

2024 WNPf WORLD TOURNAMENT OF CHAMPIONS

OCTOBER 19, 2024- MERRITT ISLAND, FL

OCTOBER 20, 2024- YOUNGSTOWN, OH

OCTOBER 26, 2024- CATO, NY

NOVEMBER 2, 2024- GREENVILLE, SC

**NOVEMBER 10 ONLY- PENNINGTON, NEW
JERSEY**

FORMAT

This year's WNPf World meet will be in a tournament format. We will have five total meets within four weeks. Although these meets are separate, if there is a lifter in your weight class/division competing in a location other than yours you will be going against this lifter. All awards will be given out after each event you are lifting in but without your trophy plate unless you are the only lifter in your weight class, division and event. Once the tournament is complete all placings will be finalized and the remainder of trophy plates will be sent to you with your placing. All best lifter awards will be announced at the last tournament in Pennington, NJ along with all Team awards. These awards will be sent out if needed also. We've had this tournament format in the past with huge success! This saves you the lifter money so you don't have to travel far, and this makes the Worlds more challenging because there will be more lifters competing.

*IF YOU ARE COMPETING IN THE FOLLOWING EVENTS (OCTOBER 20- YOUNGSTOWN OR OCTOBER 26- CATO) YOUR FEES AND APPLICATION MUST BE PAID TO RON DEAMICIS @ 6531 NEW ROAD, YOUNGSTOWN, OHIO 44515 PH: 330.519.3870

*IF YOU ARE COMPETING IN THE FOLLOWING EVENTS (OCTOBER 19- MERRITT ISLAND, NOVEMBER 2- GREENVILLE OR NOVEMBER 9-10- PENNINGTON) YOUR FEES AND APPLICATION MUST BE PAID TO TROY FORD @ POBOX 142347, FAYETTEVILLE, GA 30214. PH: 770.668.4841

Save your stamps and apply and pay online at [Submit an online entry form | wnpf-powerlifting \(wnpfpl.com\)](#) go to the 2024 schedule link and all of the information will be there about each event. [2024 Schedule & Online Payment | wnpf-powerlifting \(wnpfpl.com\)](#)

LIFTERS FROM THE FOLLOWING COUNTRIES WILL ATTEND

USA, CANADA, BRAZIL, REP. OF GEORGIA, INDIA, TURKEY, GHANA AND RUSSIA

RECORDS: You can set State, National and World records at any of these events!!!! 4th attempt World records rules will be in effect!!! Please check the rulebook for 4th attempt rules. [Rules & Regulations \(wnpfpl.com\)](#)

Qualifications- All lifters must have placed first in a WNPf state event or place in the top three in a WNPf national or major event within the 2024 season only. Lifters must lift in the weight class/division you qualified in, or you can go UP one weight class but not down! Lifters must also lift in the event in which they qualified! Full meet lifters can cross over into the Ironman and any of the other single lift events such as bench only and finally all lifters must be DRUG FREE!!!!

ALL EVENT INFORMATION IS BELOW- You can compete in one event or two! It's up to you!

LOCATION-1: OCT. 19- MERRITT ISLAND FITNESS CLUB, 1450 N. COURTENAY PKWY, SUITE 15, MERRITT ISLAND, FLORIDA- Hotels in the area Cocoa beach, Merritt Island, Titusville, Cape Canaveral. TROY FORD, wnpf@aol.com or text 770.668.4841, **Orlando airport- 45 minutes away**

Weigh-ins- 5pm-6pm on Friday and 8-8:30am on Saturday, Rules briefing 8:30am, Start time- 9:15am

LOCATION-2: OCT. 20- IMMACULATE HEART OF MARY PARISH CENTER, 4490 NORQUEST BLVD, YOUNGSTOWN, OH Hotel- Holiday Inn Express, 5555 Cerni Pl, Youngstown, OH & Quality Inn, 870 North Canfield Niles Rd, Youngstown, OH, Ron DeAmicis powerlt103@aol.com or 330.519.3870

Weigh-ins- 5:30-7pm on Saturday or 8-9am on Sunday, Rules briefing 9am, start time- 9:45am

LOCATION 3: OCT. 26- CATO REC CENTER, 2851 NY-370, CATO, NY- Please contact Ron @ powerlt103@aol.com for information on hotels in the area. Ron DeAmicis powerlt103@aol.com or 330.519.3870. **Syracuse airport- 30 minutes away**

Weigh-ins 5-6:30pm on Friday or 8-9am on Saturday, Rules briefing 9am, Start time- 9:45am

LOCATION 4- NOV. 2- 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. TROY FORD, wnpf@aol.com or text 770.668.4841- **GSP airport- 30 minutes away**

Weigh-ins- 5pm-6pm on Friday and 8-8:30am on Saturday, Rules briefing 8:30am, Start time- 9:15am

LOCATION 5- NOV. 10- (This is a one-day event) NEW LOCATION: FULL DEPTH, 1595 REED ROAD, PENNINGTON, NJ. Hotels nearby include- Quality Inn, Lawrenceville, NJ or Trenton, NJ, Hampton Inn, Morrisville, PA TROY FORD, wnpf@aol.com or text 770.668.4841, **TTN airport- 15 minutes away**

Weigh-ins- 5pm-6pm the day before you lift and 8-8:30am on the day of, Rules briefing 8:30am, Start time- 9:15am

MEET ENTRY FEES- Meet shirts are given to all lifters as a part of their entry!

First event or division- \$205.00, Additional events or division- \$80.00. Deadlines for each event is as follows: (Late fee is \$50.00 for all meets) (We are not taking entries at the door)

LOCATIONS 1-2-3 DEADLINE- (Merritt Island, FL- Youngstown, OH & Cato, NY- Saturday, September 21st)

LOCATIONS- 4 & 5 DEADLINE- Greenville, SC and Pennington, NJ- Saturday, September 28th

PAY ONLINE HERE: [2024 Schedule & Online Payment | wnpf-powerlifting \(wnpfpl.com\)](https://wnpf-powerlifting.com)

ONLINE FORM: [Submit an online entry form | wnpf-powerlifting \(wnpfpl.com\)](https://wnpf-powerlifting.com)

TEAM FEES: \$150.00 to enter the WNPf World Championship Team Division- A roster must be submitted one week prior to the first event in Merritt Island 10/19/2024. Teams can enter any event such as Full Power or Bench only, Curl, etc.

PAY ONLINE HERE: [2024 Schedule & Online Payment | wnpf-powerlifting \(wnpfpl.com\)](https://wnpf-powerlifting.com)

ONLINE FORM: [Submit an online entry form | wnpf-powerlifting \(wnpfpl.com\)](https://wnpf-powerlifting.com)

WNPF MEMBERSHIPS All lifters must be members of the WNPF. You must have a current WNPF membership otherwise a membership must be purchased. [Online Membership form and payment | wnpf-powerlifting \(wnpfpl.com\)](#) This can be done before the event you are entering, or you can pay cash at weigh-ins.

AWARDS- NEW 7" CUSTOMIZED WNPF WORLD CHAMPIONSHIP MEDALS ARE BEING MADE FOR THIS EVENT. NEW BEST LIFTER AWARDS AND CHAMPIONSHIP BELTS FOR TEAMS! THESE AWARDS ARE NEW AWARDS FOR ALL WNPF LIFTERS!

DIVISIONS

Youth 9-10, 11-12, Teens- 13-14, 15-16 & 17-19, Juniors 20-23, Natural Open- 3 years drug free or more, **Lifetime Open- MUST BE Lifetime drug free Open**, Submasters- 35-39, Masters in 5-year increments (Curl division for masters in 10 year increments), Police/Fire/Military- Current or former service and proof must be shown at weigh-ins.

EVENTS

Full Powerlifting, Bench only, Masters bench press slingshot 40+, Deadlift only, Squat only, Ironman- Bench and deadlift combined, Bench for reps, Powercurl & Strict curl. The Strict Curl will not take place in Youngstown and Cato just the Powercurl! Both the Powercurl and Strict Curl will take place in Merritt Island, Greenville and Pennington.

RAW- Knee sleeves or bare knees, RAW CLASSIC- Knee wraps, EQUIPPED- Single or Double ply. Please read the rules for all equipment. [Rules & Regulations \(wnpfpl.com\)](#)

ADMISSION FOR EACH EVENT

\$15.00 for Merritt Island, Youngstown, Cato and Greenville. \$20.00 for Pennington, NJ. Please let your audience and cheering section know that there is a charge to see the show. Thanks

MEET ATTIRE AND MORE- meet shirts, knee sleeves, knee wraps, wrist wraps, singlets, hoodies, sweat shirts & pants, WNPF caps and more.

CALIBRATED ROGUE AND/OR IVANKO PLATES WILL BE USED AT ALL EVENTS!

WNPF WORLD TOURNAMENT OF CHAMPIONS ENTRY FORM

ENTRY FORM- Your entry fees and form must be in by the deadline listed; otherwise, a late fee of \$50.00 must be paid along with your entry fee. Save your stamps and enter online at [2024 Schedule & Online Payment | wnpf-powerlifting \(wnpfpl.com\)](#) Online form- **ONLINE FORM:** [Submit an online entry form | wnpf-powerlifting \(wnpfpl.com\)](#)

NAME _____ NICK NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____ AGE _____ DOB _____

Are you a 2024-25 WNPF member? Yes ___ No ___ If yes expiration date? _____

How did you qualify? WNPF state meet _____ WNPF National or major meet _____

Wt. class competing in? _____ Wt. class qualified in? _____ Which location are you attending? _____

All entry fees are final, they cannot be exchanged, transferred and are non-refundable!

Amount enclosed OR paid \$ _____ Meet shirt size _____

First attempts- SQUAT _____ BENCH _____ DEADLIFT _____ CURL _____

Full meet-Youth ___ Teen ___ Junior ___ Nat open ___ Lifetime open ___ Subs ___ Masters ___ P/F/M ___ Raw ___ Raw classic ___ Single ply ___ Double ply ___

Bench only- Youth ___ Teen ___ Junior ___ Nat open ___ Lifetime open ___ Subs ___ Masters ___ P/F/M ___ Masters slingshot ___ Raw ___ Single ply ___ Double ply ___

Deadlift only- Youth ___ Teen ___ Junior ___ Nat open ___ Lifetime open ___ Subs ___ Masters ___ P/F/M ___ Raw ___ Equipped ___

Squat only- Youth ___ Teen ___ Junior ___ Nat open ___ Lifetime open ___ Subs ___ Masters ___ P/F/M ___ Raw ___ Raw classic ___ Single ply ___ Double ply ___

Ironman- Youth ___ Teen ___ Junior ___ Nat open ___ Lifetime open ___ Subs ___ Masters ___ P/F/M ___ Raw ___ Equipped ___

Bench for reps- Youth ___ Teen ___ Junior ___ Nat open ___ Lifetime open ___ Subs ___ Masters ___ P/F/M ___

Strict curl-Youth ___ Teen ___ Open ___ Masters ___ Powercurl- Youth ___ Teen ___ Open ___ Masters ___

If you are lifting in Ron Deamicis meets- Youngstown, OH. Or Cato, NY **Make your payment to:** RON DEAMICIS **Send to:** RON DEAMICIS, 6531 NEW ROAD, YOUNGSTOWN, OHIO, 44515

If you are lifting in Troy Ford meets- Merritt Island, Greenville or Pennington- Make your payment to: WNPF Send to: WNPF, POBOX 142347, Fayetteville, GA 30214 Bank checks, cash and money orders only. No personal checks accepted. Please do not send your entry form by certified or registered mail; it will not be picked up. If you want confirmation please email us at wnpf@aol.com or powerl103@aol.com a \$50 late fee will apply after the deadline date. Fees must and will be applied in advance or at weigh-ins, no exceptions. Cash only at weigh-

ins 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, 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 any and 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 in an effort to challenge this Release from Liability form. I understand that my agreement to pay attorney fees and litigation expenses is the Sole Remedy 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 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

No refunds, exchanges or transfers on any fees if you do not attend

Which team will be the 2024 WNPF World Champions?

TEAM ROSTER

Note: lifters that are lifting on a team must still pay their individual entry fees to lift in a meet. The team fee is an extra event that your team will compete in for a team championship. Please send this in with your entry fee by the deadline. \$150.00 team fee.....

TEAM NAME _____

EVENT ENTERING _____ (EX: FULL POWER, BENCH ONLY, ETC.)

DIVISION ENTERING – Teens only__ Masters only__ Women only__ multiple divisions__

NAME	WT.CLASS	DIVISION
1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____
6	_____	_____
7	_____	_____
8	_____	_____
9	_____	_____
10	_____	_____
11	_____	_____
12	_____	_____

Rules: Your team cannot have more than 3 lifters in the same weight class.

All lifters must lift in the same event. You are allowed a maximum of 12 lifters and a minimum of 3 lifters. Final team rosters must be turned in by 10/19/2024.