

The WORLD DRUG-FREE POWERLIFTING FEDERATION

PRESENTS the EXCITING

**2008 W.D.F.P.F. SINGLE EVENT WORLD CHAMPIONSHIPS**

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COMPETITION DATE: **October 10<sup>th</sup>, 11<sup>th</sup> & 12th, 2008.**

The Venue & Hotels for this event have been pre-booked by the Meet Directors.

VENUE:

“ Fort van Merksem “

Fortsesteenweg

2170 Mekssem ( Antwerp )

The venue is located just outside the centre of Antwerp; 5 km from the main hotel.

All other pre-booked hotels are within 10 km, a maximum 10-minute drive.

**FREE transportation will shuttle athletes between the venue and hotels at frequent intervals.**

AUDIENCE ENTRY FEES: Spectators are WELCOME free of charge. Cameras & Video Tapes will be allowed; please do not block spectator viewing.

COMPETITOR ENTRY FEES: **60 EURO (\$98.00 U.S.)** for the 1<sup>st</sup> event; **30 EURO (\$49.00)** per additional event.

Entry fee in the form of **CHECK** or **MONEY ORDER** MUST be MAILED WITH ENTRY FORM to The A.D.F.P.F. National Office. The A.D.F.P.F. will MAIL all the ENTRY FORMS & FEES to meet director **Wim Backelant** to arrive no later than **SEPTEMBER 28<sup>th</sup>**. See pg. 4 for **Entry & Release forms**.

**Entries sent by individuals will NOT be accepted**

CHAMPIONSHIPS HOTELS: *The Dock's Hotel & Campanile Hotel (breakfast included) will be available at the following rates:*

Single room: 60 Euro.

Double room: 75 Euro.

Triple room: 90 Euro.

**Hotel reservations MUST BE ARRANGED** through Meet Director, Wim Backelant, **NOT directly with hotels.**

W.D.F.P.F. Rules: The meet will be run according to **W.D.F.P.F. Rules**. Participants are encouraged to review **PERSONAL EQUIPMENT** rules, **Weigh-In requirements** (bring **proof of age**), **Platform Costume & Event Technique** rules. WDFPF Rulebook available on website.

SCHEDULE : (Tentatively anticipating a 2-platform Championships depending on NUMBERS of ATHLETES entered in each Event. Friday's schedule may change depending on the number of athletes entered.

**Friday, 10 Oct., 11h00 – 12h30: Weigh-in & Equipment Check for SQUAT Event .**

**13h00 = Competition begins: UNEQUIPPED Division SQUAT followed by EQUIPPED Div. SQUAT.**

**Saturday, 11 Oct., 08h00 – 09h30: Weigh-in & Equipment Check for Bench Press.**

**10h00 = Competition begins: UNEQUIPPED Division Bench Press followed by EQUIPPED Div.**

**Sunday, 12 Oct. Weigh-in & Equipment Check for DEADLIFT = 08h00 – 09h30 comp:**

**10h00 = Competition begins: UNEQUIPPED Division DEADLIFT followed by EQUIPPED.**

See page 3 for a more DETAILED SCHEDULE OF EVENTS.

**DRUG TESTING:**

*The Entry Form includes a statement that a minimum of 10% of participants will be tested via urine samples. Subjects for testing will be selected based on the following options: lifters who establish records; placing within the competition; suspicion; target testing. Drug Testing Results (NEGATIVE and/or POSITIVE) will be included in Meet Results. Athletes who do NOT show up for Drug Testing will be considered a POSITIVE TEST and will received a LIFETIME BAN from W.D.F.P.F. participation.*

**REFEREES:** *International Referees from all participating nations are welcome to assist with the competition.*

**MEDICAL FACILITIE:** *Hospital within 5 minutes drive.*

**FOOD & REFRESHMENTS:** *2 fast-food restaurants, 1 Pizza place and 1 high- class restaurant are within 5 minute walking distance. Snacks& beverages will be available at venue.*

**Travel Guide:**

*From Antwerp Regional Airport : Take bus 16 to Central Station ( approx 5 euro ) – Take bus 31 to Dock’s hotel (bus stop Metropolis approx 5 Euro ) or Taxi ( approx 35 Euro).*

*From Brussels International Airport: Take train to Antwerp Central station ( approx 15 Euro ) – bus 31 to Dock’s hotel (approx 3 Euro ) or Taxi ( approx 15 Euro).*

**With car via Brussels:** *→ highway E 19 direction Antwerp→ direction Breda→ take exit Bergen op Zoom A 12→ take exit Ekeren → from the exit follow “Noorderlaan” until you see on your left side the hotel.*

**With car via Gand:**

*→ highway E 17 direction Antwerp → highway E 19 direction Breda→ take exit Bergen op Zoom A 12 → take exit Ekeren → from the exit follow “Noorderlaan” until you see on your left side the hotel.*

*From Brussels South Airport (Charleroi ) Ryanair airport : Take train to Antwerpen Central station (approximately 15 Euro) – bus 31 to Dock’s hotel (approx 3 Euro ) or Taxi ( approx 15 Euro).*

**With car via Brussels South:** *From the airport to highway Brussels → highway E 19 direction Antwerp→ direction Breda→ take exit Bergen op Zoom A 12→ take exit Ekeren → from the exit follow “Noorderlaan” until you see on your left side the hotel.*

*From Eindhoven airport (Netherlands ) Ryanair airport : Take train to Antwerpen Central station (approximately 20 Euro ) – bus 31 to Dock’s hotel (approx 3 Euro ) or Taxi ( approx 15 Euro ).*

**With car via Eindhoven:** *From the airport to highway A2-E25 Maastricht-Venlo- Eindhoven→ highway A67- E34 Eersel Antwerpen → highway E 34 Borgerhout → highway 19 direction Breda→ take exit Bergen op Zoom A 12→ take exit Ekeren→ from the exit follow “Noorderlaan” until you see on your left side the hotel.*

*Shuttle service is available from these airports for 15 Euro per person one way, or 10 Euro from the Antwerp Regional Airport.*

**AREA RECREATION & TOURISM:** *10 minutes with public transport from the old part of Antwerp with lots of little shops and historic buildings, Museums of art and history. The Zoo & Aquarium is located in the city centre. Local tours with boats in the port of Antwerp 1 hour drive from Bruges, 1 hour drive from Brussels.*

## W.D.F.P.F. 2008 "SINGLE EVENT" WORLD Championships

### **SCHEDULE**

All lifters **MUST BE PRESENT DURING** the 1<sup>st</sup> hour of the SCHEDULED weigh-in TIME. Lifters arriving after the 1<sup>st</sup> hour of the WEIGH-IN will not be allowed to compete.

#### Friday, October 10<sup>th</sup>, 2008; SQUAT EVENT:

- 10.45 h (10:45 a.m.): REGISTRATION at the VENUE -

- **11.00 h until 12.30 h: WEIGH-IN & EQUIPMENT CHECK for SQUAT Event at the meet site.**
- **13.00 h (1:00 p.m.) SQUAT COMPETITION begins UNEQUIPPED Division.**
- **Trophy presentation for UNEQUIPPED Division SQUAT.**
- **EQUIPPED Division SQUAT competition BEGINS.**
- **Trophy presentation for EQUIPPED Division SQUAT.**

*Estimated start time for EQUIPPED SQUAT depends on number of entries and will be ANNOUNCED when Entry Forms have arrived.*

#### Saturday, October 11<sup>th</sup>, 2008; BENCH PRESS EVENT:

- 07.45 h (7:45 a.m.): Registration at the VENUE -

- **08.00 h until 09.30 h: Weigh-In & Equipment Check for BENCH PRESS Event at the meet site.**
- **10.00 h BENCH PRESS COMPETITION begins - UNEQUIPPED Division.**
- **Trophy presentation for UNEQUIPPED Division Bench Press.**
- **EQUIPPED Division BENCH PRESS competition BEGINS.**
- **Trophy presentation for EQUIPPED Division BENCH PRESS.**

*Estimated start time for EQUIPPED BENCH PRESS depends on number of entries and will be ANNOUNCED when Entry Forms have arrived.*

#### Sunday, October 12<sup>th</sup>, 2008; DEADLIFT EVENT:

- 07.45 h (7:45 a.m.): Registration at the VENUE -

- **08.00 h until 09.30 h: Weigh-In & Equipment Check for DEADLIFT Event at the meet site.**
  - **10.00 h DEADLIFT COMPETITION begins - UNEQUIPPED Division.**
- **Trophy presentation for UNEQUIPPED DEADLIFT.**
- **EQUIPPED Division DEADLIFT competition BEGINS.**
- **Trophy presentation for EQUIPPED Division DEADLIFT.**

*Estimated start time for EQUIPPED DEADLIFT depends on number of entries and will be ANNOUNCED when Entry Forms have arrived.*

W.D.F.P.F. 2008 "SINGLE EVENT" WORLD Championships

Completed forms & fees MUST be RECEIVED by WIM BACKELANT via POST by 28 September. See PAGE 1 for address. 10% of participants will be tested via urine samples. Drug Testing Results (NEGATIVE and/or POSITIVE) will be included in Meet Results. Athletes who do NOT show up for Drug Testing will be considered a POSITIVE TEST and will received a LIFETIME BAN from W.D.F.P.F. participation. ALL competitors must be present in the Weigh-In area NO LATER than the 1st hour of the scheduled Weigh-In. Please PRINT the following CLEARLY:

LAST NAME : \_\_\_\_\_ . FIRST NAME : \_\_\_\_\_ .

ADDRESS: \_\_\_\_\_ . DATE of BIRTH : ...../...../..... day / month/ year
\_\_\_\_\_ . Age on Oct. 10-12: \_\_\_\_\_ . Category: \_\_\_\_\_ .

\_\_\_\_\_ . Circle GENDER: Male Female

\_\_\_\_\_ . WEIGHT CLASS in KILOS: \_\_\_\_\_ .

Please CIRCLE your SIZE for the GIFT T-shirt; Small - Medium - Large - XLarge - XXLarge.

CIRCLE: YES or NO: I WILL PARTICIPATE in the following EVENTS:

Unequipped Squat: YES / NO Equipped Squat: YES / NO

Unequipped Bench Press: YES / NO Equipped Bench Press: YES / NO

Unequipped Deadlift: YES / NO Equipped Deadlift: YES / NO

Entry fee: 60 Euro (\$98.00) + 30 Euro (\$49.00) for each additional competition
60 euro for one competition 90 euro for two competitions 120 euro for three competitions
150 euro for four competitions 180 euro for five competitions 210 euro for six competitions

I understand that I will be entered in the OPEN CATEGORY along with an AGE-RELATED CATEGORY if appropriate for an ENTRY FEE of 60 Euro.

Please indicate by CIRCLING YES or NO if you are CURRENTLY EMPLOYED FULL-TIME as a POLICE Officer, Prison Guard; Fire Fighter or in the MILITARY: YES NO

I am CURRENTLY taking the FOLLOWING MEDICATIONS: \_\_\_\_\_ .

OFFICIAL RELEASE:

I hereby give my word of honour that I have not used anabolic steroids or other anabolic agents that would be considered banned substances by the World Anti Doping Agency (W.A.D.A.) during the past five years

Print full name: \_\_\_\_\_ . Athlete's Signature: \_\_\_\_\_ . Date: \_\_\_\_\_

RELEASE FROM LIABILITY:

Please read this release very carefully, as when you sign it, you will be giving up important legal rights! In consideration of the acceptance of my entry form for this competition, I intend to be legally bound, not only for myself, but also my heirs, my executors and my administrators. In signing this release from liability, I waive and release anyone connected with this competition from any and all liability that may arise from this competition. Moreover, I agree that any testing method recognised by WDFPF testing officers may apply to detect the presence of drugs, as listed on the World Anti Doping Agency (WADA) banned substances list, SHALL BE CONCLUSIVE. I agree to co-operate fully with all required WADA sampling and testing procedures. This includes any testing procedures that may be considered necessary prior to or after this event. Should I fail to pass the drug testing procedures, I agree to forfeit any trophy, award, record or placing that I might otherwise have won and I also forfeit any previous trophy, award, record or placing, should the offence be deemed serious enough, according to WDFPF rules, to warrant such an action, I also agree to waive any claim which might arise under state, national or international law for defamation, slander, libel or any other claim for which legal relief is available. I agree to pay any attorney fees and litigation expenses incurred by any person, real or corporate, whom I may sue in effort to challenge this release from liability. I understand that my agreement to pay attorney fees and litigation expenses is the SINE QUA NON for acceptance of my entry in this contest.

Results of the drug tests will be published in the WDFPF magazine and/or on the website.

Print full name: \_\_\_\_\_ . Signature of contestant: \_\_\_\_\_ . Date : \_\_\_\_\_