

# SPF/ISPF WORLD POWERLIFTING CHAMPIONSHIP

## December 12, 2020

Powerlifting, Bench Press and Deadlift Championship

Location: Brute Strength Gym  
836 Poplar Hall Drive Norfolk VA 23502

**Entry Deadline December 1st. No Late entries no Exceptions**

### **Refund Policy:**

**The Only Refund would be in the event Worlds is cancelled due to COVID. (No other reason applies)**

**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**  
**No Qualifying Meet Required...**

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

**Weigh ins Friday December 11, 2020 9am-11am and 4pm-7pm**

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.

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

**General Admission at the Door \$10**

**Awards 1<sup>st</sup>-3<sup>rd</sup> with Best Lifter Each Day.**

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

**Suggested Hotel Holiday Inn Express 757-455-5055**  
**SPF/ISPF WORLD POWERLIFTING CHAMPIONSHIP**  
**December 12, 2020**

**Powerlifting, Bench Press and Deadlift Championship**  
**No Qualifying Meet required**

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 Guardian 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 \_\_\_\_\_

Send Check or Money Order

Cross Over Fee \_\_\_\_\_

Brute Strength Gym

Membership Fee \_\_\_\_\_

836 Poplar Hall Drive Norfolk VA 23502

Total Amount Due \_\_\_\_\_

**\*Refund applies only if Event is cancelled due to Covid**

Meet Director Stella Krupinski 757-893-9111 OR CELL757-735-0092

[brando\\_waterfront@yahoo.com](mailto:brando_waterfront@yahoo.com) SPF President Jesse Rodgers 423-255-3672