



State of Michigan Hall of Fame Full Power & Single Lift Events

Sponsored by Fitness & Wellness Program and The Michigan Drug Free Powerlifting Association (MiDFPA)

DATE: April 22nd 2017

PLACE: Lansing Community College, Gannon Building Gym (3rd Floor) Lansing MI – For parking and directions go to <http://www.lcc.edu/parking/directions.aspx>

TIME: 8:00 a.m. Registration, equipment check and weigh-in (lifting equipment must meet WDFPF guidelines) (see website <http://www.adfpf.org>)
9:30 a.m. Rules briefing from MiDFPA Director – Jeff Buchin
○ National Anthem
10:00 a.m. Lifting begins

SPONSORS: Lansing Community College
American Drug Free Powerlifting Federation
Meet Director: Jeff Buchin, (517)-230-4003 powerlifting512@gmail.com or Mari Croze, (517)-483-1228 or Louc Genda at (517)-483-1229.

DIVISIONS & AWARDS:

Men's: 52.0 56.0 60.0 67.5 75.0 82.5 90.0 100.0 110.0 125.0 145.0 +145.0 KILOS
114.5 123.5 132.25 148.75 165.25 181.75 198.25 220.25 242.5 275.5 319.5 +319.5 POUNDS
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 division - 5 year increments)

Women's: 44.0 47.5 50.5 53.0 55.5 58.5 63.0 70.0 80.0 90.0 +90.0 KILOS
97.0 104.75 111.25 116.75 122.25 129.0 139.0 154.25 176.25 198.25 +198.25 POUNDS
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 division - 5 year increments)

AWARDS: For best **MALE** and **FEMALE** full power

FORMAT: Round System – In the following order:

1. Squats
2. Bench
3. Deadlift

RULES: This meet is sanctioned by LCC Fitness & Wellness Program and ADFPF. **No powder or chalk allowed outside warm-up area!**

DRUG TEST: urinalysis

ELIGIBILITY: All lifters must be **currently** registered with ADFPF. Membership cards will be available at the meet. (Adults \$30.00 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: \$60.00 per event 1st division, \$40.00 for additional division after initial fee, or Full Powerlifting for \$60.00 and lifters will only be eligible for **one** award. **REGISTRATION FEE (S) ARE NON-REFUNDABLE.**
Forms must be post marked or registered online by April 15th 2017. Late entries cost \$25.00 after this date. Late entries are subject to no awards. Register at <http://www.adfpf.org>.

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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 (kilos): _____.

Please Check the Division you will compete in

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

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 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

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Please send completed form and check or money order to:

JEFF BUCHIN
512 EAST GRAND LEDGE HIGHWAY
GRAND LEDGE MI 48837

**Adult Membership fee \$30. Teen Membership fee \$20 to be paid separately to ADFPF ONLY
(if not already paid) <http://www.adfpf.org>**

Per Event fee is \$60

Additional event fee is \$40

Late Event fee is \$25.00

Total Amount payable to Jeff Buchin \$_____

T-SHIRTS WILL BE ON SALE AT THE MEET

**YOUR REGISTRATION FORM MUST BE COMPLETED IN ORDER TO PARTICIPATE IN THE
AMERICAN DRUG FREE POWERLIFTING FEDERATION STATE OF MICHIGAN HALL OF
FAME FULL POWER & SINGLE LIFT EVENTS**

Forms must be Postmark or Registered online by Saturday, April 15th 2017.