



## 2017 ADFPF WORLD QUALIFIER

**DATE:** April 22, 2017  
**PLACE:** Quincy Family YMCA, 3101 Maine Street, Quincy, IL 62301

**TIME:** 7:00 a.m. Registration, equipment check and weigh-in (lifting equipment must meet ADFPF guidelines (see website <http://www.adfpf.org>)  
9:00 a.m. Rules briefing  
9:15 a.m. Lifting begins

**Meet Director:** Jason Beal  
Phone: 913-593-7661

### DIVISIONS & AWARDS:

#### Men's:

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

#### Women's:

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

**Awards will be given to the 1<sup>st</sup> through 3<sup>rd</sup> place in each division**

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

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

**DRUG TEST:** urinalysis; 10% of participants

**ELIGIBILITY:** All lifters must be registered with ADFPF. (Adults \$30 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:** \$40.00 for 1 event and \$55.00 for 2 events, or Full Powerlifting for \$65.00. **Registration fee(s) are non-refundable.**

**Forms must be postmarked by April 15, 2017.**

**NO LATE ENTRIES ACCEPTED AFTER THIS DATE.**



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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 \_\_\_\_\_

Shirt Size: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_ XXXL \_\_\_

USA Citizen  Canadian Citizen

ADFPF Card # \_\_\_\_\_ Expiration Date: \_\_\_\_\_

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 (Quincy Family YMCA, its staff and volunteers) from any and all liability 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

\_\_\_\_\_  
Date

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 \_\_\_\_\_

\_\_\_\_\_  
Date

# **Payment Information**

**2017 ADFPF  
WORLD QUALIFIER**

**April 15, 2017**

**Please send completed form and payment to:** QUINCY FAMILY YMCA  
POWERLIFTING-Johanna Voss  
3101 MAINE STREET  
QUINCY, IL 62301

Check       Money Order       Cash

Total Amount to be paid \_\_\_\_\_

**REGISTRATION FORM MUST BE COMPLETELY FILLED OUT AND SIGNED IN ORDER TO  
PARTICIPATE IN THE AMERICAN DRUG FREE POWERLIFTING FEDERATION 2017  
WORLD QUALIFIER EVENT.**

**Forms must be received by **April 18, 2017**. No entries accepted after this date!**