

SPF/ISPF WORLD POWERLIFTING CHAMPIONSHIP SEPTEMBER 18-19-20th 2020

Powerlifting, Bench Press and Deadlift Championship

Location: Brute Strength Gym

836 Poplar Hall Drive Norfolk VA 23502

Entry Deadline August 20th 2020 after August 20 \$25 Late Fee

Entry Cut Off Date September 5th

Refund Policy: No refunds will be given for any reason.

Events: Full Power, Push Pull, Squat Only, Bench only, Deadlift only
Category: Raw with Wraps, Classic Raw (without wraps), Single Ply, Multiply

All Lifters must be Current SPF Member

All State, National and World Records can be set at this event

Friday 18th: All Women All Ages

Raw with Wraps, Classic Raw (without wraps)

Women will weigh in at Comp site. Brute Strength Gym

9am-11am and 4pm-6pm

Saturday 19th: All Men All Ages

Raw with Wraps, Classic Raw (without wraps)

Weigh in at Host Hotel: 9am-11am and 4pm-6pm

Sunday 20th: All Men and Women All Ages Equipped

Weigh ins at Host Hotel: 9am-11am and 4pm-6pm

Weigh-in--Day before There will be no Day Off weigh ins under any circumstances.

We will be holding to a strict schedule which will be crucial to staying on time.

No late weigh ins will be allowed -No Exceptions

Lifters meeting and Warmups 7:30 am. Competition starts at 8:30am

General Admission at the Door \$10

Awards 1st-3rd with Best Lifter Each Day.

Full Power \$95 –Push Pull \$85 –Squat Only - Bench Only \$75 -Deadlift Only \$75

All Crossovers \$50

Host Hotel Holiday Inn Express [ISPF World Championship Booking Link](#) If guests choose to call the hotel to reserve, they need to call 757-455-5055 extension 152, which is our Sales Department. They can reference group code

SPF.

Name of Contest: SPF WORLD CHAMPIOSHIP Date: 9/18-19-20, 2020

Must be a SPF Member if you are not already a member send an additional 30.00
(Teenagers 20.00) for your membership card.

Print Full Name: _____ Age: _____ Date of Birth: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone No: _____ Email: _____

Parent or Gardian must sign for you to lift if you are under 18.

Parent or Guardian signature: _____

NOTICE: ONLY SELECT THE ONES THAT PERTAIN TO THE EVENTS YOU ARE ENTERING.

Check the Category that suits you

Raw PL With Wraps: (Belt, Wrist Wraps, Knee Wraps) _____

Raw PL Without Wraps: (Belt, Wrist Wraps, Knee Sleeves if desired) _____

Multi-Ply: (Multi Ply Squat Suit and Multi Ply Bench Shirt or even Single Ply if desired.) _____

Divisions: Teenage13-15: _____ Teens: 16-17 _____ Teens 18-19: _____ Junior(20-23) _____ Women _____

Men _____ Police , Fire, Military _____ Sub-masters (33-39) _____

Masters(40-44) _____ Masters(45-49) _____ Masters(50-54) _____ Masters(55-59) _____ Masters(60-64) _____

Masters(65-69) _____ 70-74 _____ Other _____

What Weight Class are you entering? Wt. Class:

97 _____ 114 _____ 123 _____ 132 _____ 148 _____ 165 _____ 181 _____ 198 _____ 220 _____ 242 _____ 259 _____ 275 _____ 308 _____ SuperHeavy _____

you can enter more than one event if you would like, (Cross Over) just check the events you want to enter

Send the appropriate fees according to the contest you are entering from the list above.

Circle the Event or Events that you are entering:

Full Power \$95-Bench Only \$75 - Push Pull \$85 - Deadlift Only \$75 - Squat Only \$75

All Crossovers \$50 - Membership \$30 (\$20 Teenage) - Late Fee \$25

Entry Fee _____

Cross Over Fee _____

Membership Fee _____

Total Amount Due _____

Send Check or Money Order

Brute Strength Gym

836 Poplar Hall Drive Norfolk VA 23502

Meet Director Stella Krupinski 757-735-0092 brando_waterfront@yahoo.com

SPF President Jesse Rodgers 423-255-3672