

# 2017 WPC SINGLE LIFT CHAMPIONSHIPS

PRESENTED BY  
**MICHIGAN APF**

## CONTACT

Website  
[www.michiganapf.com](http://www.michiganapf.com)

Email  
[bensanda@michiganapf.com](mailto:bensanda@michiganapf.com)

Phone  
734-649-6275

## + MEET INFORMATION

- Date 05 August 2017
- Venue DeVos Place Convention Center  
Monroe Meeting Rooms  
303 Monroe Ave NW  
Grand Rapids, MI 49503
- Promoter Benjamin Sanda  
Ezra Salmon  
*Michigan APF State Co-Chairs*
- Federations WPC  
AWPC
- Divisions Raw  
Equipped Single-ply  
Equipped Multiply
- Age Div. Teen, Junior, Open,  
Submaster, Master
- Events Bench Only, Deadlift Only
- Records State, National, & World Records
- Size Cap 50 Bench Only  
50 Deadlift Only

## + LIFTING SESSIONS

- Bench Only Rules Meeting 8:00 a.m.  
Lifting Starts 9:00 a.m.
- Deadlift Only Rules Meeting 12:00 p.m.  
Lifting Starts 1:00 p.m.

## + ENTRY FEES

- Entry Fee \$100
- Additional Division/Event \$100
- Late Entry Fee \$35
- Entry Deadline 08 July 17
- Spectators Adults \$5, Children Free

## + WEIGH-IN

- Friday 04 Aug 9:00 a.m.-11:00 a.m.  
6:00 p.m.-9:00 p.m.

Note there are no morning of weigh-ins. You MUST weigh-in on Friday. All weigh-ins occur at the meet venue.

## + WEIGHT CLASSES & AWARDS

Men (kg): 52, 56, 60, 67.5, 75, 82.5, 90, 100, 110, 125, 140, 140+

Women (kg): 44, 48, 52, 56, 60, 67.5, 75, 82.5, 90, 90+

### Awards

1st-3rd in all weight classes. Best lifter awards given for women's and men's raw and equipped bench and deadlift.

### Meet T-Shirts

Meet T-Shirts are available for order with entry. Only limited extra will be available at the meet for sale.



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## + REQUIREMENTS

### Attire

One piece lifting suit required for all events. Undershirt required for bench press. Undershirt may be sleeveless or short-sleeve. Undershirt not required for deadlift.

### Membership

A current membership with your country's WPC affiliate is required to compete. APF membership cards will be available and may be purchased at weigh-in using cash or check. \$30 for individual federation cards, \$40 for a combined APF/AAPF card.

### Assistants

Each lifter is allowed one coach/helper only.

### Qualification

None. This meet is open to all WPC affiliated athletes.

## + RESOURCES

The Sport - Powerlifting Overview

<http://www.michiganapf.com/about/powerlifting/>

The Meet - What to Expect at Your First Meet

<http://www.michiganapf.com/the-meet/>

Michigan APF FAQ

<http://www.michiganapf.com/faq/>

## + VISIT GRAND RAPIDS



City Of Grand Rapids Visitors Bureau

<http://www.experiencegr.com/>

## + SUGGESTED HOTELS



Holiday Inn Express & Suites  
Grand Rapids - South  
6569 Clay Avenue SW  
Grand Rapids, MI 49548  
Phone: 616-871-9700



Baymont Inn & Suites Grand  
Rapids SW/Byron Center  
8282 Pfeiffer Farms Drive  
Grand Rapids, MI 49315  
Phone: 616-583-9535



DoubleTree by Hilton Hotel Grand Rapids Airport  
4747 28th Street SE  
Grand Rapids, MI 49512  
Phone: 616-957-0100

[Website](#)



# 2017 WPC SINGLE LIFT CHAMPIONSHIPS

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MICHIGAN APF

RETURN TO  
Benjamin Sanda  
4041 Woodland Creek Dr SE  
Apt 202  
Kentwood, MI 49512

## + ENTRY FORM

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_  
 State/Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_ Age at Time of Meet: \_\_\_\_\_ Gender: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
 Team Name (optional): \_\_\_\_\_  
 Federation Membership Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ Will purchase card at meet:

(Select all that apply)

Federation WPC AWPC  
 Division Raw Equipped Single-Ply Equipped Multiply  
 Event Bench Only Deadlift Only  
 Age Division Teen 1 (13-15) Teen 2 (16-17) Teen 3 (18-19)  
Junior (20-23)  
Open  
Submaster (33-39)  
Master 1 (40-44) Master 2 (45-49) Master 3 (50-54) Master 4 (55-59) Master 5 (60-64)  
Master 6 (65-69) Master 7 (70-74) Master 8 (75-79) Master 9 (80+)

### Weight Class

Men (kg) 52 56 60 67.5 75 82.5 90 100 110 125 140 140+  
 Women (kg) 44 48 52 56 60 67.5 75 82.5 90 90+

Fees & Payment	Entry Fee	\$100	Make checks payable to Benjamin Sanda All Amounts in USD <u>Absolutely No Refunds</u>
	Each Additional Division/Event	\$100	
	Late fee after 08 Jul 17	\$35	
	Order Meet T-Shirt	\$20	
	T-Shirt Size (s-4xl)	_____	
	Total Due	\$_____	

APF Membership Cards available for purchase at weigh-in using cash or check:  
 \$30 for single APF or AAPF, \$40 for dual APF & AAPF

### Waiver

In consideration of the acceptance of this entry, I hereby for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the APF, WPC, Benjamin Sanda, Ezra Salmon, DeVos Place Convention Center, any judge or volunteer and all of their representatives, successors, and assigns for any and all injuries or bodily harm that I might suffer while competing at the 2017 WPC Single Lift Championships 05 August 2017.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parental Signature - If Under 18 \_\_\_\_\_ Date \_\_\_\_\_