

WNPF FURMAN CHALLENGE

(Open to lifters in all states) 4.22.23

GREENVILLE, SOUTH CAROLINA

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 3.25.23, 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.wnfpfpl.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, NOVICE, 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 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, ELEIKO 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

WNPF FURMAN CHALLENGE ENTRY FORM

DEADLINE 3.25.23

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 WNPF 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 _____ NOVICE _____ RAW _____ RAW-CLASSIC _____ SINGLE PLY _____ DOUBLE PLY _____

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 _____

SQUAT ONLY- YOUTH _____ TEEN _____ JUNIOR _____ OPEN _____ SUBS _____ MASTERS _____
POLICE/FIRE/MILT _____ NOVICE _____ 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 _____ 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 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