



## Entry Form

### State Single Lift Championships Sunday, May 14th 2017

This event is sanctioned by the 100% Raw Powerlifting Federation as a **Sanction-I** event. State records may be set at **Sanction-I** events.

		<b>Tick appropriate box</b>	
<b>Novice Qualifier*</b>		\$25 <input type="checkbox"/>	
<b>State Single Lift Championships</b>			
<b>Payment options</b>		<b>Nominated lifts</b>	
<b>Any 1 lift</b>	\$30 <input type="checkbox"/>	<b>Squat</b>	<input type="checkbox"/>
<b>Any 2 lifts</b>	\$55 <input type="checkbox"/>	<b>Bench Press</b>	<input type="checkbox"/>
<b>Any 3 lifts</b>	\$80 <input type="checkbox"/>	<b>Deadlift</b>	<input type="checkbox"/>
<b>All 4 lifts</b>	\$100 <input type="checkbox"/>	<b>Strict Curl</b>	<input type="checkbox"/>
*Any competition can be used as a Novice Qualifier, however, records cannot be set nor competitions won by novice lifters			

Name  Email

Phone#  Weight  Male / Female (circle)  
 Class

Club  Age/Ability Class

<b>Weight classes</b>	<b>Female:</b> 44kg, 48kg, 52kg, 56kg, 60kg, 67.5kg, 75kg, 82.5kg, 90kg, 90+kg <b>Male:</b> 48kg, 52kg, 56kg, 60kg, 67.5kg, 75kg, 82.5kg, 90kg, 100kg, 110kg, 125kg, 140kg, 140+kg
<b>Age/Ability classes</b>	<b>Youth:</b> 11yo and under <b>Teen:</b> 12-13yo, 14-15yo, 16-17yo, 18-19yo <b>Junior:</b> 20-24yo <b>Open:</b> 25yo and above <b>Sub-Masters:</b> 35-39yo <b>Masters:</b> 40-44yo, 45-49yo, 50-54yo, 55-59yo, 60-64yo, 65-69yo, 70-74yo, 75yo and above <b>Law/Fire/Military*:</b> Active or retired <b>Special Olympian*:</b> Lifters who have an intellectual, cognitive, or developmental disability recognised by either an agency or professional <b>Handicapped*:</b> Lifters suffering from a compromising physical impairment (including the absence of limbs, fingers, or vision)
<b>*Lifters wishing to enter under the Law/Fire/Military, Special Olympian, or Handicapped classes, please contact <a href="mailto:vdcpacomps@gmail.com">vdcpacomps@gmail.com</a> regarding eligibility and any required accommodations.</b>	

I fully understand that I shall compete under the rules laid down by the 100% Raw Powerlifting Federation. I also understand that the equipment used in the Competition is governed by the rules of 100% Raw Powerlifting Federation, which means that it is of sufficient standard to meet the requirements of normal use. Whilst the Victorian Drug Free Powerlifting Association Incorporated shall use all care possible in making the sport safe, I am aware that unforeseen incidents may occur, and wish to exempt the Victorian Drug Free Powerlifting Association Incorporated and 100% Raw Powerlifting Federation from any possible legal action as underlined, and signed by me, in my membership application. I understand that my entry fee only allows me to be weighed in, have my equipment checked, use the warm up facilities provided, to participate in the competition, and to submit to a drug test if required. In consideration of the entry, I hereby intend to be legally bound by myself, my heirs, executors or administrators, waive any and all rights and claims for damages against Victorian Drug Free Powerlifting Association Incorporated, 100% Raw Powerlifting Federation, the management, committee members, organisers and or assigns, and the sponsors of this contest, for any injuries suffered by me at the said Powerlifting competition.

Lifter's Signature  Date

Parent/Guardian Signature (if U18)  Date

Coach's Name  Signature  Date

<b>Payment can be made via:</b>	Cheque	To be made payable to VDFPA inc.
	Direct Deposit	VICTORIAN DRUG FREE POWERLIFTING ASSOCIATION <b>BSB 083-536</b> <b>Account Number 04-948-8684</b>
<b>Please send cheques/completed entry forms to:</b>		VDFPA Inc 21 Duncan Avenue Greensborough, 3088 <b>Email:</b> <a href="mailto:vdcpacomps@gmail.com">vdcpacomps@gmail.com</a>