



No Boys Allowed

Date: Saturday, July 25, 2020 **Location:** The Forge Strength Gym, 13720 E US HWY 40, Independence, MO **Time:** 10:00am **Rules Briefing:** 9:30am **Weigh Ins:** Friday-Time up to gym owners & Saturday 8am-9:30am **MEET STARTS AT 10AM!**

BE PREPARED!

Uniform: Singlet is required. Deadlift socks required for deadlift. No loose or baggy clothes. **If you are out of uniform, you will not lift.**

All bench shirts are allowed in the equipped divisions. Raw means no bench shirt or suits and no knee wraps. Classic Raw allows knee wraps.

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

Entry Fee:	Single Event \$70	Push/Pull \$80	Full Power \$90	Combine Bench Press Challenge \$30
		Spectator Fee: Price up to facility (typically \$5-\$10)		
		Eligibility: Open to any athlete 13 years or older.		
		Entry Forms must be mailed by July 11		

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

RICH MCDOWELL

500 HWY W

Rocky Mount, MO 65072

PREFERRED CONTACT: WARRIORSPowerliftingFederation@gmail.com PHONE: 573-692-0096

CHECKS MUST CLEAR BEFORE EVENT!

(DETACH HERE)

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

Raw (no knee wraps)		Classic Raw (knee wraps)			Single-Ply	Multi-Ply						
SQUAT	BENCH	DEADLIFT	FULL POWER		COMBINE CHALLENGE							
TEEN		JR 20-23	OPEN	SUB MASTER 35-39		MASTER						
Weight class												
97	105	123	132	148	165	181	198	220	242	275	308	SHW

ENTRIES AFTER JULY 11 MUST BE PAID AT THE MEET WITH CASH ONLY OR ONLINE. YOU MUST HAVE A WPLF CARD TO COMPETE

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, The Forge Strength Gym, 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 and release Rich McDowell, Christina McDowell, Danielle Clark, the WPLF, The Forge Strength Gym, 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. By signing, I understand and agree with all that is written above.

NAME: _____ **DATE OF BIRTH:** _____ **AGE:** _____
SEX: _____ **MAILING ADDRESS:** _____
CITY: _____ **STATE:** _____ **ZIP CODE:** _____
PHONE: _____ **EMAIL:** _____

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