

WNPf PENNSYLVANIA CHAMPIONSHIPS

& WNPf NORTH AMERICANS

MAY 4, 2025

EPHRATA, PENN. @ VITALITY ATHLETICS



THIS MEET IS LIMITED TO THE FIRST 50 LIFTERS ONLY

Location: Vitality Athletics, 350 North Reading Road, Ephrata, PA. Look for hotels in the Ephrata area near Vitality Athletics

Important times: Weigh-ins (Mandatory night before from 5-6pm) We will take the first 5 lifters ONLY BY APPOINTMENT if you need to weigh-in the morning of otherwise you are required to weigh-in the night before. Email me at wnpf@aol.com NO EXCEPTIONS!

Rules meeting: 8:30AM, Start time: 9:15AM

Entry Fee: \$150 for the first division or event. \$60 for any additional division or event. **ENTRY DEADLINE: APR 5, 2025. Entries received after this date will require a \$40 late fee, no exceptions!**

We are not taking walk-ins; you must email us at wnpf@aol.com if you are going to be late and want to lift. All lifters that enter on time will receive a meet shirt as a part of their entry!

ALL FEES ARE NON-REFUNDABLE AND CANNOT BE TRANSFERRED OR EXCHANGED

Save your stamps and sign up online at [ONLINE PAYMENTS FOR THIS EVENT](#) There is a small PayPal fee added when you sign up online. You do not need a PayPal account to sign up just a debit or credit card. We do offer payment by Venmo or Cashapp by request. Personal checks are not accepted!

If you want to enter a team in the team championships the team fee is \$120.00 in advance. We will need a team roster when signing up! You can sign-up online or email me for more information at wnpf@aol.com

WNPf Memberships: All lifters must become a member of the WNPf to compete. \$40.00 Youth, Teens Juniors, and Seniors over 65 yrs of age. \$60 for all others. [WNPf MEMBERSHIP](#)

Records: State & National records can be set in the North Americans, State records can be set in the Penn state meet.

Awards: NEW WNPf Awards will be awarded to all lifters that place first thru third place. We will also have team awards and best lifter awards.

WORLD QUALIFIER- Lifters that place first to third will qualify for the WNPf WORLD CHAMPIONSHIPS

Attire: WNPf attire will be sold at each event. We will have tees, sweats, singlets, socks, knee sleeves, wrist wraps and knee wraps.

Admission: \$20 for all spectators and non-lifters. Please tell everyone that is coming to watch you that there is an admission charge.

Equipment: Calibrated plates, Combo squat and bench rack, Texas Squat and Deadlift bars and a computerized score program.

Events include: Full Power, Bench only, Deadlift only, Squat only, Ironman (Bench & Deadlift combined), Powercurl only and Reps. (The Novice division is offered in the Penn State meet only)

Divisions: Youth 9-10, 11-12, Teen 13-14, 15-16, 17-19, Junior 20-23, Open, Subs 35-39, Masters in 5-year increments, Special Olympians, Disabled lifters and Police/Fire/Military (Proof must be sent in prior to compete in P/F/M)

Bomb outs: Lifters if you bomb out you will not be able to switch to another event automatically! You can enter another event if you wish.

Note: We do offer a Slingshot division for master's over 40 in the bench press only, not full meet. Open lifters can use a slingshot in the Bench press only but will be placed in the Single ply Bench Press division.

Helpers/ Workers: We are always in need of staff at WNPf meets. Please email me at wnpf@aol.com if you are interested in working for us. We need spotter/loaders, Scorekeepers and Door personnel to make this a successful meet.

Contact Information:

TROY FORD- DIRECTOR

WNPF, POBOX 142347, FAYETTEVILLE, GA 30214

wnpf@aol.com

www.wnpfpl.com – CONTACT US BUTTON

770.668.4841- text



WNPf PENN – NORTH AMERICANS – APR 5, 2025 Deadline

If you would like confirmation of your entry, please email us a week after sending your entry in. Please do not send your entry in by certified mail. It will not be picked up.

NAME _____ NICK NAME _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

AGE _____ DATE OF BIRTH _____ SEX- M __ F __

TEL. # _____ EMAIL ADDRESS _____

OCCUPATION _____ WT. CLASS _____ SHIRT SIZE _____

I'm lifting in the Penn states _____ I'm lifting in the North Americans _____

ARE YOU A CURRENT WNPf CARD MEMBER? YES, ___ NO ___ **IF YES WHAT IS THE EXPIRATION DATE ON YOUR CARD?** _____

ESTIMATED OPENERS: SQ _____ BP _____ DL _____ CURL _____

FULL MEET: YOUTH__ TEEN__ JUNIOR__ OPEN__ SUBS__ MASTERS__ NOVICE__ POLICE/FIRE/MILT__ SPECIAL OLYMPIANS__ DISABLED__ RAW__ RAW-CLASSIC__ SINGLE PLY__ DOUBLE PLY__

SQUAT ONLY- YOUTH__ TEEN__ JUNIOR__ OPEN__ SUBS__ MASTERS__ NOVICE__ POLICE/FIRE/MILT__ SPECIAL OLYMPIANS__ DISABLED__ RAW__ RAW-CLASSIC__ SINGLE PLY__ DOUBLE PLY__

BENCH PRESS ONLY- YOUTH__ TEEN__ JUNIOR__ OPEN__ SUBS__ MASTERS__ NOVICE__ POLICE/FIRE/MILT__ SPECIAL OLYMPIANS__ DISABLED__ RAW__ MASTERS SLINGSHOT__ SINGLE PLY__

DEADLIFT ONLY- YOUTH__ TEEN__ JUNIOR__ OPEN__ SUBS__ MASTERS__ NOVICE__ POLICE/FIRE/MILT__ NOVICE__ SPECIAL OLYMPIANS__ DISABLED__ RAW__ EQUIPPED__

POWER CURL- YOUTH__ TEEN__ OPEN__ MASTERS__

IRONMAN/MAIDEN- YOUTH__ TEEN__ JUNIOR__ OPEN__ SUBS__ MASTERS__ NOVICE__ POLICE/FIRE/MILT__ NOVICE__ SPECIAL OLYMPIANS__ DISABLED__ RAW__ EQUIPPED__

BENCH FOR REPS- YOUTH__ TEEN__ JUNIOR__ OPEN__ SUBS__ MASTERS__ POL/FIRE/MILT__

ALL FEES ARE NON-REFUNDABLE, NON-TRANSFERABLE AND CANNOT BE EXCHANGED. PLEASE DO NOT SEND YOUR ENTRY IN BY CERTIFIED/ SIGNED SIGNATURE MAIL IT WILL NOT BE PICKED UP. IF YOU WANT CONFIRMATION, PLEASE EMAIL ME AT WNPf@AOL.COM We do not accept personal checks, we will hold them for you or return them to you and have you send in a money order or bank check instead but it must be paid before the deadline otherwise a late fee will be added. If you owe any fees such as membership, extra divisions, entry, or late fees, etc. we accept cash only at weigh-ins. Thank you. CONTACT: TROY FORD @ WNPf@AOL.COM

In consideration of your accepting this entry, I hereby for myself and my heirs, release any & all rights/claims for damages for injuries I may have against the contest facility in use, World Natural Powerlifting Federation, Troy Ford, Ron DeAmicis, all other meet directors & staff, and any & all other participating sponsors, supporters, referees, and spotter/loaders as a result of my traveling to, and/or from and/or participating in, the above listed competition. I make this release and waiver of claim with full knowledge of the hazards and inherent risks associated with the above listed competition. I hereby assume the risk of injury and property damage/loss. Also, in consideration of your accepting this entry I hereby sign over my rights to be videotaped and/or photographed to the meet directors and/or his designee. I am fully aware that I will receive no royalties and/or compensation for resale/use of the videotapes and/or photographs. I also realize that if I do not attend this event for any reason, I will forfeit all fees and cannot transfer them to another event. In consideration of the acceptance of my entry in this Powerlifting competition I intend to be legally bound, for not only myself but also for my heirs, my executors, and my administrators. In signing this release from liability, I waive and release everyone connected with the competition from all liability, including any results of negligence which may arise from this competition. Moreover, I agree that any testing method which the meet director and the sponsors of this meet use to detect the presence of strength-inducing drugs SHALL BE CONCLUSIVE. That is, whether I think results of the tests are right or wrong I agree that I have no right to challenge the results of the drug tests. I further agree to submit to any physical tests which may be necessary to complete drug testing. Should I fail to pass drug tests, I agree to forfeit any trophy or award which I otherwise have won. I understand and agree that if I fail to pass the drug tests, my name will appear on a published list of suspended members. If it is determined that I have failed the drug test, I agree to waive any claim for which legal relief is available. I agree to pay any attorney fee and litigation expenses incurred by any person, real or corporate, whom I may sue to challenge this Release from Liability form. I understand that my agreement to pay attorney fees and litigation expenses is the Sine Qua Non for the acceptance of my entry in this contest. If any provision of this release form liability shall be deemed by a court of competent authority to be invalid, the remainder of this Release of Liability shall remain in full force and effect. I agree that I have not been in contact with anyone with the Covid 19 virus and I have no symptoms of the virus. I also agree that if I catch the covid 19 virus I will not hold the WNPf liable for if I get sickly or die from the virus. I realize that I have the option of wearing a mask and I will be around athletes that will not have on a mask. I also certify with my signature that this release/agreement cannot be modified orally. 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 thirty six months, nor have I used prescription diuretics or psychomotor stimulants during the seven days prior to this meet

Signature in full of

applicant or parent/guardian if lifter is under 18

SEND TO: WNPF, POBOX 142347, FAYETTEVILLE, GA. 30214