

## MEET SHIRT DESIGN ABOVE WILL BE ON SALE

We are not taking any late entries for this event. If you want a confirmation of your entry please email me at <u>wnpf@aol.com</u>. Lifters that didn't make the deadline or cutoff for this meet can lift in Philadelphia, PA on July 19<sup>th</sup>

This event will take place at the Edison Hotel, 3050 Woodbridge Ave, Edison, NJ (GPS address- 1171 King George Post Rd, Edison, NJ 08837)

Weigh-ins on Saturday from 5-6PM (Library) and Sunday morning from 8-9AM (Warm-up room). Weigh-ins will be closed at 9AM sharp, no later. Lifters please have your 1<sup>st</sup> attempts in each lift ready and if you owe any fees please have it ready when you weigh-in. We want to move the weigh-ins as quickly as possible. Rules briefing will begin at 9AM and warm-ups will start at 9:20AM (All lifters need to be at the rules briefing)

Lifters please tell your coaches, spotters and all spectators that they must pay an admission fee to see the show. \$12.00- Adults, \$5.00 kids and seniors over 65..... We have many people that come in and have no idea there is an admission fee. Please help us in this matter.

All sculpture awards are in, including best lifter sculptures and a WNPF Championship belt for the winning team. There are 3 teams entered in this event.

A Battle of the Border plaque will be awarded to the team captain either from NY or NJ. Team captains are NY- Paul Buchbauer and NJ- Romeo Tendencia (Details to follow)

We will have singlets for sale, deadlift socks, Wrist wraps, knee wraps, knee sleeves and many types of t-shirts.

This is a BIG event and we estimate that we will be finished between 6-6:30pm.

There are 4 flights in the squat, 5 flights in the bench and 4 flights in the Deadlift. Be prepared for a long day. We will do the best we can to move the meet along as quickly as possible.

If you are trying to break any records please go to the WNPF website at <u>www.wnpf.net</u> and check out the records. We will not have records books available.

Good luck to everyone and we will see you on the weekend of June 6-7

## WNPF