

BRITISH DRUG-FREE POWERLIFTING ASSOCIATION



NORTH MIDLANDS SPRING FULL POWER & SINGLE LIFTS

DATE AND LOCATION

The North Midlands Winter Full Power & Single Lifts – **Sunday 19th May 2019** - will take place at Real World Fitness Gym, Units 21/22, Trent South Industrial Park, Nottingham, NG2 4EQ.

Please see website: www.rwfgym.co.uk

AIM

The aim is to invite female and male lifters in all categories to qualify for Equipped and Unequipped Full Power Nationals in 2019, and Single Lifts in 2020

TIMINGS

Weigh in: 8am – 9.30am

Lifting commences at 10am

Cut-off date for this event: **5th May 2019**

DRESS CODE

Please see in the BDFPA rulebook displayed on the website for a full and comprehensive list of kit and dress requirements.

In particular, you must wear knee high socks for the deadlift, and shoes must also be worn – you cannot deadlift in socks! Also, for the gents, boxer shorts cannot be worn – it must be briefs.

Items such as lifting belts and wrist straps will be available for purchase on the day at RWF Shop.

COST OF THE EVENT

Full Power: £25.00

Single Lift: £15.00 first entry – any additional lift £5.00

Payment must be completed prior to the event by electronic payment (using name as reference) to

RWF Gyms:

Sort Code: 54-21-47

Account: 34128255

It is **essential** that you use your surname (the competitor) as a payment reference.

Please email completed entry forms to derran@realworldfitness.co.uk or fill out the online entry form available from www.rwfgym.co.uk or www.bdfpa.co.uk

NORTH MIDLANDS SPRING FULL POWER and SINGLE LIFTS



19th May 2019

VENUE

Real World Fitness Gym, Units 21/22, Trent South Industrial Park, Nottingham, NG2 4EQ.

WEIGH IN

Weigh in 8.00 – 9.30am (all to be present within the first hour as the last thirty minutes are for re-weighs only as per rule book). To be clear: if you are not weighed in before 9am, you will not be allowed to compete.

Name.....

Full Address.....

.....

Telephone.....

Email.....

D.O.B.....Gender.....Age.....

Weight Class.....

Please circle as required:

Full Power..... Unequipped..... Equipped

Single Squat..... Unequipped..... Equipped

Single Bench..... Unequipped..... Equipped

Single Deadlift..... Unequipped..... Equipped

DRUG TESTING

Drug testing will take place

Please sign the following:

I understand that I compete at my own risk and that I am entering a drug tested event. Entering this competition whilst knowingly OR unknowingly using banned substances will result in a ban from all future competitions at RWF, and likely a lifetime ban from the BDFPA. For a full list of banned substances, visit www.wada-ama.org.

Membership of the BDFPA (www.bdfpa.co.uk) is required to lift at this event. Your membership MUST be approved at least two weeks prior to the event. It is your responsibility to ensure your membership is valid. No refund will be given in the event of your membership status preventing you from competing.

No refunds are given once your place has been confirmed, regardless of the reason. The North Midlands BDFPA may, at their discretion, carry your entry fee forward to the next available competition instead.

(Signature).....

Please email completed forms to derran@realworldfitness.co.uk, or post to the gym address

