

WNPF USA NATIONALS POWERLIFTING CHAMPIONSHIPS 7.15.23 FAYETTEVILLE. GA

**This is a Drug Free
event!**



**NEW LOCATION: 9104
WARREN H ABERNATHY HWY,
SPARTANBURG, SC**

<https://ironhousegyms.com>

TIMES: WEIGH-INS (MANDATORY NIGHT
BEFORE WEIGH-IN FROM 5-6PM) or limited
request for day of WEIGH-INS FROM 8-8:30AM.
RULES BRIEFING 8:30AM, START TIME 9:15AM
RULES: [Click here for rules](#)

ENTRY FEE: \$120.00 FOR THE FIRST DIVISION OR
EVENT. \$60 FOR ANY ADDITIONAL DIVISION OR
EVENT. **ENTRY DEADLINE 6.17.23, LATE FEES
WILL APPLY AFTER THIS DATE \$30.00 AND NO
EXCEPTIONS.** IF YOU PLAN TO LIFT AND MISS
THE DEADLINE YOU MUST EMAIL ME AT
WNPF@AOL.COM! ALL FEES ARE NON-
REFUNDABLE AND CANNOT BE TRANSFERRED
OR EXCHANGED! SAVE YOUR STAMPS AND SIGN-
UP ONLINE AT WWW.WNPFPL.COM.
[https://www.wnfppl.com/2023-schedule-
payment](https://www.wnfppl.com/2023-schedule-payment) **THERE IS A 3.5% PAYPAL FEE WHEN
YOU SIGN UP ONLINE. WE DO OFFER PAYMENT
BY VENMO & CASHAPP. PERSONAL CHECKS ARE
NOT ACCEPTED!!!**

TEAM FEES: \$100 PER TEAM

WNPF MEMBERSHIP: ALL LIFTERS MUST BE
MEMBERS TO COMPETE. \$30-YOUTH & TEENS,
\$40- JUNIORS AND SENIORS OVER 65, \$60 ALL
OTHERS. [Online Membership form and payment](#)

EVENTS INCLUDE: FULL POWER, BENCH ONLY,
DEADLIFT ONLY, SQUAT ONLY, IRONMAN
(BP/DL COMBINED), BENCH FOR REPS,
POWERCURL AND STRICT CURL

DIVISIONS: YOUTH 9-10, 11-12, TEEN 13-14, 15-
16, 17-19, JUNIOR 20-23, OPEN, SUBS 35-39,
MASTERS IN 5 YEAR INCREMENTS AND
POLICE/FIRE/MILITARY

**THIS MEET WILL BE LIMITED TO THE FIRST 25
FULL MEET LIFTERS ONLY AND 50 TOTAL LIFTERS.**

RECORDS: WNPF STATE & NATIONAL RECORDS CAN
BE SET AT THIS EVENT. NO 4TH ATTEMPTS. [CLICK
FOR RECORDS](#)

AWARDS: LIFTERS THAT PLACE 1ST TO 5TH IN EACH
WEIGHT CLASS AND DIVISION WILL RECEIVE
AWARDS. BEST LIFTER AWARDS AND TEAM
AWARDS.

ATTIRE: WNPF ATTIRE WILL BE SOLD AT THE
EVENT. (TEES, SWEATS, SINGLET, KNEE SLEEVES,
WRIST WRAPS, MULTI SPORT SOCKS AND MORE).
ALL LIFTERS MUST WEAR A SINGLET TO LIFT!

**ALL LIFTERS WILL RECEIVE A WNPF TEE SHIRT
WITH THEIR ENTRY**

ADMISSION: \$12.00 FOR ALL NON-LIFTERS! NO ONE
IS ADMITTED FREE EXCEPT LIFTERS. PLEASE TELL
EVERYONE COMING TO WATCH YOU LIFT THERE IS
A FEE TO ATTEND THE SHOW. THANKS

EQUIPMENT: IVANKO POUND PLATES (ALL PLATES
ARE PRE-WEIGHED FOR ACCURACY), TSS RACK,
TEXAS DEADLIFT AND SQUAT BAR. WALK OUT
SQUAT RACKS AND BENCHES AS WELL AS PLENTY
OF WARM-UP PLATES IN THE WARMUP ROOM!

HELPERS AND WORKERS- IF YOU ARE INTERESTED
IN HELPING AT THE MEET, PLEASE EMAIL ME AT
WNPF@AOL.COM FOR MORE INFORMATION. WE
NEED SPOTTER/LOADERS, SCORE KEEPERS AND
MORE TO HELP MAKE THIS A SUCCESSFUL MEET.

**CONTACT THE WNPF AT WNPF@AOL.COM OR
WNPFPL@GMAIL.COM OR SEND A TEXT MESSAGE
TO 770.668.4841
WNPF WEBSITE- WWW.WNPFPL.COM**

WNPFF USA ENTRY FORM/DEADLINE 6.17.23

NAME _____ NICK NAME _____
STREET ADDRESS _____
CITY _____ STATE _____ ZIP CODE _____
AGE _____ DATE OF BIRTH _____ SEX- M _ F _
TEL. # _____ EMAIL ADDRESS _____
OCCUPATION _____ WT. CLASS _____ SHIRT SIZE _____

ARE YOU A CURRENT WNPFF CARD MEMBER? YES ___ NO ___ IF YES WHAT IS THE EXPIRATION DATE ON YOUR CARD? _____

ESTIMATED OPENERS: SQ _____ BP _____ DL _____ CURL _____

**FULL MEET- 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 ___**

POWERCURL- YOUTH ___ TEEN ___ OPEN ___ MASTERS ___

STRICT CURL- YOUTH ___ TEEN ___ OPEN ___ MASTERS ___

**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 ___ ALL FEES ARE NON-REFUNDABLE, NON-TRANSFERABLE AND CANNOT BE EXCHANGED.
PLEASE DO NOT SEND YOUR ENTRY IN BY CERITIFIED/ SIGNED SIGNATURE MAIL IT WILL NOT BE PICKED UP. IF
YOU WANT CONFIRMATION, PLEASE EMAIL ME AT WNPFF@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. CONTACT: TROY FORD @**

WNPF@AOL.COM In consideration of your accepting this entry, 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

SEND TO: WNPFF, POBOX 142347, FAYETTEVILLE, GA. 30214

