



MIDWEST SHOWDOWN

Date: Saturday, September 12, 2020 **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. NO SPANDEX SHORTS UNDER SINGLET! 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: Deadlift Only or Bench Only \$70 Push/Pull \$80 Full Power \$90 Combine Bench Press Challenge \$30

Crossover Fee: \$25 (allows you to compete in multiple divisions - example: open & masters)

Eligibility: Open to any athlete 13 years or older.

Entry Forms must be mailed by August 29

Spectator fees 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: WARRIORSPowerliftingFederation@gmail.com PHONE: 573-692-0096

CHECKS MUST CLEAR BEFORE EVENT!

(DETACH HERE)

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

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

ENTRIES AFTER AUGUST 29 MUST BE PAID AT THE MEET WITH CASH ONLY OR ONLINE. YOU MUST HAVE A WPLF CARD TO COMPETE. WPLF CARDS ARE \$35 & ARE GOOD FOR 1 YEAR FROM 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, 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:** _____
SEX: _____ **MAILING ADDRESS:** _____
CITY: _____ **STATE:** _____ **ZIP CODE:** _____
PHONE: _____ **EMAIL:** _____

SIGNATURE: _____

(LIFTER, PARENT OR GUARDIAN IF UNDER 18)