

“The Pit” Barbell Club presents the
2019 Spring Open ADFPF “Last Chance” Qualifier

Sanctioned by the
AMERICAN DRUG-FREE POWERLIFTING FEDERATION

DATE: SATURDAY, March 16, 2019.

VENUE & LOCATION: The Pit Barbell Club, 5221 Oak Grove Rd, Evansville, IN (directly across from Applebee’s on Morgan Ave).

MEET DIRECTOR: MIKE STAGG
2920 Harmony Way (812) 431-9113 Cell
Evansville, In 47720 stagg@twc.com

ELIGIBILITY: All entries must be 2019 registered A.D.F.P.F. Members. Lifters are encouraged to complete their membership prior to registration. Lifters registering membership on the day of the meet will incur an additional \$10 fee. Membership can be completed online <http://adfpf.net/membership/>.

ENTRY FEE: POWERLIFTING = \$45. Any lifter who enters the powerlifting division will be automatically entered into all single events as well. Single Event only \$30 (no awards are given for single events, qualification and records only).

(Fees are not refundable.) Make checks payable to MIKE STAGG.

ENTRY DEADLINE: Entries **with fees** must be **postmarked by SATURDAY, March 9, 2019**. Late entries will be accepted at the meet directors discretion but will incur a \$20 late fee in all instances.

MEET T-SHIRT: \$20 in advance (must be pre-ordered).

DIVISIONS OF COMPETITION:

UNEQUIPPED Division: Lifters must wear a NON-SUPPORTIVE singlet, NON-SUPPORTIVE T-shirt and shoes must be worn in each event (Lycra & Spandex. **SUPPORTIVE equipment LIMITED to the BELT and WRIST WRAPS.** The following are **NOT ALLOWED:** KNEE WRAPS, BOXER SHORTS, KNEE or ELBOW SLEEVES, LYCRA or SPANDEX SHIRTS.

EQUIPPED Division: Supportive equipment MUST be worn but is limited to the following in each Event:

SQUAT EVENT. SINGLE PLY SQUAT SUIT, cotton T-shirt, KNEE & WRIST WRAPS, SHOES or BOOTS.

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; it may NOT be made of CANVAS), BELT, WRIST WRAPS. A non-supportive singlet must be worn over the shirt. If no supportive shirt is worn, a cotton T-shirt must be worn. LYCRA & SPANDIX are NOT ALLOWED. SHOES or BOOTS are REQUIRED.

DEADLIFT EVENT: Supportive equipment includes SINGLE PLY SUIT, BELT, KNEE & WRIST WRAPS are optional. SUPPORTIVE BRIEFS are **NOT** allowed. KNEE SOCKS, Shoes/slippers must be worn.

INDIVIDUAL AWARDS:

PLEASE NOTE THAT THE ALL DIVISIONS WILL BE COMBINED FOR AWARD PURPOSES. Any age division records will stand.

There will be no best lifter or team awards for this meet.

The TOP 5 LIFTERS IN EACH WEIGHT CLASS WITH A POWERLIFTING TOTAL WILL RECEIVE AN AWARD.

WEIGHT CLASSES:

| | | | | | | | | | |
|------|--------------|--------------|---------------|-------------|-------------|-------------|-------------|--------------|--------------|
| MEN: | 52.0 | 56.0 | 60.0 | 67.5 | 75.0 | 82.5 | 90.0 | 100.0 | 110.0 |
| | (114.5) | (123.5) | (132.25) | (148.75) | (165.25) | (181.75) | (198.25) | (220.25) | (242.5) |
| | 125.0 | 145.0 | +145.0 | | | | | | |

(275.5) (319.5) (+319.5)

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WOMEN: **44.0** **47.5** **50.5** **53.0** **55.5** **58.5** **63.0** **70.0** **80.0** **90.0** **+90.0**
(97.0) (104.75) (111.25) (116.75) (122.25) (129.0) (139.0) (154.25) (176.25) (198.25) (+198.25)

CATEGORIES OF COMPETITION: The ADFPF offers 7 CATEGORIES of competition including: **OPEN** (from 14 upward); **TEEN 1** (14-15 yrs of age); **TEEN 2** (16-17 yrs of age); **TEEN 3** (18-19 yrs); **JUNIOR** (20-23 yrs of age); **MASTERS'** (starting at ages: 40-44; 45-49); 50-54; and so on in 5 year increments); **POLICE/FIRE/MILITARY** (must be employed FULL TIME). **ADFPF American & State RECORDS** may be set/broken in each of the above Categories, Divisions & Weight Classes for both male & female **LIFTERS in this competition.**

DRUG TESTING: URINALYSIS testing on a minimum of 10% of participants.

BANNED SUBSTANCE LIST: ADFPF drug control policies follow the World Anti-Doping Agency (WADA) guidelines Many over-the-counter substances violate WADA Drug Control rules. Check all ingredients; if you have questions concerning medications and/or supplements, phone the DRUG HOTLINE at 1-800-233-0393.

ADFPF Active members are subject to both NIL-notice IN and OUT-OF COMPETITION drug testing and to Target Testing. If tested POSITIVE, the lifter may appeal by allowing the testing of Sample B at their expense. Lifters testing POSITIVE for ANABOLIC STEROIDS and related substances, OR who refuse to be drug tested IN-COMPETITION and/or OUT-OF COMPETITION receive a LIFETIME BAN in both the ADFPF & WDFPF.

TIME SCHEDULE:

Saturday, March 16: OFFICIAL WEIGH-IN BEGINS at 7:00 to 8:30 a.m.

RULES BRIEFING: 8:45 a.m.

LIFTING BEGINS at 9:00 a.m.

A.D.F.P.F. RULES: ADFPF members are encouraged to review the WDFPF **RULEBOOK** from the website:
<http://adfpf.net/wdfpf/>

Chalk, Baby Powder/talc is allowed in designated areas.

ADFPF Cards may be purchased at the meet but will incur an additional fee of \$10.

All personal equipment worn on the platform must be CLEAN, UNTORN and in GOOD repair.

Obscenities/profanities are **NOT allowed** on **ANY items** in the competition area.

ENTRY FORM for

ADFPF Spring Open and "Last Chance Qualifier"

COMPLETE, SIGN and RETURN BOTH PAGES of this ENTRY FORM with CHECK or MONEY ORDER payable to: Mike Stagg; 2920 Harmony Way; Evansville, In 47720; (812) 303-2046 Home; (812) 431-9113 Cell. Entries must be postmarked by March 9, 2019 for Competition on MARCH 16, 2019. Late entries are accepted by meet director discretion but will Incur a \$20 penalty. Entry fees are not refundable.

Please PRINT CLEARLY or TYPE: E-MAIL ADDRESS: _____

 First name Middle Initial Last name Gender Weight Class in Kilos

 Street Address

 City State Zip Code Date of Birth Age on Dec 6

() _____ () _____ 2019 ADFPF #: _____
 Home phone including area code Cell phone

2019 ADFPF Membership ADFPF WEBSITE: <http://adfpf.net/register-for-adfpf/>
 Please email stagg@twc.com if you have any issues registering.

Best UNEQUIPPED COMPETITION SQUAT: _____. Best EQUIPPED COMPETITION SQUAT: _____.

Best UNEQUIPPED COMP. BENCH PRESS: _____. Best EQUIPPED Comp. BENCH PRESS: _____.

Best UNEQUIPPED COMP. DEADLIFT: _____. Best EQUIPPED Comp. DEADLIFT: _____.

HAVE YOU EVER BEEN DRUG TESTED? _____

IF SO, APPROXIMATE DATE(S) OF TESTING: _____

METHOD(S) OF TESTING (CIRCLE ONE): URINALYSIS POLYGRAPH VOICE STRESS

LIST MEDICATIONS taken during the past 2 weeks: _____

CHECK competition entered:

_____ **POWERLIFTING** (\$45.00, awards based on 3 lift total). CIRCLE DIVISION: **UNEQUIPPED** **EQUIPPED**

_____ **SINGLE EVENTS** (\$30/no awards, entry covers multiple events divisions)

CIRCLE EVENTS ENTERED (single event only): **SQUAT** **BENCH PRESS** **DEADLIFT**

CIRCLE DIVISION of each Event entered: **UNEQUIPPED** **UNEQUIPPED** **UNEQUIPPED**

EQUIPPED **EQUIPPED** **EQUIPPED**

Pre-Order \$20 Meet T-shirt, indicate SIZE & QUANTITY: ___S ___M ___L ___XL ___XXL ___XXXL

Total Entry fee + Shirt Order: \$ _____. Please make check payable to (credit cards accepted by calling meet director):

Mike Stagg
 2920 Harmony Way
 Evansville, IN 47720

For additional INFORMATION please phone: 812-431-9113 (cell).
 Or email: stagg@twc.com

OFFICIAL RELEASE FORM CERTIFICATION:

I hereby give my word of honor that I am drug free according to the ADFPF/WDFPF rules, I have not used anabolic steroids or other anabolic agents that would be considered banned substances by the WORLD ANTI-DOPING AGENCY & the International Olympic Committee. I further agree NOT to use prescription diuretics in an effort to make weight **NOR** will I take psychomotor stimulants for this competition.

(Signature of athlete)

Date: _____

(Signature of parent/guardian if athlete is under 18 yrs of age)

Date: _____

Release From Liability:

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 Pit" Barbell Spring Open & Last Chance Qualifier, I intend to be legally bound for not only myself but also my heirs, my executors and my administrators. In signing this release from liability, I waive and release anyone connected with this competition, i.e. "The Pit" Barbell Club, the Meet Directors, the A.D.F.P.F., or any persons associated with the competition from any and all liability which may arise from this competition.

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.

Moreover, I agree that the results of any testing method selected by ADFPF recognized testing officers for the purpose of detecting the presence of drugs, as listed on the WADA banned substances list, SHALL BE CONCLUSIVE. I agree to cooperate fully with all required 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 that I might otherwise have won. 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 agree to pay any attorney fees and litigation expenses incurred by any person, real or corporate, which I may sue in 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 contest. 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: _____

(Signature of parent/guardian if athlete is under 18 yrs of age)

Date: _____