



**State of Michigan Can-Am Open and First Time Lifters
Powerlifting Championship and Single Events**
Sponsored by Physical Fitness & Wellness and American Drug Free Powerlifting Federation

DATE: April 21st 2012

PLACE: Lansing Community College, Gannon Building Gym (3rd Floor)
Lansing, MI

TIME: 7:30 a.m. Registration, equipment check and weigh-in (lifting equipment must meet WDFPF guidelines)
9:00 a.m. Rules briefing
9:30 a.m. **Dedication of Michigan ADFPF Hall of Fame**
10:00 a.m. Lifting begins

SPONSORS: Lansing Community College
American Drug Free Powerlifting Federation
Meet Director: Jeff Buchin, (517)-490-6218

DIVISIONS & AWARDS:

Men's:

Police/Fire/Military: 1st - 3rd (each weight class)
Teens: 1st - 3rd (ages: 14 -15, 16 - 17, 18 - 19)
Juniors: 1st - 3rd (ages: 20 - 23)
Open: 1st - 3rd (each weight class)
Masters: 1st - 3rd (each weight class & all age div. - 5 year increments)

Women's:

Police/Fire/Military: 1st - 3rd (each weight class)
Teens: 1st - 3rd (ages: 14 -15, 16 - 17, 18 - 19)
Juniors: 1st - 3rd (ages: 20 - 23)
Open: 1st - 3rd (each weight class)
Master: 1st - 3rd (each weight class & all age div. - 5 year increments)

**Awards will be given to the 1st - 3rd place on each division
And to the overall best male and best female in the powerlifting event.**

FORMAT: Round System – In the following order Squats, Bench, and Deadlift

RULES: This meet is sanctioned by LCC PFW Department and ADFPF. **No powder or chalk allowed outside warm-up area!**

DRUG TEST: urinalysis

ELIGIBILITY: All lifters must be registered with ADFPF. Membership cards will be available at the meet. (Adults and teens \$20.00). All athletes have clothing requirements to compete on the platform. **Please visit the official ADFPF website for the clothing requirements (for equipment and unequipped) at <http://www.adfpf.org>**

ENTRY FEE: \$50.00 per event 1st division. And \$40.00 for every division after initial fee, or Full Powerlifting for \$50.00 and lifters will only be eligible for **one** award. **Registration fee(s) are non-refundable.**
Forms must be received by April 13th 2012. No late entries accepted after this date.

REGISTRATION FORM ON NEXT PAGE

State of Michigan Can-Am Open and First Time Lifters Powerlifting Championship and Single Events

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REGISTRATION FORM

(PLEASE PRINT)

Age: _____ Date Of Birth: _____ Weight Class: _____ Gender: _____

Name (Last, First): _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone #: _____ Work Phone #: _____ E-Mail _____

USA Citizen Canadian Citizen

ADFPF Card # _____ Expiration Date: _____

Membership cards will be available at the meet

Competition Weight Class: _____

Please Check the Division you will compete in

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

UNEQUIPPED Powerlifting:

Single event entries; check each individual event or select Full Powerlifting

PREVIOUS BEST UNEQUIPPED DIVISION MEET RESULTS IN THE FOLLOWING EVENTS USING KILOS:

Full Powerlifting SQUAT: _____ BENCH PRESS: _____ DEADLIFT: _____ TOTAL: _____

EQUIPPED Powerlifting:

Single event entries; check each individual event or select Full Powerlifting

PREVIOUS BEST UNEQUIPPED DIVISION MEET RESULTS IN THE FOLLOWING EVENTS USING KILOS:

Full Powerlifting SQUAT: _____ BENCH PRESS: _____ DEADLIFT: _____ TOTAL: _____

Release from Liability

I waive and release the ADFPF and its sponsors, staff, and the contest facility (Lansing Community College, its staff and volunteers) from any and all liability and from any and all liability and from any and all injuries that I may obtain at this event. I agree that powerlifting is a very dangerous sport and I choose to lift at my own risk and I will not hold the ADFPF or anyone associated with the ADFPF responsible for any injuries. I also realize that if I do not attend the contest for any reason I will lose all fees for this contest and I cannot exchange the fees for another contest. I agree to participate in any and all drug testing procedures that the ADFPF may have for me and all test results are final. If I fail a drug test I realize that I will be banned from lifting in the ADFPF for life. By signing below I have read this waiver and agree.

I agree to pay any and all attorney fees and 100% litigation expense incurred by any person, real or corporate, whom I may sue in an effort to challenge this release from liability form. I understand that my agreement to pay attorney fees and litigation expenses is the prerequisite for the 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 the Release from Liability shall remain in full force and effect. I also certify with my signature that this release/agreement cannot be modified orally.

I've consulted legal counsel and agree to this release form 100%. Also, I have consulted with a physician and am able to compete in this event.

Signature in full of applicant

Signature in full of parent if applicant is under 21

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 powerlifter _____

Payment Information on Back

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Please send completed form and payment to: PHYSICAL FITNESS AND WELLNESS - 5600
LANSING COMMUNITY COLLEGE
P.O. BOX 40010
LANSING, MI 48901-7210

Check * Visa MasterCard American Express Discover

Total Amount to be paid _____

Credit Card Number _____ Expiration Date _____

Exact Name of Cardholder _____

*Please make checks out to the Lansing Community College Foundation. *

T-SHIRTS WILL BE ON SALE AT THE MEET

REGISTRATION FORM MUST BE COMPLETELY FILLED OUT AND SIGNED IN ORDER TO PARTICIPATE IN THE AMERICAN DRUG FREE POWERLIFTING FEDERATION STATE OF MICHIGAN CAN-AM OPEN AND FIRST TIME LIFTERS POWER LIFTING CHAMPIONSHIP

Forms must be received by April 13th 2012. No entries accepted after this date!