5-6pm on Saturday or 8-9am on Sunday. Rules briefing will begin at 9am sharp, start time for the Women's Nationals 9:45-10am, **The Men's Single lift Nationals will take place after this meet the estimated start time is 1-1:30pm, men's event time can change, we will update all men a week before the event.**

Location: Edison hotel, 3050 Woodbridge Ave, Edison, NJ (main ballroom), **GPS: 1171 King George Post Rd, Edison, NJ**, 732 661-1000 for rooms, please mention WNPF when making your reservation (\$79) and you must call 3 weeks before the event.

Fees: (There are no refunds, transfers or exchanges on any fees) \$100 for the first division/event, \$60 for any additional divisions/events. Team fees are \$80 per team. **All entries must be postmarked by March 21, 2015** otherwise a \$30 late fee must be added. If you are a walk-in lifter you must have your name placed on the roster by email and there will be a \$40 late charge for walk-ins. Personal checks are not accepted! Certified checks, money orders or credit/debit cards only. If you would like to use a credit/debit card please email us and we will send you a secure email a 3.5% charge will be added for this service.

Memberships: All lifters must be WNPF members you can pay this fee in advance or at weigh-ins. Cash only at weigh-ins! \$20- Special Olympians, Youth and High School, \$30 for College students (23 yrs or younger) and seniors over 65 yrs., \$40 for all others. Proof must be provided for high school and college students.

Awards: **All lifters will receive an award as long as you don't bomb out.** We will go to 10 places if necessary. Best lifter awards with categories of 10 lifters or more and team awards for teams that enter as a team.

Lifting Format: We offer Raw (knee sleeves allowed), Raw Classic (knee wraps allowed), Single ply & Double ply please go to the WNPF website for lifting attire that is accepted in the WNPF at <http://www.wnpf.net/wnpf/showPage.jsp?pageName=rules>. **All lifters must have on a one piece lifting suit.**

Testing: Drug testing will be performed on a random basis at the event. **If you are not drug free** please do not enter this meet. The WNPF has the right to test you at this contest or out of contest once you become a member.

Records: Lifters can set state and national records at this event. **Please go to the website** at www.wnpf.net for all WNPF records.

Admission: \$12.00 for each adult. **Lifters please tell your coaches/spotters** that there is a charge to help you at the show, \$5.00 for seniors and kids under 12. **Meet shirts and attire:** We will be selling meet shirts and more. If you need a singlet, wrist wraps, knee wraps, knee sleeves or more go to www.tntironwear.com and these items will be for sale at the event.

Divisions: Youth 7-8, 9-10, 11-12, 13-16 & 17-19, Junior 20-23, Open, Subs 35-39, Police/fire/military, Masters 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84 in all events except Powercurl. Powercurl masters are in 10 year increments.

Wt. classes- **Women**-60, 80, 97, 105, 114, 123, 132, 148, 165, 181 & SHW

Meet director: Troy Ford- wnpf@aol.com Website for all rules, records, etc. - www.wnpf.net

WNPF Women's Nationals & Single lift- Deadline Mar, 21, 2015 POSTMARK- please fill out the entire application.

Name _____

Street Address _____

City _____ State _____ Zip _____

Age _____ Date of Birth on meet day _____ Weight class entering _____

Tel # _____ Email address _____

Are you a 2015 WNPF member? Yes___ No ___, Card # _____ Expiration date _____

Estimated opening attempts, these can be changed at weigh-ins- SQ _____ BP _____ DL _____

Gym Name _____ City, state and Zip _____

Occupation _____ Please check one- I am lifetime drug free, Yes___ No _____

Full Powerlifting- Youth___ Teen___ Junior___ Open___ Subs___ Masters___ Police/Fire/Military___ Raw___
Raw Classic___ Single ply___ Double Ply___

Bench Press 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___

Ironmaiden- Youth___ Teen___ Junior___ Open___ Subs___ Masters___ Police/Fire/Military___ Raw___
Single ply___ Double Ply___

Bench for Reps- Youth___ Teen___ Junior___ Open___ Subs___ Masters___ Police/Fire/Military___
Powercurl- Youth___ Teen___ Open___ Masters___

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. Please 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 MARCH 21, 2015 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 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 designees. 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 or guardian if lifter is
under 18 **absolutely no credit, refunds, exchanges or transfers on any and all fees!!!!!!!**

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.

WNPF CHAMPIONSHIP BELT

**AWARDED TO THE TOP WOMEN'S
TEAM AT THIS EVENT.....**