

2020 WNPf SARGE McCRAy CHAMPIONSHIPS

Sunday, December 13, 2020- Bordentown, N.J.- First 60 lifters only!

LOCATION: TOWN INN HOTEL
1083 RT. 206 NORTH,
BORDENTOWN, N.J. (EXIT 7 OFF
NJ TURNPIKE OR EXIT 56 OFF I-
295), ROOM RATE- \$69 PER
NIGHT IF YOU MENTION THE
WNPF OR POWERLIFTING
GROUP 609-298-3200.

**ALTERNATE HOTEL- BEST
WESTERN AND RED ROOF INN,**
ALL WITHIN WALKING
DISTANCE

**IMPORTANT TIMES- Weigh-
ins will take place the night
before from 4-5PM and/or the
day of from 7:30-8:30AM.**
Rules briefing will take place
at 8:30AM. Start time is
approximately 9:15AM.
Please confirm your weigh-in
times by email a week before
the event at wnpf@aol.com.

**ENTRY FEE: \$110.00 FOR THE
FIRST DIVISION OR EVENT AND
\$60.00 FOR ANY ADDITIONAL
DIVISION OR EVENT. (ALL FEES
ARE NON- REFUNDABLE AND
CANNOT BE EXCHANGED OR
USED AT ANOTHER EVENT).**
TEAM FEES ARE \$100.00 PER
TEAM BUT ALL LIFTERS MUST
ENTER INDIVIDUALLY. THE
**ENTRY DEADLINE IS NOV 14,
2020. Late fees are \$40.00 after
this date or \$50.00 if you walk in.**
Late fees must be added if you
are late or they will be added at
weigh-ins.

OTHER PAYMENT METHODS
Cash app- \$WNPFPOWER OR
Venmo- @WNPFPOWER

For online payments and online forms go to

This link <https://www.wnpfpl.com/2020-schedule-results>

**WNPF MEMBERSHIP: ALL
LIFTERS MUST BE MEMBERS OF
THE WNPf. YOU CAN JOIN
ONLINE AT**
[www.wnpfpl.com/online-
membership-form](http://www.wnpfpl.com/online-membership-form) OR JOIN AT
WEIGH-INS WITH CASH ONLY.

YOUTH & TEENS- \$30.00

**SENIORS 65 AND OVER AND
JUNIORS- \$40.00**

ADULTS- \$50.00

Divisions
Youth 7-8, 9-10, 11-12
Teens 13-14, 15-16, 17-19
Juniors 20-23

Open
Subs 35-39
Masters in 5 year increments
Police/Fire/Military
Novice
Raw- Knee sleeves or bare knees
Raw Classic- Knee wraps,
Single Ply &
Double ply

**Divisions for Masters also include
SLINGSHOT BENCH PRESS and
RAW CLASSIC BENCH PRESS-
(Elbow sleeves)**

OTHER RULES

Raw Classic lifters can wear
elbow sleeves for the squat and
deadlift.

RAW LIFTERS are allowed to
wear Knee sleeves or bare knees,
wrist wraps, belt and singlet
only. Rules-

www.wnpfpl.com/copy-of-rules-1

AWARDS

We will award all lifters in all
age groups and divisions that
place first through fifth place.

Best lifter awards to any
event with 5 lifters or more.

Team awards to any teams
that enter the team
championship.

RECORDS

All state records and all
National records will be up for
grabs. Please go to the
website to check out the
records at [www.wnpfpl.com/state-
records](http://www.wnpfpl.com/state-records) [www.wnpfpl.com/national-
records](http://www.wnpfpl.com/national-records) There will not be any
4th attempts awarded at this
meet.

DIRECTOR: TROY FORD

wnpf@aol.com or

wnpfpower@gmail.com

770-668-4841, please leave a
text message and I will get
back to you within 24 hours.

Website- www.wnpfpl.com

Instagram-wnpf_powerlifting

Facebook- Troy Ford (WNPF)

**Platform equipment- Texas Strength Combo rack, 55 lb squat bar,
Okie and Texas DL bars, Ivanko and Rogue plates.**

**ADMISSION, SHIRTS, ETC. - All spectators and coaches/spotters must pay a \$15.00 admission fee to see or
help at the event. No exceptions.....Please tell everyone in your party! Thanks**

**We will be selling meet shirts as well as other WNPf attire at the event. Thank you and good luck to everyone
that will be attending this event. We appreciate your support.**

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Deadline: NOV 14, 2020
All fees are non refundable and cannot be transferred or exchanged.

Name _____ Nick name _____ SEX-M __ F __

Address _____

City _____ State _____ Zip _____ Tel # _____

Email address _____ Age _____ Date of birth _____

Are you a current 2020-21 WNPF member? Yes __ No __ Card Expiration date _____

Estimated opening attempts (These can be changed at weigh-ins) SQ _____ BP _____ DL _____

Weight class entering _____ if you don't think you will make weight please email us prior, thanks

Please check your divisions and if you are lifting Raw, Raw classic, single ply or Double ply otherwise you will be put in the double ply division

FULL POWERLIFTING- YOUTH __ TEEN __ JUNIOR __ OPEN __ SUBS __ MASTERS __ NOVICE __ P/F/M __ RAW __
RAW CLASSIC __ SINGLE PLY __ DOUBLE PLY __

BENCH ONLY- YOUTH __ TEEN __ JUNIOR __ OPEN __ SUBS __ MASTERS __ NOVICE __ P/F/M __ RAW __ SINGLE
PLY __ DOUBLE PLY __ MASTERS SLINGSHOT __ MASTERS RAW CLASSIC __

BENCH FOR REPS- YOUTH __ TEEN __ JUNIOR __ OPEN __ SUBS __ MASTERS __ P/F/M __

DEADLIFT ONLY- YOUTH __ TEEN __ JUNIOR __ OPEN __ SUBS __ MASTERS __ NOVICE __ P/F/M __ RAW __
EQUIPPED __

POWERCURL- YOUTH __ TEEN __ OPEN __ MASTERS __

SQUAT ONLY- YOUTH __ TEEN __ JUNIOR __ OPEN __ SUBS __ MASTERS __ NOVICE __ P/F/M __ RAW __
RAW CLASSIC __ SINGLE PLY __ DOUBLE PLY __

IRONMAN (BP/DL COMBINED)- YOUTH __ TEEN __ JUNIOR __ OPEN __ SUBS __ MASTERS __ NOVICE __ P/F/M __
RAW __ SINGLE PLY __ DOUBLE PLY __

ALL FEES ARE NON REFUNDABLE, NON TRANSFERABLE AND CANNOT BE EXCHANGED. PLEASE DO NOT SEND YOUR ENTRY IN BY CERITIFIED/ SIGNED SIGNATURE MAIL IT WILL NOT BE PICKED UP. IF YOU WANT CONFIRMATION

PLEASE EMAIL ME AT WNPF@AOL.COM We do not accept personal checks, we will hold them for you or return them to you and have you send in a money order or bank check instead but it must be paid before the deadline otherwise a late fee will be added. If you owe any fees such as membership, extra divisions, entry or late fees, etc. we accept cash only at weigh-ins. Thank you.

SEND TO: WNPF, POBOX 142347, FAYETTEVILLE, GA. 30214

CONTACT: TROY FORD @ WNPF@AOL.COM

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 DeAmicis, 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 Sign 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