



# A Light For Life

## Charity Meet

**Date:** Saturday, April 24, 2021 **Location:** Unbreakable Strength and Fitness, 1308 E Cleveland Ave, Monett, MO **Time:** 10:00am **Rules Briefing:** 9:30am **Weigh Ins:** Friday-Please contact gym for time & Saturday 8am-9:30am **MEET STARTS AT 10AM!**

### BE PREPARED!

**Uniform:** Singlet is required. Deadlift socks required for deadlift (socks must cover entire shin). 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. **YOU CAN NOT WEAR SPANDEX SHORTS UNDER YOUR SINGLET! If you are out of uniform, you will not lift.**

**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**  
**Due to this being a charity meet, please pay CASH the day of the meet. Do not send payment by mail.**

**The cash for the entry fee will be donated to the family we are sponsoring.**

**Eligibility:** Open to any athlete 13 years or older.

Entry Forms must be mailed by April 10

PREFERRED CONTACT: [WARRIORSPowerliftingFederation@gmail.com](mailto:WARRIORSPowerliftingFederation@gmail.com) PHONE: 573-692-0096

CHECKS MUST CLEAR BEFORE EVENT!

(DETACH HERE)

*A light for life 2021*

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

Raw (no knee wraps)			Classic Raw (knee wraps)			Single-Ply		Multi-Ply		Soft Gear		
SQUAT		BENCH		DEADLIFT		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

**YOU MUST HAVE A WPLF MEMBERSHIP CARD TO COMPETE. CARDS ARE \$35 & GOOD FOR 1 YEAR FROM THE DATE OF YOUR MEET. YOU CAN PURCHASE ONLINE OR PURCHASE THE DAY 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, Unbreakable strength and 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 and release Rich McDowell, Christina McDowell, Danielle Clark, the WPLF, Unbreakable Strength and 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. 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)