

The **2008 Northern Illinois POWERLIFTING & SINGLE EVENT CHAMPIONSHIPS**  
Sanctioned by the **AMERICAN DRUG-FREE POWERLIFTING FEDERATION**  
**NEW LIFTERS WELCOME; ENTRIES LIMITED TO first 35 REGISTRATIONS**

**DATE:** Saturday, OCTOBER 18<sup>th</sup>, 2008

**MEET DIRECTORS:** Clint Phillips Bill Lotter  
Email: [Clint@northwestern.edu](mailto:Clint@northwestern.edu) [williamlotter2007@u.northwestern.edu](mailto:williamlotter2007@u.northwestern.edu) Phone:  
312-371-6107 (M,W,F:10:00-4:00 p.m.) 309-540-0876 (10:00 a.m. -10:00 p.m.)

**LOCATION: B & W GYM;** 5920 N. RIDGE; CHICAGO, IL 60660. Phone: 773-561-9692.  
HOTELS: SUPER 8 CHICAGO HOLIDAY INN DAYS INN  
7300 N. SHERIDAN RD. 5300 W. TOUHY AVE. 644 W. DIVERSEY PARKWAY  
CHI., IL (773-973-7440) SKOKIE, IL (800-345-8082) CHI., IL (773-525-7010)

**ENTRY FEE:**

**\$60.00 POWERLIFTING Entry Fee (INCLUDES very nice A.D.F.P.F. T-SHIRT).**

**\$50.00 for 1 Single Event; SQUAT; BENCH PRESS or DEADLIFT (includes T-Shirt).**

**\$40.00 for each ADDITIONAL SINGLE EVENT.**

\$20.00 for those wishing to QUALIFY for worlds orgain experience; will receive a T-Shirt but no trophy.

Mail completed entry form with check made payable to **The ADFPF** to:

**The A.D.F.P.F. NATIONAL OFFICE: 27 ELMO DRIVE; MACOMB, IL; 61455.**

Entry material MUST be POSTMARKED by OCTOBER 11<sup>th</sup>. \$10.00 LATE FEE will be charged for those lifters who do not make the POSTMARK DEADLINE.

**ENTRY DEADLINE:** Entries must be postmarked by **SATURDAY, OCTOBER 11<sup>th</sup>**. Late entries may compete but AWARDS may not be available.

**ELIGIBILITY:** Open to all ADFPF Members. ADFPF Membership Forms available on website, [www.adfpf.org](http://www.adfpf.org) and at the meet. Drug-Free new members; minimum clean time 5 years. The ADFPF Membership Fee is \$20.00 (please make checks out to: A.D.F.P.F.).

**WEIGHT CLASSES (in kg.):** All lifters **MUST** bring ADFPF Membership Card AND proof of age to the Weigh-In scheduled from **7:30 to 9:00 a.m. Saturday, OCTOBER 18<sup>th</sup>**. To change KILOS to POUNDS, MULTIPLY KILOS by 2.2046. To change Pounds to KILOS, DIVIDE POUNDS by 2.2046.

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

**DIVISIONS of COMPETITION:** The A.D.F.P.F. offers 2 DIVISIONS of competition:

The **UNEQUIPPED Division:** The **ONLY supportive** equipment allowed in this Division is the lifting BELT and WRIST WRAPS (if so desired). Shoes, boots or slippers must be worn.

Page 2, Divisions continued:

The **EQUIPPED Division:**

**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. Shoes or boots must be worn.

**BENCH PRESS EVENT:** Supportive equipment includes a SINGLE PLY BENCH SHIRT with CLOSED seams and NO fasteners (the shirt must cover the entire torso including shoulders, chest & back), 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 SINGLE PLY SUIT, BELT, KNEE WRAPS & WRIST WRAPS. SUPPORTIVE BRIEFS are **NOT** allowed. Shoes/slippers must be worn.

**CATEGORIES:** Athletes may enter the following categories; some restricted by specific AGE on the DAY OF COMPETITION (OCTOBER 18<sup>th</sup>).

**OPEN** =14 yrs upward;      **TEENAGE 1**=14 through 15 yrs;      **TEENAGE 2**=16 through 17 yrs;

**TEENAGE 3** = 18 through 19 yrs;

**JUNIOR** = 20 through 23 yrs.

**MASTERS'** (starting at age 40-44; 45-49; 50-54; and so on in 5 year increments);

**POLICE/FIRE/MILITARY** (Full time employment required).

**AWARDS: BEAUTIFUL, OUTSTANDING** sculpted trophies by Niels Anderson provided for FIRST through THIRD PLACE in EACH DIVISION (EQUIPPED & UNEQUIPPED), in ALL WEIGHT CLASSES & CATEGORIES.

**DRUG TESTING:** Athletes should be prepared for full IOC Drug Testing following all ADFPF/WDFPF Rules, Regulations and procedures. A minimum of 10.5% of all participants will be tested. Selection may be made via placing/totals, records set and suspicions.

**ADMISSION:** \$5.00 for all non-A.D.F.P.F. members.

**MEET T-SHIRTS:** Meet T-shirts will be available for sale AT \$12.00 for MEET PARTICIPANTS; \$15.00 FOR SPECTATORS/GUESTS.

**PERSONAL EQUIPMENT:** All EQUIPMENT MUST MEET A.D.F.P.F. Specifications listed in the A.D.F.P.F. & W.D.F.P.F. Rulebooks. All ADFPF members should download the Condensed Rulebook from the website. The WDFPF Rulebook is also available for downloading by going to: [www.adfpf.org](http://www.adfpf.org)

**COMPETITION SCHEDULE for SATURDAY, OCTOBER 18<sup>TH</sup>;** (tentative due to entries).

**7:30 a.m. to 9:00 a.m.: Weigh-in & Equipment Check for ALL lifters.**

Athletes are to bring both their ADFPF Membership Cards and PROOF of AGE via Driver's License, Birth Certificate or passport to the Weigh-In.

**9:15 a.m.: RULES BRIEFING.**

**9:30 a.m.: Competition will begin.** (Competition order will be SQUAT, BENCH PRESS followed by DEADLIFT.)

**AWARD CEREMONY:** Awards will be presented at the conclusion of both divisions of competition.

**CAMERAS & VIDEO TAPES:** Spectators may take pictures throughout the Competition. Please do not block the view of others.

Entry form for the  
**2008 Northern Illinois POWERLIFTING & SINGLE EVENT CHAMPIONSHIPS**

held at: **B & W Gym; 5920 N. RIDGE; Chi., IL; 60660**

Entries must be postmarked by **Saturday, OCTOBER 11<sup>th</sup>**. (\$60.00 for POWERLIFTING; T-Shirt included. \$50.00 for 1<sup>st</sup> Single Event; T-Shirt included; \$40.00 additional for added Single Events. Entry forms to be mailed with FEES to: **ADFPF NATIONAL OFFICE; 27 ELMO DR.; MACOMB, IL; 61455.**

Please clearly print your complete NAME:

\_\_\_\_\_  
(Last) (First) (M.I.) Date of Birth: \_\_\_\_-\_\_\_\_-\_\_\_\_  
Month Day Year  
Complete Address: \_\_\_\_\_

Age on OCT. 18<sup>th</sup>: \_\_\_\_\_.  
(Street Address & Street Name) PHONE #:(\_\_\_\_)\_\_\_\_\_.

(City) (State) (Zip Code) FAX #: \_\_\_\_\_.

Gender: \_\_\_\_\_. Competition WEIGHT CLASS: \_\_\_\_\_. E-Mail: \_\_\_\_\_.

Best Lifts:

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

Please **CIRCLE**: **DIVISION**, **EVENT** (either **POWERLIFTING** or **SINGLE EVENTS** (list each event entered) & **CATEGORIES** of each EVENT you plan to enter:

**UNEQUIPPED Division:**

**POWERLIFTING** OR **SINGLE EVENT:** **SQUAT BENCH DEADLIFT**

**Categories:**

**Open;** **Teen 1;** **Teen 2;** **Teen 3;** **Junior;** **Masters' age** \_\_\_\_\_;  
(14+) (14-15) (16-17) (18-19) (20-23) (40-unlimited)

**Police/Fire/Military** (Full time employment)

**EQUIPPED Division:**

**POWERLIFTING** OR **SINGLE EVENT:** **SQUAT BENCH DEADLIFT**

**Categories:**

**Open;** **Teen 1;** **Teen 2;** **Teen 3;** **Junior;** **Masters' age** \_\_\_\_\_;  
(14+) (14-15) (16-17) (18-19) (20-23) (40-unlimited)

**Police/Fire/Military** (Full time employment)

LIST MEDICATIONS THAT YOU NORMALLY TAKE: \_\_\_\_\_

List your most recent drug test DATE & LOCATION: \_\_\_\_\_

CIRCLE if this was an "IN-COMPETITION" drug test or an "OUT-OF-COMPETITION" drug test.

List DATES of FAILED DRUG TESTS: \_\_\_\_\_

List SUBSTANCES CAUSING FAILURE of DRUG TEST: \_\_\_\_\_

**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 2008 Northern Illinois POWERLIFTING & SINGLE EVENT CHAMPIONSHIPS, I intend to be legally bound for not only myself, but also my heirs, 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 this release from liability, I waive and release anyone connected with this competition; i.e. the meet directors, the ADFPF, competition sponsors and staff, the World Drug-Free Powerlifting Federation (WDFPF), the contest facilities 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 World Anti-Doping Agency (WADA) 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 competition and I also forfeit any previous trophy, award, record or placing should the offence be deemed serious enough, according to ADFPF & WDFPF 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 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, national or international law for defamation, slander, libel, or any other claim for which legal relief is available.

I realize that if I do not attend the 2008 CHICAGO POWERLIFTING & SINGLE EVENT CHAMPIONSHIPS for any reason, I will forfeit all fees which cannot 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 championship. 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: \_\_\_\_\_

(If lifter is under 18 years of age, complete the following:)

Signature of parent/guardian: \_\_\_\_\_

Date: \_\_\_\_\_

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: \_\_\_\_\_.