

Crossfit 8085  
presents the  
**2<sup>nd</sup> Annual, Fire and Police Memorial Push/Pull**  
Sanctioned by the

**AMERICAN DRUG-FREE POWERLIFTING FEDERATION**

<b>Date:</b>	10/13/2019 (Sunday)	<b>Venue:</b>	Crossfit 8085
<b>Venue Address:</b>	301 North Stockwell Rd. Evansville, IN 47715		
<b>Meet Director:</b>	Mike Stagg	<b>Phone Number:</b>	(812) 431-9113
<b>Address:</b>	2920 Harmony Way, Evansville, IN 47720		
<b>Meet Co-Director:</b>	Leslie Corn	<b>Phone Number:</b>	(812) 449-1315
<b>Address:</b>			

**ELIGIBILITY:** All entries must be 2019 registered A.D.F.P.F. Members. Lifters are required to register their membership online. Lifters are encouraged to register early.

**ENTRY FEE:**

PUSH-PULL= **50.00** Push-pull events consist of bench-press and deadlift. Make checks payable to **Sarah Gray**

**ENTRY DEADLINE:** Entries **with fees** must be **postmarked by October 7 2019. Late entries will be accepted at discretion of meet director but will incur a \$20 fee.**

**MEET T-SHIRT: 25.00**

**DIVISIONS OF COMPETITION:**

**UNEQUIPPED Division:** Lifters must wear a NON-SUPPORTIVE singlet, NON-SUPPORTIVE T-shirt and shoes 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 limited to the following in each Event:

**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 & SPANDEX 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:**

All lifters are automatically entered into the open category. Awards are presented in all weight classes.

Overall Best Lifter award(s) using Schwartz and Malone formulas.

**WEIGHT CLASSES** (all weight classes are in kilos, to determine pounds multiply by 2.2046):

MEN:	<b>52.0</b>	<b>56.0</b>	<b>60.0</b>	<b>67.5</b>	<b>75.0</b>	<b>82.5</b>	<b>90.0</b>	<b>100.0</b>	<b>110.0</b>	<b>125.0</b>	<b>145.0</b>	<b>+145.0</b>
WOMEN:	<b>44.0</b>	<b>47.5</b>	<b>50.5</b>	<b>53.0</b>	<b>55.5</b>	<b>58.5</b>	<b>63.0</b>	<b>70.0</b>	<b>80.0</b>	<b>90.0</b>	<b>+90.0</b>	

**CATEGORIES OF COMPETITION:** The ADFPF offers 7 CATEGORIES of competition including: **OPEN** (from 14 upward); **TEEN 1** (14-15 years of age); **TEEN 2** (16-17 years of age); **TEEN 3** (18-19 years); **JUNIOR** (20-23 years 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, which will be applied in cases for substances not covered below. Banned substances include ANABOLIC STEROIDS, GROWTH HORMONES, PRESCRIPTION DIURETICS and PSYCHOMOTOR STIMULANTS. Many over-the-counter substances violate ADFPF 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:

The schedule is as follows:

**OFFICIAL WEIGH-IN BEGINS at 7:00- 8:30**

**RULES BRIEFING: 8:45**

**LIFTING BEGINS at 9:00 am**

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

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

All lifters are encouraged to complete their ADFPF Membership registration in advance.

All ADFPF lifters are Drug-Free for their entire life.

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

**2<sup>nd</sup> Annual Fire and Police Memorial Push/Pull**

COMPLETE, SIGN and RETURN BOTH PAGES of this ENTRY FORM with CHECK or MONEY ORDER payable to: **Michael Stagg, 2920 Harmony Way, Evansville, IN 47720. Entry may also be completed online. A payment link will be sent once verified.**

Entries must be postmarked by **October 7, 2019 to avoid \$20 late fee.**

Please PRINT CLEARLY or TYPE:

<b>E-mail Address:</b>							
<b>First Name:</b>		<b>M.I.:</b>		<b>Last Name:</b>			
<b>Gender:</b>		<b>Date of Birth:</b>		<b>Age on June 10:</b>		<b>Weight Class in Kilos:</b>	
<b>Street Address:</b>							
<b>City:</b>		<b>State:</b>		<b>Zip Code:</b>			
<b>Home Phone Including Area Code:</b>						<b>{Year} ADFPF #:</b>	
<b>Cell Phone Including Area Code:</b>							

2018 ADFPF Membership Forms are available on the ADFPF website: <http://adfpf.net/membership/>

<b>Best Unequipped Competition Bench Press:</b>		<b>Best Equipped Competition Bench Press:</b>	
<b>Best Unequipped Competition Deadlift:</b>		<b>Best Equipped Competition Deadlift:</b>	

<b>Have You Ever Been Drug Tested?</b>	
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If So, Approximate Date(s) of Testing:					
Method(s) of Testing (check all that apply):					
Urinalysis		Polygraph		Voice Stress	
Have You Been Drug-Free Your ENTIRE Life?					
List Medications Taken During The Past 2 Weeks:					

PUSH-PULL= **50.00**

**BENCH PRESS:** UNEQUIPPED      EQUIPPED  
**DEADLIFT:**                      UNEQUIPPED      EQUIPPED

Pre-Order Meet t-shirts at **25.00** each, indicate SIZE & QUANTITY:

Small	Medium	Large	XLarge	XXLarge	XXXLarge

**Total Entry fee + Shirt Order:** \$\_\_\_\_\_. Please make check payable to **Michael Stagg**. See MEET DIRECTOR info on FIRST PAGE.

For additional INFORMATION please phone: **Michael Stagg (812) 431-9113 or Leslie Corn (812) 449-1315**

Or email: **stagg@twc.com**