

# WNPf NORTHEAST POWERLIFTING CHAMPIONSHIPS 8.3.24 ELLENVILLE, NY

**This is a Drug Free  
event!**



**LOCATION: AA FITNESS, 12 MARKET ST,  
ELLENVILLE, NY**

**TIMES: WEIGH-INS THE NIGHT BEFORE FROM 5-  
6PM or day of WEIGH-INS FROM 8-9AM. RULES  
BRIEFING 9AM, START TIME 9:45AM**

**RULES: [Click here for rules](#)**

**ENTRY FEE: \$125.00 FOR THE FIRST DIVISION OR  
EVENT. \$60 FOR ANY ADDITIONAL DIVISION OR  
EVENT. ENTRY DEADLINE 7.6.24, 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  
[ADANALDARONDO@YAHOO.COM](mailto:ADANALDARONDO@YAHOO.COM) ALL FEES ARE  
NON-REFUNDABLE AND CANNOT BE  
TRANSFERRED OR EXCHANGED!**

**PERSONAL CHECKS ARE NOT ACCEPTED!!!  
MONEY ORDERS AND/OR CERTIFIED CHECKS  
ONLY**

**ONLINE PAYMENTS HERE: [2024 Schedule &  
Online Payment | wnpf-powerlifting \(wnpfpl.com\)](#)**

**SAVE YOUR STAMPS AND SIGN-UP ONLINE AT  
[WWW.WNPfPL.COM](http://WWW.WNPfPL.COM).**

**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. This fee must be paid prior to this event  
online. [Online Membership form and payment](#)**

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

**DIVISIONS: YOUTH 9-10, 11-12, TEEN 13-14, 15-  
16, 17-19, JUNIOR 20-23, OPEN, SUBS 35-39,  
NOVICE, 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 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: WNPf ATTIRE WILL BE SOLD AT THE  
EVENT. 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: KILO CALIBRATED PLATES, COMBO  
RACK, ISF DEADLIFT AND OHIO BARS. 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  
[ADANALDORONDO@YAHOO.COM](mailto:ADANALDORONDO@YAHOO.COM) FOR MORE  
INFORMATION. WE NEED SPOTTER/LOADERS,  
SCORE KEEPERS AND MORE TO HELP MAKE THIS A  
SUCCESSFUL MEET.**

**CONTACT ADAN AT [AAFITNESS845@GMAIL.COM](mailto:AAFITNESS845@GMAIL.COM) OR  
SEND A TEXT TO 845.665.3877**

**WNPf WEBSITE- [WWW.WNPfPL.COM](http://WWW.WNPfPL.COM)**

# WNPf NORTHEAST ENTRY FORM/DEADLINE 7.6.24

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: SQ \_\_\_\_\_ BP \_\_\_\_\_ DL \_\_\_\_\_ CURL \_\_\_\_\_**

**FULL MEET- YOUTH \_\_\_ TEEN \_\_\_ JUNIOR \_\_\_ OPEN \_\_\_ SUBS \_\_\_ MASTERS \_\_\_ NOVICE \_\_\_  
POLICE/FIRE/MILT \_\_\_ RAW \_\_\_ RAW-CLASSIC \_\_\_ SINGLE PLY \_\_\_ DOUBLE PLY \_\_\_**

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

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

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

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

**BENCH FOR REPS- YOUTH \_\_\_ TEEN \_\_\_ JUNIOR \_\_\_ OPEN \_\_\_ SUBS \_\_\_ MASTERS \_\_\_  
POL/FIRE/MILT \_\_\_**

**POWERCURL- 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 ADANALDORONDO@YAHOO.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: ADAN ALDARONDO @ AAFITNESS845@GMAIL.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, Adan Aldarondo, AAFITNESS, 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: AA FITNESS, 12 MARKET ST, ELLENVILLE, NY 12428,  
ATTN: ADAN ALDARONDO**