



2nd Annual Battle of the Barbell

www.warriorpowerliftingfederation.com

Date: Saturday, July 24, 2021 **Location:** 1146 NE HWY 2, Windsor, MO **Time:** 10:00am

Rules Briefing: 9:30am **Weigh Ins:** Friday- (Contact Gym) & Saturday 8am-9:30am

MEET STARTS AT 10AM!

BE PREPARED!

Uniform: Singlet Required! You must wear a t-shirt with sleeves underneath your singlet.

Deadlift socks required for deadlift. If you are out of uniform, you will not lift.

All bench shirts are allowed in the equipped divisions. Raw means no bench shirt.

Meet Director: Rich McDowell **Sanction:** Warriors Powerlifting Federation - WPLF

Entry Fee: \$55 Deadlift only or Bench only, \$65 Push/Pull, \$75 Full Power, Combine Bench Press Challenge \$30 Crossover Fee: \$25 (this allows you to compete in 2 divisions. For example, Masters & Open or push/pull and full power)

Eligibility: Open to any athlete 13 years or older.

Entry Forms must be mailed by July 10

Spectator fee will be charged by gym

SEND ENTRY FORM & MAKE CHECKS OR MONEY ORDERS PAYABLE TO:

RICH MCDOWELL

500 HWY W

Rocky Mount, MO 65072

PREFERRED CONTACT: WARRIORPOWERLIFTINGFEDERATION@GMAIL.COM PHONE: 573-692-0096

CHECKS MUST CLEAR BEFORE EVENT!

(DETACH HERE)

Battle of the barbell

*****CIRCLE ALL YOUR EVENTS AND DIVISIONS*****

Raw		Single-Ply		Multi-Ply		Soft Gear						
BENCH		DEADLIFT		PUSH/PULL		FULL POWER		COMBINE CHALLENGE				
TEEN		JR 20-23		OPEN		SUB MASTER 35-39		MASTER		PARA		
						Weight class						
97	105	123	132	148	165	181	198	220	242	275	308	SHW

ENTRIES AFTER JULY 10 MUST BE PAID AT THE MEET WITH CASH ONLY OR ONLINE. YOU MUST HAVE A WPLF MEMBERSHIP CARD TO COMPETE. CARDS ARE \$35 & GOOD FOR 1 YEAR FROM THE DATE OF THE MEET

I know that participation in a powerlifting competition is potentially dangerous. I should not enter unless I am able and properly trained. I understand and agree that Rich McDowell, Christina McDowell, Danielle Clark or the WPLF, Down Range Fitness, nor its employees or officers may be held liable for any occurrence in connection with this competition, which could result in injury, death, or damages to me. In consideration of being allowed to compete in this event, I hereby assume all risks in connection with this event, including assuming the risk of getting Covid 19 or any other illness, and release Rich McDowell, Christina McDowell, Danielle Clark, the WPLF, Down Range Fitness, its weightlifting club operators, spotters and all other employees or officers or persons in any way connected to this event or the WPLF, for any injury or damage which may happen to me while I am engaged in this event, including all risk connected therewith, whether foreseen or unforeseen, and I do further agree to save and hold harmless the WPLF and all the above mentioned from any claim by, or by my heirs, executors, administrators, personal representatives and assigns arising out of my participation in this event. I understand that there will be no refunds. By signing, I understand and agree with all that is written above.

NAME: _____ **DATE OF BIRTH:** _____ **AGE:** _____ **MALE / FEMALE**

MAILING ADDRESS: _____ **CITY:** _____ **STATE:** _____

ZIP CODE: _____ **PHONE:** _____ **EMAIL:** _____

SIGNATURE: _____ (LIFTER, PARENT OR GUARDIAN IF UNDER 18)