

The **AMERICAN DRUG-FREE POWERLIFTING FEDERATION**

presents:

The CANTON, Illinois **2008 OPEN POWERLIFTING & SINGLE EVENT Championships**

The AMERICAN DRUG-FREE POWERLIFTING FEDERATION is a Not-for Profit organization established to provide a service to 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 this October 4<sup>th</sup> event, lifters who reach the WDFPF Powerlifting Qualification totals will be eligible to participate in the 2008 WDFPF POWERLIFTING WORLD CHAMPIONSHIPS as well as in the SINGLE EVENT WORLD CHAMPIONSHIPS. The ADFPF maintains American and National Powerlifting as well as Single Event records for both the UNEQUIPPED & EQUIPPED Divisions in all weight classes & categories for men & women. Lifters participating in this event have the opportunity to set ADFPF American Powerlifting Records and Single Event Records in either the EQUIPPED Division or the UNEQUIPPED Division of each Category listed on page 2.

**MEET DATE:** October 4<sup>th</sup>, 2008

**MEET DIRECTOR:** Christopher Siders, home (309-647-9495), work (309-647-1820 x 2156).

**VENUE LOCATION:** CANTON HIGH SCHOOL, 1001 N. MAIN STREET, Canton, Illinois 61520.

**A.D.F.P.F. MEMBERSHIP is REQUIRED:** For insurance purposes, all participants must be registered with the ADFPF. Membership forms will be available at the meet or may be completed ahead of time via the ADFPF Website: [www.adfpf.org](http://www.adfpf.org). The Membership fee is \$20.00 and may be paid in cash, money order or check made out to the ADFPF. ADFPF Membership purchased for this meet will be good through December 31, 2008.

**ENTRY FEE:**

**\$18.00** for ONE Category for HIGH SCHOOL LIFTERS (bring PROOF OF AGE to weigh-in)

**\$23.00** for ONE Category for ALL OTHER LIFTERS (bring PROOF OF AGE to weigh-in).

ADD **\$5.00** for EACH additional CATEGORY or DIVISION (examples given on entry form).

**ENTRY DEADLINE:** Entries must be POSTMARKED by September 22<sup>nd</sup>.

**MEET T-SHIRTS:** Shirts can be pre-ordered for \$10. There may be a limited supply available at the meet for \$12. These T-shirts may be worn during the competition.

**COMPETITION WEIGHT CLASSES** (in Kilos): To calculate kilos, divide pounds by 2.2046.

**WOMEN:** 44.0; 47.5; 50.0; 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:** Medals will be awarded to 1<sup>st</sup> place lifters only in each weight class & Category entered.

**DRUG TESTING:** The ADFPF & WDFPF require that a minimum of 10% of the competition lifters must be drug tested via Quest Diagnostics Laboratories. Selection may be made via placing/totals, records set and or suspicions.

**ADFPF RECORDS:** AMERICAN & STATE Records may be set in both DIVISIONS, in all weight classes and in each Category.

**FOOD/DRINKS:** There are several restaurants and a Hy-Vee grocery store near the high school. Food and beverages may be brought in. Please be courteous and clean up your area.

**Page 2; meet information continued:**

**ADMISSION:** Admission is FREE; all spectators are welcome.

**MEET ORGANIZATION:** The meet will be run in KILOS; KILO CONVERSION charts will be available for the lifters. The first event will be the SQUAT, followed by the BENCH PRESS and then the DEADLIFT. The ROUNDS SYSTEM WILL BE USED whereby the competition begins with the lightest weight requested for the 1<sup>st</sup> attempt in the SQUAT event and progresses upward to the heaviest weight requested for each lifter's 1<sup>st</sup> attempt. The bar is down loaded to the lowest weight called for the 2<sup>nd</sup> attempt SQUAT; it then progresses upward until all 2<sup>nd</sup> attempts have been completed. The bar is then down loaded to the lowest weight called for the 3<sup>rd</sup> attempt SQUAT. The same procedure is followed for the BENCH PRESS and then the DEADLIFT events.

**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 ADFPF Specifications as listed in the ADFPF Rulebook. High School lifters may wear shorts and a T-shirt OR a non-supportive singlet & T-shirt. All other lifters must wear a singlet as described in the ADFPF Rulebook.

**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 or boxer shorts are NOT ALLOWED. Shoes or boots must be worn.

**BENCH PRESS EVENT:** Supportive equipment includes a SINGLE PLY BENCH SHIRT (with closed seams and NO fasteners; canvas is not allowed; the shirt must cover the shoulders, chest and torso), 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. Shoes or boots must be worn.

**DEADLIFT EVENT:** Supportive equipment includes a SINGLE PLY SUIT, BELT, KNEE WRAPS & WRIST WRAPS. SUPPORTIVE BRIEFS and/or boxer shorts are NOT allowed. Shoes or slippers must be worn.

**CATEGORIES of COMPETITION:** AGE-related categories will be determined by LEGAL AGE on Oct. 4<sup>th</sup> (lifters must bring PROOF OF AGE to the weigh-in).

**OPEN** (14 yrs upward)      **TEEN 1** (14-15 yrs of age)      **TEEN 2** (16-17 yrs of age)  
**TEEN 3** (16-19 yrs of age)      **JUNIOR** (20-23 yrs of age).      **POLICE/FIRE/MILITARY**  
**MASTERS'** (Starting at 40-44; 45-49; 50-54; 55-59; and so on in 5-year increments).

**SCHEDULE for Saturday, Oct. 4<sup>th</sup>, 2008:**

**7:30 a.m. – 9:00 a.m.:** Weigh-in and Equipment Check for all lifters. Bring Proof of age to the weigh-in along with ADFPF membership card. All equipment worn on the platform must be checked in.

**9:15 a.m.:** **SQUAT RULES BRIEFING** (RULES BRIEFINGS precede the Bench & Deadlift events.)

**9:30 a.m.:** Competition will begin.

**LODGING IN CANTON:** A few motels/hotels are available in Canton: SUPER 8 (309-647-1888), HERITAGE GRAND INN (309-647-9675), and CANTON INN (309-647-7111).

**DIRECTIONS TO CANTON & TO CANTON HIGH SCHOOL:** Routes 9 and 78 intersect Canton.

From the north, take Route 78 into Canton. This becomes Main Street. You will come to the high school on your left (east). Turn into the front drive, swerve right and continue through to the back of the school, where there is ample parking at our stadium.

From the south, take Route 78 into Canton. You will come to a 4-way stop sign. Continue north (this is 5<sup>th</sup> Avenue) several blocks past Subway, Radio Shack, a set of lights by Family Video, and Monical's. At the 4-way stop sign, turn left (west) onto Locust. Go west until the stoplights (1<sup>st</sup> Avenue). Turn right (north) onto 1<sup>st</sup> Avenue. Go several blocks where this will take you directly into the back of the high school and to the parking lot at the stadium.

From the west, take Route 9 into Canton. At the 3<sup>rd</sup> set of lights, turn left (north) onto 1<sup>st</sup> Avenue, and follow the above directions from the south.

From the east, take Route 9 into Canton. Turn right (north) at the 4-way stop by Subway (this is 5<sup>th</sup> Avenue). Follow the above directions from the south.

**ENTRY FORM** for the  
**The CANTON, Illinois 2008 OPEN POWERLIFTING & SINGLE EVENT Championships**  
 Sanctioned by the **AMERICAN DRUG FREE POWERLIFTING FEDERATION**

ENTRY DEADLINE: All entries including this 2 page Entry Form and entry fees must be POSTMARKED by MONDAY, September 22<sup>nd</sup>. Entry Forms received after this date will be accepted but awards will not be available. Entry Forms & Fees to be mailed to: **The A.D.F.P.F. NATIONAL OFFICE; 27 ELMO DR.; MACOMB, IL; 61455.**

Please type or PRINT CLEARLY  
 Complete NAME:

Date of Birth

\_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
 (First Name) (Middle Initial) (Last Name) (Month - Day - Year)

FULL POSTAL ADDRESS: \_\_\_\_\_ Age on day of competition: \_\_\_\_\_.

\_\_\_\_\_ Phone # \_\_\_\_\_ - \_\_\_\_\_  
 (street address) (Area Code)

\_\_\_\_\_ FAX #: \_\_\_\_\_

(city, state, zip)

E-Mail Address (write legibly!): \_\_\_\_\_

CIRCLE Gender: FEMALE MALE Competition Weight Class (see page 1): \_\_\_\_\_.

Please CIRCLE DIVISION: UNEQUIPPED Div. EQUIPPED Div.

Please mark the events you will participate in:

POWERLIFTING (squat, bench, deadlift) YES NO

SINGLE EVENTS YES NO

If YES, PLEASE CIRCLE the event(s) you wish to enter: SQUAT - BENCH PRESS - DEADLIFT

Please CHECK CATEGORIES of competition:

- OPEN (14 yrs & up)  
 TEEN 1 (14 – 15);  TEEN 2 (16 – 17);  TEEN 3 (18 – 19)  
 JUNIOR (20 – 23)  POLICE/FIRE/MILITARY (must be employed full time)  
 MASTERS' (40 – Unlimited). Age of Master lifter: \_\_\_\_\_

PREVIOUS BEST COMPETITION LIFTS:

SQUAT: \_\_\_\_\_; BENCH PRESS: \_\_\_\_\_; DEADLIFT: \_\_\_\_\_; TOTAL: \_\_\_\_\_.

Have you ever been DRUG TESTED? \_\_\_\_\_. If YES, DATE of DRUG TEST: \_\_\_\_\_

Have you ever FAILED a DRUG TEST? \_\_\_\_\_. If so on what substances: \_\_\_\_\_

**ENTRY FEES:**

\$18.00 for HIGH SCHOOL STUDENT in ONE DIVISION/EVENT/CATEGORY (i.e. UNEQUIPPED/POWERLIFTING/TEEN 2).

\$23.00 for ADULT lifter in ONE DIVISION/EVENT/CATEGORY (i.e. EQUIPPED/SINGLE EVENT BENCH/JUNIOR).

Add \$5 for each additional DIVISION/EVENT/CATEGORY (i.e. EQUIPPED/POWERLIFTING/OPEN & EQUIPPED/SINGLE EVENT BENCH/OPEN: \$28; EQUIPPED/POWERLIFTING/T1 AND OPEN & EQUIPPED/SINGLE EVENT BENCH/T1 AND OPEN: \$33; EQUIPPED/POWERLIFTING/OPEN & EQUIPPED/SINGLE EVENT SQUAT, BENCH, DEADLIFT/OPEN: \$38, etc.) If you are not sure of the fee, please email csiders@cantonusd.org.

I'm ordering the following number & sizes of the Meet T-shirts: S=\_\_\_\_. M=\_\_\_\_. L=\_\_\_\_. XL=\_\_\_\_. XXL=\_\_\_\_.

Enclosed please find the entry fee of: \$\_\_\_\_\_, plus \$\_\_\_\_\_ for the T-shirt order (@ \$10 per shirt).

**RELEASE FROM LIABILITY and CONSENT TO DRUG TEST:**

*NOTE: Please read this release carefully as when signed, you will be giving up important legal rights.*

In consideration of the acceptance of my entry form for the October 4<sup>th</sup>, 2008 OPEN POWERLIFTING & SINGLE EVENT Championships, I intend to be legally bound for not only myself, but also my heirs, my executors and my administrators.

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 that I might sustain, training for, traveling to or from, or participating in the competition.

In signing the RELEASE FROM LIABILITY, I waive and release anyone connected with this competition: i.e. the CANTON HIGH SCHOOL, the AMERICAN DRUG-FREE POWERLIFTING FEDERATION, the meet directors and staff, or any persons associated 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 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 cooperate 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 competition 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 for 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, which 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 athlete 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: \_\_\_\_\_