

2022 WNPf CAN-AM NATIONAL POWERLIFTING CHAMPIONSHIPS

CATO, NEW YORK

MEET LOCATION: CATO REC. CENTER, 2851 RT. 370, CATO, NY

DATE: SATURDAY, AUGUST 20, 2022

SANCTION WORLD NATURAL POWERLIFTING FEDERATION (WNPf)

IMPORTANT TIMES (WEIGH-INS, RULES AND START TIME)

WEIGH-INS 5-6 PM THE DAY BEFORE OR 8-9 AM ON THE DAY OF THE MEET.

RULES CLINIC/WARMUP- 9:15, MEET START TIME 9:45AM. WHEN WEIGHING IN PLEASE HAVE YOUR FIRST ATTEMPTS READY TO BE RECORDED!

ENTRY FEE: \$110.00 FOR THE FIRST EVENT (INCLUDES A MEET SHIRT) EXTRA EVENTS ARE \$60.00 (DEADLINE IS JULY 23, 2022) (LATE FEES WILL BE ADDED AFTER THIS DATE) (IF YOU PLAN TO LIFT AND YOU MISSED THE DEADLINE YOU MUST EMAIL US AT POWERLT103@AOL.COM AND HAVE YOUR NAME PLACED ON THE ROSTER, LATE FEES WILL APPLY)

TEAM FEE: TEAM FEES ARE \$100 PER TEAM. ALL TEAM MEMBERS MUST PAY THEIR INDIVIDUAL ENTRY FEES FIRST.

FORMS OF PAYMENT INCLUDE- PAYPAL= A 3.5% FEE WILL BE ADDED- PLEASE USE EMAIL (POWERLT103@AOL.COM) OR MONEY ORDER BY MAIL. IF YOU DO NOT USE THE PAYPAL LINK PROVIDED YOU MUST ADD THE 3.5% FEE!!!

ONLINE ENTRY FORM- FILL IT OUT AND SUBMIT, SAVE YOUR STAMPS [Submit an online entry form |](#) OR JUST FILL OUT THIS ONE AND SEND BY MAIL. [wnpf-powerlifting \(wnpfpl.com\)](http://wnpf-powerlifting.com)

WNPf MEMBERSHIP FEE: CAN BE PAID HERE [WNPf MEMBERSHIP](#) ALL LIFTERS MUST BECOME WNPf MEMBERS!

EVENTS FULL POWER, BENCH ONLY, DEADLIFT ONLY, SQUAT ONLY, IRONMAN, REPS

RAW, RAW CLASSIC, SINGLE PLY & DOUBLE PLY ARE THE DIVISIONS THAT WE OFFER

RULES: [WNPF RULES](#) PLEASE READ OVER THE RULES BEFORE YOU ARRIVE!

AWARDS: ALL LIFTERS WILL BE AWARDED AS LONG AS YOU DON'T BOMB OUT. NEW AWARDS WILL BE AWARDED THIS YEAR! TEAM AWARDS FOR TEAMS THAT ENTER AND BEST LIFTER AWARDS FOR SOME DIVISIONS.

RECORDS: ALL STATE & NATIONAL RECORDS CAN BE SET IN THIS EVENT! CHECK OUT THE RECORDS HERE [WNPF RECORDS](#)

ATTIRE, ETC- WNPF ATTIRE WILL BE SOLD AT THE EVENT

ADMISSION- \$10.00 PER PERSON AT THE DOOR (13 YEARS AND OLDER, 12 AND UNDER FREE)

PLATFORM EQUIPMENT: MONOLIFT, OHIO SQUAT AND DEADLIFT BAR AND IVANKO PLATES.

QUALIFICATIONS FOR WORLDS AND/OR NATIONALS

CLASSIFICATION CHARTS [CLICK HERE](#)

DIRECTOR- RON DEAMICIS- POWERLT103@AOL.COM

QUESTIONS AND CONCERNS- SEND AN EMAIL TO POWERLT103@AOL.COM OR TEXT 330 519-3078

FIRST 50 LIFTERS AND FIRST 25 FULL MEET LIFTERS ONLY! ONCE WE REACH THESE NUMBERS THE MEET WILL BE CLOSED AND WE WILL PLACE YOU ON A WAITING LIST TO LIFT. THANKS

WNPf ENTRY FORM- CAN-AM POWERLIFTING- DEADLINE JULY 23, 2022

NAME: SEX: MALE__ FEMALE __

ADDRESS:

CITY STATE ZIP

TEL # EMAIL

ARE YOU A 2022 WNPf CARD MEMBER? YES __ NO __ CARD EXP. DATE __

ESTIMATED OPENERS? THESE CAN BE CHANGED AT WEIGH INS, THESE ARE ONLY ESTIMATES

SQUAT__ BENCH__ DEADLIFT__ YOUR WEIGHT CLASS?__

Tee shirt size__ AGE__

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__

IRONMAN/MAIDEN- YOUTH__ TEEN__ JUNIOR__ OPEN__ SUBS__ MASTERS__ POLICE/FIRE/MILT__
NOVICE__ RAW__ SINGLE PLY__ DOUBLE PLY__

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 CERTIFIED/ SIGNED SIGNATURE MAIL IT WILL NOT BE PICKED UP. IF YOU WANT CONFIRMATION PLEASE EMAIL ME AT POWERLT103@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.

SEND TO: RON DEAMICIS, 6531 NEW RD, YOUNGSTOWN, OH 44515 CONTACT: RON DEAMICIS @ POWERLT103@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 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 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 Same Quia 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