



2nd Annual No Boys Allowed!

www.warriorpowerliftingfederation.com

Date: Saturday, April 10, 2021 **Location:** 13720 E US HWY 40, Independence, MO **Time:** 10:00am **Rules Briefing:** Sat-9:30am **Weigh Ins:** Friday 10-6 & Saturday 8am-9:30am
MEET STARTS AT 10AM!

BE PREPARED!

Uniform: Singlet and deadlift socks are required. Deadlift sock must cover the entire shin. **NO SPANDEX SHORTS UNDERNEATH SINGLET!** No loose or baggy clothes. T-Shirt required for squat and bench press. **If you are out of uniform, you will not lift.**

All bench shirts are allowed in the equipped divisions. RAW means no bench shirt, suits or knee wraps (Knee sleeves and bare knee okay). Classic RAW you can wear knee wraps for squat.

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

Entry Fee: Bench only or Deadlift only-\$70, Push/Pull-\$80, Full Power-\$90, Combine Bench Challenge- \$30
Crossover Fee: \$25 Allows you to compete in 2 divisions (Example: allows you to compete in both master and open)
Eligibility: Open to any athlete 13 years or older.
 Entry Forms must be mailed by March 27

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)

No Boys Allowed

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

Raw (No knee wraps) Gear	Classic Raw (Knee wraps)		Soft Gear		Single Ply	Multi Ply	Soft					
Bench Press	Deadlift	Squat	Push/Pull	Full Power	Combine Bench 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 March 27 MUST BE PAID AT THE MEET WITH CASH ONLY OR ONLINE. NO EXCEPTIONS! YOU MUST HAVE A WPLF MEMBERSHIP CARD TO COMPETE. CARDS ARE \$35 AND ARE GOOD FOR 1 YEAR FROM DATE OF YOUR FIRST 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, 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. I understand that participating in this event could put me at risk for Covid-19 during this time, and I will not hold WPLF or The Forge Strength Gym accountable. I understand there will be no refunds for any reason. All sales are final. 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)