



2023 WNPf INTERNATIONAL CUP

GREENVILLE, SOUTH CAROLINA

MEET LOCATION: FURMAN UNIVERSITY, 3300 POINSETT HWY, GREENVILLE, SC (SITE: HERMAN LAY PHYSICAL ACTIVITY CENTER OR PAC BUILDING)

HOTELS IN THE AREA:

HAMPTON INN TRAVELERS REST, 593 Roe Center Ct, Travelers Rest, SC, US, 8442023139 OR www.hilton.com

BEST WESTERN TRAVELERS REST, 110 Hawkins Road, Travelers Rest, South Carolina 8648347040 or www.bestwestern.com

DATE: SATURDAY, OCTOBER 21, 2023

SANCTION WORLD NATURAL POWERLIFTING FEDERATION (WNPf)

IMPORTANT TIMES (WEIGH-INS, RULES AND START TIME)

WEIGH-INS 5-6 PM THE DAY BEFORE. LATE WEIGH-IN FOR LIFTERS 8- 8:30 AM ON THE DAY OF THE MEET BY APPOINTMENT ONLY. (YOU MUST EMAIL US AT WNPf@AOL.COM FOR A MORNING WEIGH IN APPOINTMENT OTHERWISE YOU MUST WEIGH-IN THE DAY BEFORE)

RULES CLINIC/WARMUP- 8:45, MEET START TIME 9:30AM. WHEN WEIGHING IN PLEASE HAVE YOUR FIRST ATTEMPTS READY TO BE RECORDED!

ENTRY FEE: \$200.00 FOR THE FIRST EVENT (INCLUDES A MEET SHIRT) EXTRA EVENTS ARE \$70.00 (DEADLINE IS SEPT 16, 2023) (LATE FEES WILL BE ADDED AFTER THIS DATE) (IF YOU PLAN TO LIFT AND YOU MISSED THE DEADLINE YOU MUST EMAIL US AT WNPf@AOL.COM OR WNPfPL@GMAIL.COM AND HAVE YOUR NAME PLACED ON THE ROSTER, LATE FEES WILL APPLY) LIFTERS WILL NOT BE ABLE TO SIGN UP ON MEET DAY, NO EXCEPTIONS!!! ALL FEES ARE NON- REFUNDABLE AND CANNOT BE TRANSFERRED OR EXCHANGED!!!

TEAM FEES- \$120.00 IN ADVANCE WITH A TEAM ROSTER

FORMS OF PAYMENT INCLUDE- PAYPAL= A 3.5% FEE WILL BE ADDED, CASHAPP AND VENMO HAVE NO ADDED FEE. CASHAPP AND VENMO IS AVAILABLE.

ONLINE ENTRY FORM- FILL IT OUT AND SUBMIT, SAVE YOUR STAMPS [Submit an online entry form |](#) OR JUST FILL OUT THIS ONE AND SEND BY MAIL. [wnpf-powerlifting \(wnpfpl.com\)](http://wnpf-powerlifting.com)

WNPf MEMBERSHIP FEE: CAN BE PAID HERE [WNPf MEMBERSHIP](#) ALL LIFTERS MUST BECOME WNPf MEMBERS!

EVENTS FULL POWER, SQUAT ONLY, BENCH ONLY, DEADLIFT ONLY, SQUAT ONLY, IRONMAN, REPS, STRICT CURL AND POWERCURL

RAW, RAW CLASSIC, SINGLE PLY & DOUBLE PLY ARE THE DIVISIONS THAT WE OFFER. RAW- KNEE SLEEVES, RAW CLASSIC- KNEE WRAPS

RULES: [WNPf RULES](#) PLEASE READ OVER THE RULES BEFORE YOU ARRIVE!

AWARDS: FIRST TO FIFTH PLACE IN EACH DIVISION. TEAM AWARDS FOR TEAMS THAT ENTER AND BEST LIFTER AWARDS FOR SOME DIVISIONS.

RECORDS: ALL STATE, NATIONAL AND WORLD RECORDS CAN BE SET IN THIS EVENT! CHECK OUT THE RECORDS HERE [WNPf RECORDS](#)

ATTIRE, ETC- WNPf ATTIRE WILL BE SOLD AT THE EVENT (SINGLETs, WRAPS, SLEEVES AND MORE)

ADMISSION- \$15.00 PER PERSON AT THE DOOR (13 YEARS AND OLDER, 12 AND UNDER FREE). ALL NON-LIFTERS MUST PAY ADMISSION. MEET SHIRTS AS WELL AS OTHER ATTIRE WILL BE SOLD AT THE EVENT.

PLATFORM EQUIPMENT: COMBO RACK ON THE PLATFORM, TEXAS SQUAT AND DEADLIFT BAR AND CALIBRATED PLATES.

LIFTING ORDER: STRICT CURL, POWERCURL, SQUAT, BENCH, REPS AND DEADLIFT

QUALIFICATIONS FOR WORLDS AND/OR NATIONALS ALL LIFTERS MUST HAVE COMPETED IN A 2023 WNPf EVENT AND PLACED FIRST TO THIRD OR FORMER WNPf WORLD CHAMPIONS FROM 2022 BY INVITE ONLY.

DIRECTOR- TROY FORD WNPf@AOL.COM

QUESTIONS AND CONCERNS- SEND AN EMAIL TO WNPf@AOL.COM OR TEXT 770-668-4841

WNPF RULES TO COMPETE IN THE 2023 WORLDS

- 1- You must make the weight class that you list on your application. If you do not think you will make weight you must email us no later than one week prior to the event.
- 2- Eligible lifters include any lifter that lifted in the WNPF WORLDS from 2022 until present or any lifter that resides three hundred miles away from the nearest WNPF event.
- 3- Lifters must lift in the events in which they qualified or lifted previously, meaning if you qualified as bench only you can compete in the bench only event. Full meet lifters can lift in the full meet and squat only, bench only and deadlift only.
- 4- If you are a lifter that did not qualify previously you must send in a request to receive an invitation to lift. You cannot just sign up and lift in this event.
- 5- All awards will be unique and new, you have not received these awards at a WNPF event. **CUSTOM WORLD CHAMPIONSHIP RINGS WILL BE AWARDED AS WELL AS WNPF CHAMPIONSHIP BELTS FOR BEST LIFTERS. TEAM AWARDS INCLUDE EXTRA LARGE CHAMPIONSHIP CUPS.**
- 6- ALL FEES ARE NON-REFUNDABLE AND CANNOT BE EXCHANGED OR TRANSFERRED TO OTHER EVENTS!

**FIRST 70 LIFTERS AND FIRST 40 FULL MEET LIFTERS ONLY!
ONCE WE REACH THESE NUMBERS THE MEET WILL BE
CLOSED AND WE WILL PLACE YOU ON A WAITING LIST TO
LIFT. THANKS**

WNPf ENTRY FORM- WORLD CHAMPIONSHIPS- DEADLINE SEPT 16, 2023- ALL FEES ARE NON-REFUNDABLE AND CANNOT BE EXCHANGED OR TRANSFERRED

NAME: [] SEX: MALE__ FEMALE__

ADDRESS: []

CITY [] STATE [] ZIP []

TEL # [] EMAIL []

ARE YOU A 2023 WNPf CARD MEMBER? YES__ NO__ CARD EXP. DATE__

ESTIMATED OPENERS? THESE CAN BE CHANGED AT WEIGH INS, THESE ARE ONLY ESTIMATES

SQUAT__ BENCH__ DEADLIFT__ CURL__ YOUR WEIGHT CLASS?__

AGE__ DATE OF BIRTH__ SHIRT SIZE__

FULL MEET- YOUTH__ TEEN__ JUNIOR__ OPEN__ SUBS__ MASTERS__ POLICE/FIRE/MILT__ RAW__ RAW CLASSIC__ SINGLE PLY__ DOUBLE PLY__

SQUAT ONLY- YOUTH__ TEEN__ JUNIOR__ OPEN__ SUBS__ MASTERS__ POLICE/FIRE/MILT__ RAW__ RAW CLASSIC__ SINGLE PLY__ DOUBLE PLY__

BENCH PRESS ONLY- YOUTH__ TEEN__ JUNIOR__ OPEN__ SUBS__ MASTERS__ POLICE/FIRE/MILT__ MASTERS SLINGSHOT__ RAW__ SINGLE PLY__ DOUBLE PLY__

DEADLIFT ONLY- YOUTH__ TEEN__ JUNIOR__ OPEN__ SUBS__ MASTERS__ POLICE/FIRE/MILT__ RAW__ EQUIPPED__

SQUAT ONLY- YOUTH__ TEEN__ JUNIOR__ OPEN__ SUBS__ MASTERS__ POLICE/FIRE/MILT__ RAW__ RAW CLASSIC__ SINGLE PLY__ DOUBLE PLY__

IRONMAN/MAIDEN- YOUTH__ TEEN__ JUNIOR__ OPEN__ SUBS__ MASTERS__ POLICE/FIRE/MILT__ RAW__ EQUIPPED__

BENCH FOR REPS- YOUTH__ TEEN__ JUNIOR__ OPEN__ SUBS__ MASTERS__ POL/FIRE/MILT__

POWERCURL- YOUTH__ TEEN__ OPEN__ MASTERS__

STRICT CURL- YOUTH__ TEEN__ OPEN__ MASTERS__

***** **ALL FEES ARE NON-**

REFUNDABLE, NON-TRANSFERABLE AND CANNOT BE EXCHANGED. PLEASE DO NOT SEND YOUR ENTRY IN BY CERTIFIED/ SIGNED SIGNATURE MAIL IT WILL NOT BE PICKED UP. IF YOU WANT CONFIRMATION PLEASE EMAIL ME AT WNPf@AOL.COM We do not accept personal checks, we will hold them for you or return them to you and have you send in a money order or bank check instead but it must be paid before the deadline otherwise a late fee will be added. If you owe any fees such as membership, extra divisions, entry, or late fees, etc. we accept cash only at weigh-ins. Thank you. SEND TO: WNPf, POBOX 142347, FAYETTEVILLE, GA. 30214

CONTACT: TROY FORD @ WNPf@AOL.COM In consideration of your accepting this entry, I hereby for myself and my heirs, release any & all rights/claims for damages for injuries I may have against the contest facility in use, World Natural Powerlifting Federation, Troy Ford, Ron DeAmicis, all other meet directors & staff, and any & all other participating sponsors, supporters, referees, and spotter/loaders as a result of my traveling to, and/or from and/or participating in, the above listed competition. I make this release and waiver of claim with full knowledge of the hazards and inherent risks associated with the above-listed competition. I hereby assume the risk of injury and property damage/loss. Also, in consideration of your accepting this entry I hereby sign over my rights to be videotaped and/or photographed to the meet directors and/or his designee. I am fully aware that I will receive no royalties and/or compensation for resale/use of the videotapes and/or photographs. I also realize that if I do not attend this event for any reason, I will forfeit all fees and cannot transfer them to another event. In consideration of the acceptance of my entry in this Powerlifting competition I intend to be legally bound, not only myself but also for my heirs, my executors, and my administrators. In signing this release from liability, I waive and release everyone connected with the competition from all liability, including any results of negligence which may arise from this competition. Moreover, I agree that any testing method which the meet director and the sponsors of this meet use to detect the presence of strength-inducing drugs SHALL BE CONCLUSIVE. That is, whether I think results of the tests are right or wrong I agree that I have no right to challenge the results of the drug tests. I further agree to submit to any physical tests which may be necessary to complete drug testing. Should I fail to pass drug tests, I agree to forfeit any trophy or award which I otherwise have won. I understand and agree that if I fail to pass the drug tests, my name will appear on a published list of suspended members. If it is determined that I have failed the drug test, I agree to waive any claim for which legal relief is available. I agree to pay any attorney fee and litigation expenses incurred by any person, real or corporate, whom I may sue to challenge this Release from Liability form. I understand that my agreement to pay attorney fees and litigation expenses is the Sine Qua Non for the acceptance of my entry in this contest. If any provision of this release form liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release of Liability shall remain in full force and effect. I agree that I have not been in contact with anyone with the Covid 19 virus and I have no symptoms of the virus. I also agree that if I catch the covid nineteen virus I will not hold the WNPf liable for if I get sickly or die from the virus. I realize that I have the option of wearing a mask and I will be around athletes that will not have on a mask. I also certify with my signature that this release/agreement cannot be modified orally. Certification: I hereby give my word of honor as an athlete that I have not used any strength inducing drugs (i.e. any anabolic steroid, natural hormone or synthetic growth hormone) as part of my training during the past thirty six months, nor have I used prescription diuretics or psychomotor stimulants during the seven days prior to this meet

Signature in full of applicant or parent/guardian if lifter is under 18