
WNPF
EST. 1988
THE
IRON SUMMIT
WHERE THE REAL DRUG FREE POWERLIFTERS COMPETE
WNPF
100 LBS
SUNDAY
APRIL 18
LOCATION:
CRUNCH
FITNESS
CRUNCH FITNESS MIDDLETOWN
WNPF
WORLD NATURAL
POWERLIFTING
FEDERATION
NATURAL
DRUG FREE
FAIR PLAY
REAL STRENGTH
REAL ATHLETES
MIDDLETOWN NY
ALL EVENTS - ALL DIVISIONS
WWW.WNPFPL.COM
TROY FORD
PH: 770.668.4841
WNPFPL@GMAIL.COM

MEET INFORMATION

Crunch Fitness Middletown 109 Dunning Road, Middletown, NY 10940

Participation is limited to the first 50 lifters. Look for hotels near Crunch Fitness in the Middletown area.

EVENTS

Full Meet (Squat / Bench Press / Deadlift) | Squat Only | Bench Press Only | Deadlift Only | Ironman/Maiden (Bench & Deadlift) | PowerCurl / Strict Curl | Bench for Reps

WEIGH-INS & SCHEDULE

Saturday, April 17, 2027: mandatory weigh-ins, 4:00-5:00 PM. Only the first five lifters may schedule a meet-morning weigh-in by appointment. Email wnpfpl@gmail.com to request an appointment; no exceptions.

Sunday, April 18, 2027: rules meeting at 8:30 AM; meet starts at 9:15 AM.

ENTRY FEES & DEADLINE

First division/event: $160 | Additional divisions/events: $65 each

Entry deadline: March 20, 2027. Late fee: $40. No walk-in entries. If you anticipate entering late, email wnpfpl@gmail.com. Timely entrants receive a meet shirt; late entrants do not. All fees are non-refundable, non-transferable and non-exchangeable.

REGISTRATION & PAYMENT

Register online at www.wnpfpl.com using a debit or credit card; a small fee applies. Venmo or Cashapp payments are accepted by request. Money orders are accepted; personal checks are not.

Team entry: $120 paid in advance, with a roster at sign-up. Contact wnpfpl@gmail.com for details.

MEET DIRECTOR & CONTACT

Troy Ford - Meet Director

Phone / text: 770.668.4841

Email: wnpfpl@gmail.com or wnpf@aol.com

Website: www.wnpfpl.com

MEMBERSHIPS

All lifters must hold a WNPF membership to participate.

$50 for Youth, Teens, Juniors, and Seniors over 65 years $60 for all others

DRUG TESTING PROTOCOLS

All participants should be aware that drug testing will be conducted during this event. The WNPF enforces strict standards, randomly selecting lifters for both in-competition and out- of-competition testing. Only drug-free competitors are eligible to enter; any individual not compliant with these regulations should refrain from registering.

RECORDS & AWARDS

State and national records may be set at this event.

Awards include NEW sculptures, medals, plaques, rings and other prizes for lifters placing first through third, team awards, and best lifter awards.

ATTIRE & MERCHANDISE

WNPF attire will be available for purchase, including tees, sweats, singlets, socks, knee sleeves, wrist wraps, and knee wraps.

ADMISSION

$20 per person. All spectators, non-lifters, coaches and handlers must pay to enter.

EQUIPMENT PROVIDED

The meet will feature calibrated plates, combo squat and bench racks, Texas deadlift bars, and a computerized scoring system.

AGE & SPECIAL DIVISIONS

Youth: 9-10, 11-12 | Teen: 13-14, 15-16, 17-19 | Junior: 20-23 | Open | Submasters: 35-39 | Masters: five-year increments | Special Olympians | Disabled lifters | Novice | Police/Fire/Military (proof required).

EVENT CHANGES & BOMB OUTS

If a lifter bombs out, they cannot automatically switch to another event. Lifters may enter another event for an additional fee if they wish.

RAW LIFTER EQUIPMENT GUIDELINES

Knee sleeves are allowed. Lifters can use wrist wraps, a singlet, and a belt during their lifts. Required attire includes a cotton T-shirt and underwear only; no additional items are allowed.

RAW CLASSIC LIFTER EQUIPMENT GUIDELINES

Lifters may also use wrist wraps, a singlet, and a belt for their lifts. Knee wraps are allowed. Knee sleeves are allowed for deadlifts. Required attire consists of a cotton T-shirt and underwear only. No additional items are permitted.

SINGLE PLY LIFTER EQUIPMENT GUIDELINES

Permitted Equipment: Knee wraps, wrist wraps, singlet, and belt. Bench Shirts: Single ply bench shirts must close in the back. Deadlift Suits: Single ply suits are allowed for deadlifts. Singlet Requirement: Singlets must be worn on top of shirts. Attire: Only cotton T-shirts and underwear are allowed. Restrictions: No additional items are permitted. Knee wraps for the Deadlift are not permitted

DOUBLE PLY LIFTER EQUIPMENT GUIDELINES

Permitted Equipment: Double ply lifters are allowed to use knee wraps, wrist wraps, a singlet, and a belt. Only a cotton T-shirt and underwear are permitted as base attire. Bench Shirts: Double ply bench shirts may be worn and can be either open or closed in the back. No other shirts are allowed underneath the bench shirts. Squat and Deadlift Suits: Double ply suits are allowed for both squats and deadlifts. Singlet Requirement: Singlets must be worn over the shirt at all times. Knee wraps for deadlift is permitted. Restrictions: No additional items are allowed beyond those specifically listed above.

SLINGSHOT BENCH PRESS ONLY DIVISION EQUIPMENT GUIDELINES

Eligible Participants Open, submasters, masters, and police/fire/military competitors in the bench press only Slingshots may be worn in the Ironman, but competitors will be categorized in either the single ply or double ply equipped division. We do not allow Slingshots in the full powerlifting event.

Permitted Equipment Wrist wraps Singlet Belt Cotton T-shirt and underwear (as base attire) Single ply or double ply slingshots (division separation applies)

Restrictions No additional items are allowed beyond those listed above.

IRONMAN & DEADLIFT ONLY DIVISIONS AND EQUIPMENT GUIDELINES

Division Availability For the Ironman and deadlift only events, there is no Raw Classic or Double Ply division offered. Competitors may participate in either the RAW or Equipped divisions only.

Equipment Regulations Knee sleeves are permitted specifically for use during the deadlift portion of the competition. However, knee wraps are not allowed in the Ironman or deadlift only divisions unless you are in the equipped division.

EVENT STAFF AND CONTACT INFORMATION

Helpers and Workers Needed To ensure the smooth operation of WNPF meets, we are actively seeking dedicated individuals to join our staff. If you are interested in assisting, please reach out via email at wnpfpl@gmail.com. Our events require a variety of roles, including spotters/loaders, scorekeepers, and door personnel. Your support is essential to the success of each meet. Contact Information For further details or to express your interest in helping, please contact: Troy Ford - Director WNPF, P.O. Box 142347, Fayetteville, GA 30214 Email: wnpfpl@gmail.com Website: www.wnpfpl.com, 770.668.4841- text Alternate email: wnpf@aol.com

PARTICIPANT ENTRY FORM

Complete all information and mark each event and division you are entering.

Name: _____ Nickname: _____

Street address: _____

City: _____ State: _____ Zip: _____

Age: _____ Date of birth: _____ Sex: M ____ F ____

Phone: _____ Email: _____

Occupation: _____ Weight class: _____ Shirt size: _____

Current WNPF member? Yes ____ No ____ Expiration: _____

ESTIMATED OPENERS

Squat: _____ Bench Press: _____ Deadlift: _____ Curl: _____

EVENT & DIVISION SELECTION

Mark each event, then select your division and enter the equipment class where applicable.

[ ] Full Meet (SQ / BP / DL)	Division: _____ Equipment class: _____
[ ] Squat Only	Division: _____ Equipment class: _____
[ ] Bench Press Only	Division: _____ Equipment class: _____
[ ] Deadlift Only	Division: _____ Equipment class: _____
[ ] Ironman / Maiden	Division: _____ Equipment class: _____
[ ] Powercurl	Youth __ Teen __ Junior __ Open __ Submasters __ Masters __ Novice __ Police/Fire/Military __ Special Olympians __ Disabled __
[ ] Strict Curl	Youth __ Teen __ Junior __ Open __ Submasters __ Masters __ Novice __ Police/Fire/Military __ Special Olympians __ Disabled __
[ ] Bench for Reps	Division: _____ Equipment class: _____

Age/special divisions: Youth, Teen, Junior, Open, Submasters, Masters, Novice, Police/Fire/Military, Special Olympians and Disabled. See equipment rules for event restrictions.

ENTRY POLICIES & SIGNED AGREEMENTS

Please read and sign before submitting your entry.

ENTRY FEE POLICIES AND IMPORTANT INSTRUCTIONS

All fees are non-refundable, non-transferable, and non-exchangeable. Do not send your entry by certified or signature-required mail-it will not be picked up. If you require confirmation of receipt, please email wnpfpl@gmail.com. Personal checks are not accepted. If sent, they will be held or returned, and you must send a money order or bank check instead. Payment must be received before the deadline, or a late fee will apply. Any owed fees (membership, extra divisions, entry, late fees, etc.) must be paid in cash only at weigh- ins.

RELEASE OF LIABILITY

In consideration of your acceptance of this entry, you and your heirs release any and all rights or claims for damages for injuries against the contest facility, the World Natural Powerlifting Federation, Troy Ford, Ron DeAmicis, Barbara Williams, Willy Wilcox and all WNPF meet directors and staff, and all sponsors, supporters, referees, and spotter/loaders. This release applies to injuries resulting from travel too, participation in, and travel from the competition.

RELEASE AND WAIVER OF LIABILITY

By submitting this entry, I acknowledge and fully accept all risks associated with participating in this competition. I voluntarily assume responsibility for any injuries or property loss that may occur. Additionally, I grant permission for the meet directors or their designated agents to videotape or photograph my participation. I understand that I will not receive royalties or compensation for any such recordings or images, and that, should I be unable to attend, all fees paid are forfeited and cannot be applied to another event. This waiver is binding for myself, my heirs, executors, and administrators. I release all parties involved with the event-including the contest facility, World Natural Powerlifting Federation, meet directors, staff, sponsors, referees, and spotter/loaders-from any liability, including claims of negligence arising from travel to, participation in, or travel from the competition.

DRUG TESTING AGREEMENT

I agree that any drug testing methods (In contest or out of contest) utilized by the meet director or sponsors are final and binding, regardless of my opinion on their accuracy. I will submit to any necessary physical or chemical tests for drug detection. Should I fail any test, I agree to forfeit any trophies or awards and understand that my name will be published on a list of suspended members. I will be suspended from the WNPF a minimum of 36 months up to a lifetime ban depending on the situation and this will be determined by the WNPF committee. I waive any right to pursue legal action regarding failed drug tests and agree to cover any legal fees or expenses incurred by those I may challenge in court. I also acknowledge that my agreement to these terms is a necessary condition (Sine Qua Non) for my entry to be accepted. If any provision herein is found invalid by a court, the rest of this release remains effective.

HEALTH AND COVID-19 STATEMENT

I affirm that I have not been in contact with anyone diagnosed with COVID-19 and have no symptoms. Should I contract COVID-19, I will not hold WNPF responsible for any resulting illness or consequences. I understand wearing masks is optional and that I may be in close proximity to individuals who are unmasked.

CERTIFICATION

By signing below, I certify that within the past 36 months I have not used any strength-inducing drugs, including anabolic steroids or growth hormones, nor have I used prescription diuretics or psychomotor stimulants within seven days before this meet. I understand that this agreement cannot be modified orally.

Signature: _____ Date: _____

Applicant or parent/guardian if under 18.

SEND TO: WNPF, P.O. BOX 142347, FAYETTEVILLE, GA 30214

Do not use certified or signature-required mail. Any owed fees must be paid in cash at weigh-ins. For entry confirmation, email wnpfpl@gmail.com one week after mailing.