

## 2018 SINGLE EVENT NATIONAL CHAMPIONSHIPS

Sanctioned by the  
AMERICAN DRUG-FREE POWERLIFTING FEDERATION

This Championships is OPEN to all drug-free lifters; FIRST-TIME lifters are encouraged to gain competitive experience. The A.D.F.P.F. offers both UNEQUIPPED & EQUIPPED Divisions of competition in POWERLIFTING as well as in each of the SINGLE EVENTS. ADFPF AMERICAN & STATE RECORDS may be set in each Weight Class & Category of competition. Additionally, lifters may qualify for world championships TOTALS & SCORES are listed in the ADFPF Condensed Rulebook available on our website: [www.adfpf.net](http://www.adfpf.net). Lifts will count for WDFPF world records as long as lifters are ADFPF members in 2017 or registered in 2018 by January 8.

**DATE:** Saturday, March 17, 2017

**VENUE:** Old National Events Plaza, 715 Locust St, Evansville, IN 47708

**MEET DIRECTOR:** Mike Stagg, 2920 Harmony Way, Evansville, IN 47720, [stagg@twc.com](mailto:stagg@twc.com), 812-431-9113

**ENTRY FEE: SINGLE EVENTS=** \$75.00 for ONE DIVISION and CATEGORY; \$55.00 for each additional EVENT.

\*\$5 from each entered event will be set aside to help fund ADFPF lifters traveling to international competition in 2018 .

Please note that this event is being held in conjunction with Indiana Muscle. It is required that each spectator purchase a wristband for the event. Each wristband is \$10.

<https://www.npcindiana.com/upcoming-shows.html>

Registration Fee(s) are non-refundable.

Mail completed entry form with check payable to: Mike Stagg, 2920 Harmony Way, Evansville, IN 47720

Membership sign up and renewals must be completed online at [www.adfpf.net](http://www.adfpf.net)

**ENTRY DEADLINE:** Entries must be postmarked by **February 28, 2018**. Late entries will be assessed \$20.00 and will be accepted at the discretion of the meet director. For World records to count, athlete must be a registered member as of January 8, 2018 (or must have been a registered member in 2017).

**ELIGIBILITY:** Open to all ADFPF Members. Lifters are encouraged to register online for both the meet entry and membership registration, however, mailed entries are acceptable as long as they are received by the deadline.

**WEIGHT CLASSES (in kilograms):** All lifters **MUST** proof of age to registration as it may be requested. Weigh in are scheduled from **7:00 to 8:30 a.m. Saturday, March 17**.

To change Pounds to KILOS, DIVIDE POUNDS by 2.2046. To change KILOS to POUNDS, MULTIPLY KILOS by 2.2046. **WOMEN:** 44; 47.5; 50.5; 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.

**DIVISIONS of COMPETITION:** The A.D.F.P.F. offers 2 DIVISIONS of competition. All equipment worn on the Platform must meet ADFPF Specifications as listed in the WDFPF Rulebook.

**UNEQUIPPED Division:** The only supportive equipment allowed in this Division is the lifting BELT and WRIST WRAPS (if desired). All EQUIPMENT MUST MEET A.D.F.P.F. Specifications as listed in the ADFPF Rulebook available on the ADFPF website: [www.adfpf.net](http://www.adfpf.net) The following are NOT ALLOWED: **Boxer shorts**, T-shirts made of LYCRA or SPANDEX . Jockey shorts or an athletic support IS ALLOWED.

**EQUIPPED Division:** All equipment must meet WDFPF 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 made of cotton or cotton & polyester must be worn under the SQUAT SUIT. **The following are NOT ALLOWED:** LYCRA or SPANDEX shirts, BOXER SHORTS &/or SUPPORTIVE BRIEFS. **Jockey shorts** or an **athletic support** IS ALLOWED. Shoes or boots must be worn in each event.

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**BENCH PRESS EVENT:** Bench shirts must be single ply, have closed seams (OPEN BACK NOT ALLOWED) and no fasteners. BELT & WRIST WRAPS. A non-supportive singlet must be worn over the shirt. If the Bench Shirt is NOT worn, a T-shirt made of COTTON or COTTON & POLYESTER must be worn; **LYCRA or SPANDEX** shirts are **NOT ALLOWED**. Shoes/boots must be worn.

**DEADLIFT EVENT:** Supportive equipment includes a SINGLE PLY SUIT, BELT, KNEE WRAPS and WRIST WRAPS. KNEE SOCKS must be worn along with shoes, boots or slippers. SUPPORTIVE BRIEFS are **NOT ALLOWED**. **Jockey shorts** or an **athletic support** IS ALLOWED.

**CATEGORIES:** Athletes may enter the following categories; some restricted by specific AGE on the DAY OF COMPETITION.

**OPEN** =14 yrs upward;                    **TEENAGE 1** (14 through 15 yrs);                    **TEENAGE 2** (16 through 17);  
**TEENAGE 3** (18 through 19);           **JUNIOR** (20 through 23 yrs);                    **POLICE/FIRE/MILITARY** (employed full time)  
**MASTERS'** (M 1 = 40-44 yrs; M 2=45-49); M 3=50-54) and so on in 5-year increments)

**AWARDS:** CUSTOM MEDALS for top 3 in each age category (all lifters automatically entered into OPEN category in addition to age category). Best female and male lifter for squat, bench and deadlift.

**DRUG TESTING:** Athletes should be prepared for full WADA/IOC Drug Testing following all ADFPF/WDFPF Rules, Regulations and procedures. A minimum of 10% of all participants will be tested. Selection may be made via placing/totals, records set and/or suspicions.

**SPECTATOR ADMISSION:** \$10 wristband to enter the event venue.

**MEET T-SHIRTS:** Meet T-shirts will be available for sale for \$20.00 each or pre-ordered for \$15.

## **COMPETITION SCHEDULE for**

**FRIDAY, March 16 –**

**5pm – 7pm** Optional, early registration and equipment check, and weigh in for ALL lifters (no early weigh-in) at the Pit Barbell Club, 5221 Oak Grove Rd, Evansville, IN 47715

**SATURDAY, March 17 – 7:00 a.m. to 8:30 a.m.: Weigh-in & Equipment Check for ALL lifters.**

**8:45 a.m.: RULES BRIEFING.**

**9:00 a.m.: Competition will begin.** (Competition order will be SQUAT, BENCH PRESS followed by DEADLIFT.)

**Music:** Lifters are asked to list two songs + artists that they would like to hear while lifting. Staff will do their best to accommodate. Music is subject to meet director approval.

**HOTEL ACCOMMODATIONS:** DoubleTree by Hilton, 601 Walnut St, Evansville, IN 47708 (this hotel is connected to the venue).

Tropicana Evansville, 421 NW Riverside Drive, Evansville, IN 47708 (this hotel is connected to the casino).

Le Merigot, 615 NW Riverside Dr, Evansville, IN 47708 (located near the casino)

**2018 Single Event NATIONAL CHAMPIONSHIPS**

Entries must be postmarked by **February 28 2018**. (\$75.00 for the 1st division & category; \$55.00 for additional Div=  
Entry forms to be mailed with FEES to or may be entered via online form:

**Mike Stagg, 2920 Harmony Way, Evansville, IN 47720**, Please clearly print your ENTRY information:

E-Mail: \_\_\_\_\_.

\_\_\_\_\_  
(Last) (First) (M.I.)  
:

Date of Birth: \_\_\_\_-\_\_\_\_-\_\_\_\_  
Month Day Year

\_\_\_\_\_  
(Street Address & Street Name)

Age on OCT. 15<sup>th</sup>: \_\_\_\_\_.

PHONE #:(\_\_\_\_)\_\_\_\_\_.

\_\_\_\_\_  
(City) (State) (Zip Code)

CELL PHONE #: (\_\_\_\_)\_\_\_\_\_.

Gender: \_\_\_\_\_. WEIGHT CLASS in Kilos: \_\_\_\_\_. (Divide pounds by:2.2046.) **SINGLE EVENT/s** (SQUAT, BENCH PRESS &/or DEADLIFT);

then CIRCLE each **CATEGORY** you plan to enter:

**UNEQUIPPED Division:**

**SINGLE EVENT: SQUAT BENCH PRESS 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 required).

**EQUIPPED Division:**

**SINGLE EVENT: SQUAT BENCH PRESS 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 required).

List **Best UNEQUIPPED** COMPETITION Lifts in KILOS (Divide pounds by 2.2046):

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

List **Best EQUIPPED** COMPETITION Lifts in KILOS (Divide pounds by 2.2046):

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

Meet T- Shirt (\$15/each, indicate number and size S-XXXL):

Number of pre-paid wristbands (\$10 each):

Donation for International Lifters (voluntary, any amount):

\*any donation will go to the ADFPF fund for lifters in 2018 International events

Music Preference #1 \_\_\_\_\_  
Music Preference #2 \_\_\_\_\_

LIST MEDICATIONS/DRUGS TAKEN during the past 3 WEEKS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

List your most recent drug test DATE & LOCATION: \_\_\_\_\_  
CIRCLE if this was an **"IN-COMPETITION"** drug test or an **"OUT-OF-COMPETITION"** drug test.  
CIRCLE TYPE of drug test: POLYGRAPH.      URINALYSIS.      VOICE STRESS.  
List DATES of FAILED DRUG TESTS: \_\_\_\_\_  
List SUBSTANCES CAUSING FAILURE of DRUG TEST: \_\_\_\_\_

**Need information? Phone Mike Stagg at: 812-431-9113**

**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.

**CLEARLY PRINT YOUR FULL NAME:** \_\_\_\_\_

Signature of athlete: \_\_\_\_\_ Date: \_\_\_\_\_.

## 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 2018 ADFPF 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 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) & International Olympic Committee (IOC) 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 2018 Single Event National 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: \_\_\_\_\_