

The BILL BECKWITH MEMORIAL
POWERLIFTING & SINGLE EVENT CHAMPIONSHIPS

Sanctioned by the

AMERICAN DRUG-FREE POWERLIFTING FEDERATION: www.adfpf.org

This is a QUALIFICATION opportunity for both the WDFPF SINGLE EVENT WORLD &
POWERLIFTING WORLD CHAMPIONSHIPS & ADFPF Record-Setter.

DATE: **SEPTEMBER 13rd**, 2008

MEET DIRECTOR: Richard Van Eck
45451 Peninsula Drive
Grand Junction, MI; 49056

(269) 521-4031

PLACE: The Salvation Army
1235 E. Fulton Street
Grand Rapids, MI

TIME: 7:30 a.m. – 9:00 a.m. Equipment Check and Weigh-in
9:10 a.m. Rules Briefings
9:30 a.m. Lifting Begins

ENTRY FEE: \$60.00 per Divisions of Powerlifting; \$45.00 per Event/Division for SINGLE EVENTS.

ALL ENTRIES MUST POSTMARKED NO LATER THAN SEPTEMBER 3rd, 2008!

NO REFUNDS!

DIVISIONS of COMPETITION: You may participate in either the UNEQUIPPED or the EQUIPPED DIVISIONS (information concerning constraints of each DIVISION listed below):

UNEQUIPPED Division: The only supportive equipment allowed is the LIFTING BELT & WRIST WRAPS. Lifters must wear NON-SUPPORTIVE SINGLETs & T-shirts. Shoes are required in each event. All lifting personal equipment must meet ADFPF rule specifications.

EQUIPPED Division: Single ply supportive suits & bench shirt (allowed only in the Bench Press Event); non-supportive T-Shirt; knee & wrist wraps; belt & shoes (required in each event). All lifting personal equipment must meet ADFPF rule specifications. SUPPORTIVE BRIEFS are **NOT ALLOWED**

COMPETITION EVENT OPTIONS: Lifters may select **POWERLIFTING** competition in either the UNEQUIPPED or the EQUIPPED DIVISIONS or they may compete in any of the following **SINGLE EVENTS:**

SQUAT:

BENCH PRESS:

DEADLIFT

CATEGORIES OF COMPETITION: Lifters may enter any of the following CATEGORIES for which they qualify:

OPEN; TEEN 1 (14-15 yrs of age); TEEN 2 (16-17 yrs of age); TEEN 3 (18-19 yrs); JUNIOR (20-23 yrs of age) MASTERS (starting at 40-44; 45-49; 50-54; etc. in 5 year increments. POLICE/FIRE/MILITARY (Full time employment).

WEIGHT CLASSES: Lifters may enter any of the following weight class based on their body weight during the official weigh-in::

| | | | | | | | | |
|--------|-------------------------|-------------------------|-------------------------|---------------------------|-------------------------|-------------------------|-------------------------|--------------------------|
| MEN: | 52.0 (114.5) | 56.0 (123.5) | 60.0 (132.25) | 67.5 (148.75) | 75.0 (165.25) | 82.5 (181.75) | 90.0 (198.25) | 100.0 (220.25) |
| | 110.0 (242.5) | 125.0 (275.5) | 145.0 (319.5) | +145.0 (+319.5) | | | | |
| WOMEN: | 44.0 (97.0) | 47.5 (104.75) | 50.5 (111.25) | 53.0 (116.75) | 55.5 (122.25) | 58.5 (129.0) | 63.0 (139.0) | 70.0 (154.25) |
| | | 80.0 (176.25) | 90.0 (198.25) | +90.0 (+198.25) | | | | |

AWARDS: **OPEN** Men & Women: 1st – 3rd in each weight class & Division (UNEQUIPPED or EQUIPPED)
Teenage Men * Women: 1st – 5th in each weight class & Division
Police/Fire/Military Men & Women: 1st – 3rd in each weight class & Division
Master's Men & Women: 1st – 3rd in each weight class) & age Category – five year increments)

DRUG TESTING: URINALYSIS testing on a minimum of 10% of participants

BANNED SUBSTANCE LIST: ADFPF drug control policies follow the United States Olympic committee (USOC) guidelines, which will be applied in cases for substances not covered below. Banned substances include ANABOLIC STEROIDS, GROWTH HORMONES, PRESCRIPTION DIURETICS and PSYCHOMOTOR STIMULANTS. Many over-the-counter substances violate ADFPF Drug Control rules. Check all ingredients; phone the USOC DRUG HOTLINE at 1-800-233-0393.

ADFPF Active members are subject to both NIL-notice IN and OUT-OF COMPETITION testing and to Target Testing. If tested POSITIVE, the lifter may appeal by allowing the testing of Sample B at THEIR OWN EXPENSE. Lifters testing POSITIVE for ANABOLIC STEROIDS and related substances, OR who refuse to be drug tested IN-COMPETITION and/or OUT-OF COMPETITION receive a LIFETIME BAN.

Beta Blockers are acceptable medications. Positive ephedrine results will not necessarily be regarded as drug abuse carrying an automatic lifetime ban. Any level of ephedrine indicated by a drug test will cause a loss of title and record(s) set. The penalty based on the following:

1. Up to 10 ppm will result in a warning
2. Over 10 ppm will result in a 2-year ban (and removal of any title, lacing and record(s) set, if the results are IN-competition.
3. A second positive ephedrine test will result in a lifetime ban.

The suspension from competition begins on the date of when the test was taken.

The ADFPF Drug-Free period prior to ADFPF competition is 5 years minimum.

ADFPF MEMBERSHIP: Lifters must show current ADFPF Membership Cards (EXPIRATION DATE: DECEMBER 31, 2008). ADFPF Membership Forms will be available at the meet. The Registration Fee is \$20.00; please make checks out to the A.D.F.P.F.

TIME SCHEDULE:

Friday, SEPTEMBER 12th: lifters may look at venue & check body weight from 6:00 to 7:30 p.m.

Saturday, SEPTEMBER 13th: **OFFICIAL WEIGH-IN BEGINS** at **7:00** to **8:30** a.m. All lifters must bring their ADFPF Membership Card as well as proof of age via Driver's License, photo I.D., Birth Certificate or Passport.

RULES BRIEFING: 8:40 a.m.

LIFTING BEGINS at **9:00** a.m.

A.D.F.P.F. RULES:

The meet will be conducted using KILO PLATES within the ROUNDS SYSTEM.

Chalk, Baby Powder/talc is allowed in designated areas.

All personal equipment worn on the platform must be CLEAN, UNTORN and in GOOD repair.

Obscenities/profanities are **NOT allowed** on any item in the competition area.

HOTEL & MOTELS:

Entry form for the 2008

BILL BECKWITH MEMORIAL POWERLIFTING & SINGLE EVENT CHAMPIONSHIPS

COMPLETE, SIGN and RETURN BOTH PAGES of this ENTRY FORM with CHECK or MONEY ORDER made out to: The ADFPF. Please mail both Entry & Release forms to: The National Office; 27 ELMO DR.; Macomb, IL; 61455.

Please PRINT CLEARLY or TYPE:

First name Middle Initial Last name

Street Address

City State Zip Code

Home phone including area code Weight Class in Kilos Gender

Cell phone Date of Birth Age on day of competition

E-Mail Address: _____

Best COMPETITION SQUAT: _____ Best COMPETITION BENCH PRESS: _____

Best COMPETITION DEADLIFT: _____ Best COMPETITION TOTAL: _____

CIRCLE the DIVISION or the ABOVE listed LIFTS: **UNEQUIPPED** **EQUIPPED**.

IF you've been drug tested, list the APPROXIMATE DATE(S) OF TESTING: _____

METHOD(S) OF TESTING (CIRCLE ONE): **URINALYSIS** **POLYGRAPH**

HAVE YOU BEEN DRUG-FREE FOR A MINIMUM OF 5 YEARS? _____

CHECK competition entered:

UNEQUIPPED Division POWERLIFTING Championships (\$60.00)

EQUIPPED Division POWERLIFTING Championships (\$60.00)

SINGLE EVENT UNEQUIPPED Division Championships . (\$45.00 for 1st event; \$35.00 per additional event).
Please CIRCLE the events you wish to enter:

SQUAT

BENCH PRESS

DEADLIFT

SINGLE EVENT EQUIPPED Division Championships . (\$45.00 for 1st event; \$35.00 per additional event).
Please CIRCLE the events you wish to enter:

SQUAT

BENCH PRESS

DEADLIFT

CATEGORIES OF COMPETITION: Please Check the CATEGORIES in which you wish to compete:

___ OPEN ___ TEEN 1 (14-15 yrs of age) ___ TEEN 2 (16-17 yrs of age) ___ TEEN 3 (18-19 yrs)

___ JUNIOR (20-23 yrs of age) ___ POLICE/FIRE/MILITARY (Full time employment)

___ MASTERS (Please give AGE on MARCH 3rd: _____.)

Total ENTRY FEE: \$ _____. Please make check payable to The A.D.F.P.F..

For additional INFORMATION please phone: (269) 521-4031 or 309=837-2111.

OFFICIAL RELEASE FORM CERTIFICATION:

I hereby give my word of honor that during the past five (5) years, I have not used anabolic steroids or other anabolic agents that would be considered banned substances by the International Olympic Committee. I further agree NOT to use prescription diuretics as a masking agent or in an effort to make weight. **NOR** will I take psychomotor stimulants for this competition.

Signature: _____ Date: _____

Release From Liability:

Please read this release very carefully, as when you sign it, you will be giving up important legal rights!

In consideration of the acceptance of my entry form for "The Bill Beckwith Memorial Powerlifting, and Single Events Championships, I intend to be legally bound for not only myself but also my heirs, my executors and my administrators. In signing this release from liability, I waive and release anyone connected with this competition, i.e. "The Michigan State Powerlifting Association, the Wayland Middle School, the Meet Directors, the A.D.F.P.F., the W.D.F.P.F. or any persons associated with the competition from any and all liability which may arise from this competition.

Additionally, I understand that POWERLIFTING is an inherently hazardous activity and that participation in this sport exposes me to the risk of injury or death. I further understand that the A.D.F.P.F. will NOT reimburse me for, or provide coverage of any medical expenses incurred by me as a result of injuries that I might sustain, training for, traveling to or from, or participating in this competition.

Moreover, I agree that the results of any testing method selected by ADFPF recognized testing officers for the purpose of detecting the presence of drugs, as listed on the International Olympic Committee (I.O.C.) banned substances list, SHALL BE CONCLUSIVE. I agree to cooperate fully with all required I.O.C. sampling and testing procedures. This includes any testing procedures that may be considered necessary prior to or after this event. Should I fail to pass the drug testing procedures, I agree to forfeit any trophy, award, record or placing that I might otherwise have won. I also agree to waive any claim that might arise under state, national or international law for defamation, slander, libel or any other claim for which legal relief is available. I agree to pay any attorney fees and litigation expenses incurred by any person, real or corporate, which I may sue in effort to challenge this release from liability. I understand that my agreement to pay attorney fees and litigation expenses is the SINE QUA NON for acceptance of my entry in this contest. If any provision of this Release From Liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release From Liability shall remain in full force and effect. I also certify with my signature that this release/agreement cannot be modified orally.

Signature of athlete Date: _____

(Signature of parent/guardian if athlete is under 18 yrs of age) Date: _____