

2021 WNPf CAN-AM CHAMPIONSHIPS

AUGUST 28, 2021- ROCHESTER, N.Y.

LOCATION: Victory Baptist Church, 32 Wildbriar Lane, Henrietta, NY,

HOTEL- BEST WESTERN INN, 395 BUELL RD, ROCHESTER, NY (585) 436-4400

IMPORTANT TIMES

Weigh-ins will take place the night before from 5-6PM and/or the day of from 8AM-9AM.

Rules briefing will take place at 9AM

Start time is 9:45AM sharp! Please confirm your weigh-in times by email a week before the event at

powerlt103@aol.com

ENTRY FEE: \$95.00 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 AUGUST 7, 2021. Late fees are \$40.00 after this date or \$50.00 if you walk in.**

WNPF MEMBERSHIP: ALL LIFTERS MUST BE MEMBERS OF THE WNPf. YOU CAN JOIN ONLINE AT

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

First time Novice

Raw- Knee sleeves or bare knees

Raw Classic- Knee wraps,

Single Ply &

Double ply

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 and national records will be up for grabs. Please go to the website to check out the records.

There will not be any 4th attempts awarded at this meet.

CONTACT INFO

DIRECTOR: RON DEAMICIS
powerlt103@aol.com

330-519-3078, please leave a text message and I will get back to you within 24 hours.

Website- www.wnpfpl.com
Facebook page- Ron Deamicis
Instagram- wnpf_powerlifting

Platform equipment- Monolift, 55 lb squat bar, Okie DL bar, Ivanko and Rogue plates.

ADMISSION, SHIRTS, ETC. - All spectators and coaches/spotters must pay a \$10.00 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.

2021 WNPf CAN-AMS

For online payments and online forms go to

This link [2021 Schedule/Payment & Results | wnpf-powerlifting \(wnpfpl.com\)](https://wnpf-powerlifting.com/2021-Schedule/Payment%20&%20Results)

Deadline: AUG 7, 2021- 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 2021-22 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

we will put you in the double ply division

FULL POWERLIFTING- YOUTH__ TEEN__ JUNIOR__ OPEN__ SUBS__ MASTERS__ P/F/M__ RAW__

RAW CLASSIC__ SINGLE PLY__ DOUBLE PLY__

BENCH ONLY- YOUTH__ TEEN__ JUNIOR__ OPEN__ SUBS__ MASTERS__ P/F/M__ RAW__ SINGLE PLY__

DOUBLE PLY__ MASTERS SLINGSHOT__

BENCH FOR REPS- YOUTH__ TEEN__ JUNIOR__ OPEN__ SUBS__ MASTERS__ P/F/M__

DEADLIFT ONLY- YOUTH__ TEEN__ JUNIOR__ OPEN__ SUBS__ MASTERS__ P/F/M__ RAW__

EQUIPPED__

SQUAT ONLY- YOUTH__ TEEN__ JUNIOR__ OPEN__ SUBS__ MASTERS__ P/F/M__ RAW__

RAW CLASSIC__ SINGLE PLY__ DOUBLE PLY__

IRONMAN (BP/DL COMBINED)- YOUTH__ TEEN__ JUNIOR__ OPEN__ SUBS__ MASTERS__ 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 CERTIFIED/ SIGNED SIGNATURE MAIL IT WILL NOT BE

PICKED UP. IF YOU WANT CONFIRMATION PLEASE EMAIL ME AT POWERLT103@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: RON DEAMICIS, 6531 NEW ROAD, YOUNGSTOWN, OH 44515 **CONTACT: RON DEAMICIS @**

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 use 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 from 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