

# WNPFL PALMETTO PUSH/PULL (Open to lifters in all states) 9.16.23 GREENVILLE, SOUTH CAROLINA (BENCH, DEADLIFT AND CURL ONLY)

**This is a Drug Free event!**



**LOCATION:** FURMAN UNIVERSITY 3300 POINSETT HWY, GREENVILLE, SC (HERMAN LAY PHYSICAL ACTIVITY CENTER OR PAC BUILDING). ACROSS THE STREET FROM TIMMONS STADIUM. Looking for lodging- check the Travelers Rest or Greenville area.

**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 8.19.23, 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 [WNPFL@AOL.COM](mailto:WNPFL@AOL.COM)! ALL FEES ARE NON-REFUNDABLE AND CANNOT BE TRANSFERRED OR EXCHANGED! SAVE YOUR STAMPS AND SIGN-UP ONLINE AT [WWW.WNPFL.COM](http://WWW.WNPFL.COM).  
<https://www.wnpfl.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

**WNPFL 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:** BENCH ONLY, DEADLIFT 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, NOVICE, SUBS 35-39, MASTERS IN 5 YEAR INCREMENTS AND POLICE/FIRE/MILITARY

**THIS MEET WILL BE LIMITED TO THE FIRST 50 TOTAL LIFTERS.**

**RECORDS:** WNPFL STATE RECORDS CAN BE SET AT THIS EVENT. NO 4<sup>TH</sup> ATTEMPTS. [CLICK FOR RECORDS](#)

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

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

**ALL LIFTERS WILL RECEIVE A WNPFL 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 ELEIKO 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 [WNPFL@AOL.COM](mailto:WNPFL@AOL.COM) FOR MORE INFORMATION. WE NEED SPOTTER/LOADERS, SCORE KEEPERS AND MORE TO HELP MAKE THIS A SUCCESSFUL MEET.

CONTACT THE WNPFL AT [WNPFL@AOL.COM](mailto:WNPFL@AOL.COM) OR [WNPFL@GMAIL.COM](mailto:WNPFL@GMAIL.COM) OR SEND A TEXT MESSAGE TO 770.668.4841  
WNPFL WEBSITE- [WWW.WNPFL.COM](http://WWW.WNPFL.COM)

# WNPf PALMETTO BP/DL/CURL ENTRY FORM DEADLINE 8.19.23

NAME \_\_\_\_\_ NICK NAME \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

AGE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ SEX- M \_\_\_ F \_\_\_

TEL. # \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_

OCCUPATION \_\_\_\_\_ WT. CLASS \_\_\_\_\_ SHIRT SIZE \_\_\_\_\_

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**ARE YOU A CURRENT WNPf CARD MEMBER? YES \_\_\_ NO \_\_\_ IF YES WHAT IS THE EXPIRATION DATE ON YOUR CARD? \_\_\_\_\_**

**ESTIMATED OPENERS: BP \_\_\_\_\_ DL \_\_\_\_\_ CURL \_\_\_\_\_**

**BENCH PRESS ONLY- YOUTH \_\_\_ TEEN \_\_\_ JUNIOR \_\_\_ OPEN \_\_\_ SUBS \_\_\_ MASTERS \_\_\_  
POLICE/FIRE/MILT \_\_\_ NOVICE \_\_\_ MASTERS SLINGSHOT \_\_\_ RAW \_\_\_ SINGLE PLY \_\_\_ DOUBLE PLY \_\_\_**

**DEADLIFT ONLY- YOUTH \_\_\_ TEEN \_\_\_ JUNIOR \_\_\_ OPEN \_\_\_ SUBS \_\_\_ MASTERS \_\_\_  
POLICE/FIRE/MILT \_\_\_ NOVICE \_\_\_ RAW \_\_\_ EQUIPPED \_\_\_**

**POWERCURL- YOUTH \_\_\_ TEEN \_\_\_ OPEN \_\_\_ MASTERS \_\_\_**

**STRICT CURL- YOUTH \_\_\_ TEEN \_\_\_ OPEN \_\_\_ MASTERS \_\_\_**

**IRONMAN/MAIDEN- YOUTH \_\_\_ TEEN \_\_\_ JUNIOR \_\_\_ OPEN \_\_\_ SUBS \_\_\_ MASTERS \_\_\_  
POLICE/FIRE/MILT \_\_\_ NOVICE \_\_\_ 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 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. 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 DeAmids, 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, for 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 19 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**

**SEND TO: WNPf, POBOX 142347, FAYETTEVILLE, GA. 30214**