

The Pit Barbell Club presents
An A.D.F.P.F. INTERNATIONAL POWERLIFTING QUALIFIER
Competition in POWERLIFTING
Including
EQUIPPED & UNEQUIPPED Divisions in all Weight Classes & Categories

The AMERICAN DRUG-FREE POWERLIFTING FEDERATION is a Not-For Profit organization, established to provide a service for drug-free lifters. As the U.S. affiliate to the World Drug-Free Powerlifting Federation, Inc., ADFPF members have the opportunity of participating Internationally against other WDFPF drug-free lifters. By participating in the OCTOBER 4th event, lifters who reach the WDFPF Powerlifting Qualification totals will be eligible to sign up for a slot on one of the U.S. Teams entering the 2008 WDFPF POWERLIFTING WORLD CHAMPIONSHIPS held in EVANSVILLE, IN on NOVEMBER 22nd (UNEQUIPPED Division) & 23rd (EQUIPPED Division).

Although in existence for several years, the ADFPF has only recently started to keep AMERICAN NATIONAL & STATE POWERLIFTING & SINGLE EVENT records in all weight classes & categories for men and women.

DATE: OCTOBER 4, 2008

MEET DIRECTORS: Michael E. Stagg (812-204-3755) & DICK CONNOR (812-867-1736)
E-mail: stagg@insightbb.com

VENUE: THE PIT BARBELL CLUB; 400 EDGAR STREET; EVANSVILLE, IN

ENTRY FEE: \$20.00 for ONE DIVISION (UNEQUIPPED or EQUIPPED) & CATEGORY (see below); \$5.00 for an additional DIVISION or CATEGORY. Make checks payable to MICHAEL E. STAGG; 6000 Lake Shore Dr; Evansville, IN 47720

ENTRY DEADLINE: ENTRIES must be POSTMARKED BY MONDAY, September 29th.

WEIGHT CLASSES (in Kilos): To change POUNDS to Kilos, DIVIDE POUNDS by 2.2046. To change KILOS to Pounds, MULTIPLY KILOS by 2.2046.

WOMEN: 44; 47.5; 50.5; 53.0; 55.5; 58.5; 63.0; 70.0; 80.0; 90.0; & +90.0.

MEN: 52.0; 56.0; 60.0; 67.5; 75.0; 82.5; 90.0; 100.0; 110.0; 125.0; 145.0; +145.0.

AWARDS: Promoting DRUG-FREE Powerlifting while providing participants with the opportunity of qualifying for the W.D.F.P.F. POWERLIFTING WORLD CHAMPIONSHIPS, is the focus of this event. Entry fees are minimal allowing payment for the drug testing. No awards, no placings & no records; you either qualify or not.

DRUG TESTING: Athletes should be prepared for full IOC Drug Testing following all WDFPF Rules, Regulations and procedures. A minimum of 10 % of participants will be tested. Selection may be made via placing/totals, records set and at the discretion of the ADFPF.

A.D.F.P.F. Membership required: Membership forms are available on the website: www.adfpf.org forms will also be available at the meet. A.D.F.P.F. membership fee is \$20.00 and can be paid by check, money order (made out to the A.D.F.P.F.) or by cash.

DIVISIONS & Personal equipment:

UNEQUIPPED Division: The only supportive equipment allowed in this Division is the lifting BELT and WRIST WRAPS (if desired). All EQUIPMENT MUST MEET A.D.F.P.F. Specifications as listed in the ADFPF Rulebook.

Page 2:

EQUIPPED Division: All equipment must meet ADFPF specifications as listed in the Rulebook.

SQUAT EVENT: Supportive equipment includes a SINGLE PLY SQUAT SUIT, BELT, KNEE WRAPS & WRIST WRAPS. A NON-SUPPORTIVE T-Shirt must be worn under the SQUAT SUIT. SUPPORTIVE BRIEFS are **NOT** allowed.

BENCH PRESS EVENT: Supportive equipment includes a SINGLE PLY BENCH SHIRT with closed seams (OPEN BACK NOT ALLOWED no are FASTENERS), may NOT be made of CANVAS, BELT & WRIST

WRAPS. A non-supportive singlet must be worn over the shirt. If no supportive shirt is worn, a T-shirt must be worn.

DEADLIFT EVENT: Supportive equipment includes a SINGLE PLY SUIT, BELT, KNEE WRAPS and WRIST WRAPS. SUPPORTIVE BRIEFS are **NOT** allowed.

CATEGORIES: AGE-related categories will be **determined by legal age on October 4th:**

OPEN (14 yrs upward)

TEENAGE 1 (14 through 15 years)

TEENAGE 2 (16 through 17 years)

TEENAGE 3 (18 through 19 years)

JUNIOR (20 through 23 years)

MASTERS' (starting at age 40 in 5 year increments)

POLICE/FIRE/MILITARY FULL-TIME EMPLOYMENT required; Open category only)

SCHEDULE: **SATURDAY, October 4th:**

7:00 a.m. to 8:30 a.m.: Weigh-In & Equipment Check for all lifters. Bring proof of age to Weigh-In along with A.D.F.P.F. Membership Card.

8:50 a.m.: **RULES BRIEFING.**

9:00 a.m.: **Competition will begin.**

HOTELS:

The COMFORT INN; 8331 East Walnut; EVANSVILLE, IN; 47715 (1/2 mile from the venue; numerous dining/shopping options nearby). Breakfast is INCLUDED there is a POOL & WIRELESS internet in public areas and free hi-speed internet in rooms. PHONE: 812-476-3600.

The FAIRFIELD INN WEST; 5400 Weston Road; EVANSVILLE, IN; 47712 (1 mile from venue). EVANSVILLE WEST. Phone: 812-429-0900

DIRECTIONS TO HOTEL & VENUE:

The best way to get directions is on your computer via Mapquest.com. type in your address (from) and then type in "The Pit's" address (to) and it will give the directions. I will list below some additional direction if you do not have access to Mapquest.

From the West: Come into Evansville going east on the Lloyd Expressway and take the Franklin Street exit go east on Franklin and turn left on Edgar (Berry Plastic is on the right) and go one block, gym is on the left.

From the East: Come into Evansville going west on the Lloyd Expressway and take the Garvin Street exit and go North to Franklin go west on Franklin to Edgar and go north one block to the gym.

From the North: Come into Evansville on Hwy 41 South and take the Lloyd Expressway exit going west take the Garvin Street exit and go North to Franklin to Edgar and go north one block to the gym.

From the South: Come into Evansville on Hwy 41 North and take the Lloyd Expressway exit going west take the Garvin Street exit and go North to Franklin to Edgar and go north one block to the gym.

If all else fails call the gym at **1-812-422-0617**

Entry form for the
2008 A.D.F.P.F. POWERLIFTING QUALIFIER
for **POWERLIFTING Competition**
EQUIPPED & UNEQUIPPED Divisions; ALL CATEGORIES

ENTRY DEADLINE: Entries including entry fees must be POSTMARKED by **MONDAY, SEPTEMBER 29th.** Late Entries MAY be accepted depending on number of entries. Entry forms & Fees to be mailed to: MICHAEL E. STAGG; 6000 Lake Shore Dr; Evansville, IN 47720.

Please type or print CLEARLY:

Complete NAME:

Date of Birth:

_____ - _____

(First) (Middle Initial) (Last) (Mo.- Day - Year)
Full postal ADDRESS:

_____ Age on day of competition: _____

_____ PHONE #: _____

_____ FAX #: _____

ADFPF Registration Number: _____ E-mail address: _____

Circle gender: FEMALE MALE Competition WEIGHT CLASS: _____

Please **CIRCLE** Powerlifting **DIVISION** and **CATEGORIES**.

UNEQUIPPED Powerlifting:

Open; Teen 1; Teen 2; Teen 3; Junior; Masters' age _____; Police/Fire/Military
(14-15) (16-17) (18-19) (20-23) (40-unlimited) (full time employment)

EQUIPPED Powerlifting:

Open; Teen 1; Teen 2; Teen 3; Junior; Masters' age _____; Police/Fire/Military
(14-15) (16-17) (18-19) (20-23) (40-unlimited) (full time employment)

PREVIOUS BEST **UNEQUIPPED** COMPETITION LIFTS:

SQUAT: _____; BENCH PRESS: _____; DEADLIFT: _____; TOTAL: _____

PREVIOUS BEST **EQUIPPED** COMPETITION LIFTS:

SQUAT: _____; BENCH PRESS: _____; DEADLIFT: _____; TOTAL: _____

Have you ever been drug tested? _____. Date of last drug test: _____

ENTRY FEES: POWERLIFTIN 1 Division; 1 Category = \$20.00.

\$5.00 for any additional EVENT, DIVISION and/or Category. Checks & Money Orders payable to MICHAEL E. STAGG; 6000 Lake Shore Dr; Evansville, IN 47720.

RELEASE FROM LIABILITY and CONSENT TO DRUG TEST:

NOTE: (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 October 4th, 2008 Powerlifting competition, I intend to be legally bound not only for 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 Pit Barbell Club, the American Drug-Free Powerlifting Federation, the meet staff, or any persons associated with the competition from any and all liability, including any results of negligence 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 coverage of any medical expenses incurred by me as a result of injuries which I might sustain, training for, traveling to or from, or participating in the competition.

Moreover, I agree that any testing method selected by A.D.F.P.F. recognized testing officers may be applied to detect the presence of drugs, as listed on the International Olympic Committee (IOC) banned substances list SHALL BE CONCLUSIVE. I agree to co-operate fully with all required IOC 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 which I won during the championships and I also forfeit any previous trophy, award, record or placing should the offence be deemed serious enough, according to ADFPF rules, to warrant such an action. I understand and

agree that if I fail to pass the drug testing process, my name will appear on a published list of suspended members. If determined that I have failed the drug test, I agree to waive any claim for which legal relief is available. I also agree to waive any claim that might arise under state or national law for defamation, slander, libel, or any other claim for which legal relief is available.

Additionally, I realize that if I do not attend this event for any reason, I will forfeit all entry fees that will not be exchanged.

I agree to pay any attorney fees and litigation expenses incurred by any person real or corporate, whom I may sue in an 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 competition. 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: _____ Date: _____
(if lifter is under 18 years of age)

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 sixty months (five years), nor have I used or will I use prescription diuretics or psychomotor stimulants during the seven days prior to this competition.

Signature of athlete: _____ Date: _____