



# WNPF WINTER CLASSIC

**NEW DATE:** SATURDAY, NOVEMBER 16, 2019

**WHERE:** WATKINS GLEN HIGH SCHOOL, 303 12<sup>th</sup> STREET, WATKINS GLEN, NY 14891

**TIMES:** THE NIGHT BEFORE FROM 5-6PM AND/OR THE DAY OF FROM 8-9AM, RULES BRIEFING AT 9AM, START TIME- 10AM SHARP

**FEES:** ONE DIVISION OR EVENT- \$80.00, ANY ADDITIONAL DIVISIONS/EVENTS \$40.00 EACH, [www.wnpfpl.com/copy-of-wnpf-schedule](http://www.wnpfpl.com/copy-of-wnpf-schedule)

**TEAM FEES** ARE \$80.00. LIFTERS MUST FIRST ENTER INDIVIDUALLY AND THEN TEAMS CAN ENTER INTO THE TEAM CHAMPIONSHIP

**ALL FEES ARE NON REFUNDABLE, NON TRANSFERABLE AND CANNOT BE EXCHANGED. PLEASE DO NOT SEND YOUR ENTRY IN BY CERTIFIED/ SIGNED SIGNATURE MAIL IT WILL NOT BE PICKED UP AT THE POST OFFICE. IF YOU WANT CONFIRMATION PLEASE EMAIL ME AT [POWERLT103@AOL.COM](mailto:POWERLT103@AOL.COM)**

**DEADLINE:** THE DEADLINE FOR THIS MEET IS OCTOBER 26, 2019. A LATE FEE OF \$40.00 WILL BE APPLIED AFTER THIS DATE. ALL WALK-INS WILL PAY \$50.00 AT WEIGH-INS WITH CASH ONLY.

**YEARLY WNPF MEMBERSHIPS** IS \$30.00 FOR ALL KIDS UNDER 19, [www.wnpfpl.com/online-membership-form](http://www.wnpfpl.com/online-membership-form)

JUNIOR LIFTERS 20-23 AND MASTERS 65 AND OVER- \$40.00,

ALL OTHERS \$50.00. THIS FEE CAN BE PAID IN ADVANCE WITH YOUR ENTRY, SEPARATELY ONLINE OR AT WEIGH-INS WITH CASH ONLY.

**AWARDS:** WE WILL AWARD ALL LIFTERS IN ALL WEIGHT CLASSES AND DIVISIONS. BEST LIFTER AWARDS FOR ALL DIVISIONS WITH 5 OR MORE LIFTERS. TEAM AWARDS WILL BE AWARDED TO ALL TEAMS THAT ENTER THE TEAM DIVISION.

**RECORDS:** ALL STATE RECORDS ARE UP FOR GRABS, GOOD LUCK TO ALL LIFTERS. [www.wnpfpl.com/state-records](http://www.wnpfpl.com/state-records)

**MEET DIRECTOR CONTACT:** RON DEAMICIS/WNPF

[WWW.WNPFPL.COM](http://WWW.WNPFPL.COM). To receive a QUICK response please email me at [powerlt103@aol.com](mailto:powerlt103@aol.com) Or shoot me a text at 330 519-3078. Thank you.....

**EVENTS:** FULL POWER, SQUAT ONLY, BENCH ONLY, DEADLIFT ONLY, IRONMAN

## NEW DIVISIONS/EVENTS

**RAW CLASSIC FULL MEET & IRONMAN** lifters have the option of wearing approved compression cuffs during the bench press, not elbow sleeves! 2.5 meter knee wraps in length, wrist wraps and a 4", 13mm belt. Elbow sleeves can be worn during the squat and/or deadlift again not for the bench press.

**RAW LIFTERS** cannot wear any type of knee wraps/elbow sleeves or cuffs!!! Just a 4", 13mm belt, knee sleeves, singlet and wrist wraps.

**MASTERS** 40 years old and up **SLINGSHOT DIVISION** for bench press only (Approved slingshot or Ram apparatus only) or **MASTERS RAW CLASSIC (3MM ELBOW SLEEVES or less or compression cuffs)** bench press division; this is not full meet or Ironman events. **NEW RECORDS CAN BE ESTABLISHED**

**The DOUBLE PLY DIVISION is back!** Double ply shirts (Closed back) and double ply suits (Denim and Canvas is not allowed for shirts or suits, poly only) or a single ply suit with single ply briefs are allowed. Youth- Teen & Juniors cannot lift in this division! **NEW RECORDS CAN BE ESTABLISHED**

**TESTING:** WE WILL SELECT LIFTERS AT RANDOM FOR DRUG TESTING, IF YOU DO NOT WANT TO BE TESTED PLEASE DON'T ENTER THIS EVENT OR ANY WNPFL EVENT. THANK YOU

**ADMISSION:** \$10.00 AT THE DOOR FOR ALL SPECTATORS, COACHES AND SPOTTERS **ATTIRE:** MEET SHIRTS, SINGLET AND MORE WILL BE SOLD AT THE MEET.

**PLATFORM EQUIPMENT:** MONOLIFT, ROGUE BAR & OKIE DEADLIFT BAR,

**WNPF WEBSITE:** [WWW.WNPFL.COM](http://WWW.WNPFL.COM) FOR ALL RECORDS, RULES, MEET APPS, SCHEDULING AND MORE.

# SPONSORS

If you want to become an OFFICIAL WNPFL sponsor please email me for details at [wnpf@aol.com](mailto:wnpf@aol.com). We will place your banner on every WNPFL application, link your company on the WNPFL website and give you discounts on vendor's tables at most WNPFL meets. We reach 1000's of lifters every month on our site. Thank you



**[WNPF STORE- SINGLET, WRAPS, TEE SHIRTS AND MORE](#)**

# WNPf WINTER CLASSIC

CLICK HERE FOR THE ONLINE ENTRY FORM [www.wnpfpl.com/copy-of-wnpf-schedule](http://www.wnpfpl.com/copy-of-wnpf-schedule)

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NAME \_\_\_\_\_ NICK NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ AGE \_\_\_\_\_ D.O.B. \_\_\_\_\_

Are you a 2019 WNPf member? Yes \_\_\_\_\_ No \_\_\_\_\_ If yes, expiration date \_\_\_\_\_

EMAIL \_\_\_\_\_ PHONE # \_\_\_\_\_

Amount enclosed \$ \_\_\_\_\_ Estimated first attempts- SQ \_\_\_\_\_ BP \_\_\_\_\_ DL \_\_\_\_\_

Weight class entering \_\_\_\_\_ If you don't think you will make this wt class please email us, thanks

**Full Power-** Youth \_\_\_\_\_ Teen \_\_\_\_\_ Junior \_\_\_\_\_ Open \_\_\_\_\_ Subs \_\_\_\_\_ Masters \_\_\_\_\_ Raw \_\_\_\_\_  
Novice \_\_\_\_\_ Raw classic (Knee wraps) \_\_\_\_\_ Single Ply \_\_\_\_\_ Double Ply \_\_\_\_\_

**Ironman** (BP-DL combined) - Youth \_\_\_\_\_ Teen \_\_\_\_\_ Junior \_\_\_\_\_ Open \_\_\_\_\_ Subs \_\_\_\_\_  
Masters \_\_\_\_\_ Novice \_\_\_\_\_ Raw \_\_\_\_\_ Raw Classic \_\_\_\_\_ Single ply \_\_\_\_\_ Double Ply \_\_\_\_\_

**Squat only-** Youth \_\_\_\_\_ Teen \_\_\_\_\_ Junior \_\_\_\_\_ Open \_\_\_\_\_ Subs \_\_\_\_\_ Masters \_\_\_\_\_ Novice \_\_\_\_\_  
Raw \_\_\_\_\_ Raw classic (Knee wraps) \_\_\_\_\_ Single Ply \_\_\_\_\_ Double Ply \_\_\_\_\_

**Bench only-** Youth \_\_\_\_\_ Teen \_\_\_\_\_ Junior \_\_\_\_\_ Open \_\_\_\_\_ Subs \_\_\_\_\_ Masters \_\_\_\_\_ Novice \_\_\_\_\_  
Raw \_\_\_\_\_ MASTERS Raw Classic \_\_\_\_\_ Single ply \_\_\_\_\_ Double ply \_\_\_\_\_ Masters slingshot \_\_\_\_\_

**Deadlift only-** Youth \_\_\_\_\_ Teen \_\_\_\_\_ Junior \_\_\_\_\_ Open \_\_\_\_\_ Subs \_\_\_\_\_ Masters \_\_\_\_\_ Novice \_\_\_\_\_  
Raw \_\_\_\_\_ Equipped \_\_\_\_\_

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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 if 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:** RON DEAMICIS, 6531 NEW RD, YOUNGSTOWN, OH **CONTACT:** RON DEAMICIS AT [POWERLT103@AOL.COM](mailto:POWERLT103@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 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**