Lake Pleasant Classic

Sanction: 2025-AZ-01

January 11, 2025

WADE Strength Systems
23439 N. 35th Drive Glendale, AZ 85310

WADE Strength Systems
Rodney & Miryam Elm

PHOTO PACKAGES

Elijah will be offering Photo and Video packages for purchase. The link to purchase is below.

PURCHASE PHOTO PACKAGE HERE

This competition is a qualifier for all National level events in 2025.

LPC 2025 VOLUNTEER FORM

We always need volunteers to run meets. If you have a friend or family member coming to cheer you on and may want to help out and be a part of the action please ask them to fill out this form above.

SCHEDULE

January 11, 2025

Check Ins/ Weigh-ins: 9:00am - 10:30am

Lifter/Rules Meeting:10:30 am

Lifting begins: 11:00am

Awards: 4:30pm

Coach & Spectator Admission

Coach & Spectator fees: $10 Cash, Venmo or Debit / Credit Card via Square

Venmo @rodneyelm

Children 12 & under spectate for free

T-Shirts: $25 pre order , $30 meet day

COACH/ HANDLER - Requirements

Raw lifters - max - 1 Coach/Handler

Equipped lifters - max of 2 Coaches/Handlers

Receive a wristband allowing access to the warm up area.

Coaches / Handlers that are not current members of Powerlifting America must fill out a Waiver form and show it at admissions The waiver is located here.

WSS Waiver of Liability

WARM UP ROOM

Our warm up room consists of 4 competition racks including an Eleiko competition rack and 3 ER racks. Each warm up platform has an IPF approved bar and approved IPF, calibrated kilo plates.

WEIGHT CLASSES

Men

- 53.0kg (this class only applies to sub-junior and junior lifters Ages 14-23)
- 59.0kg
- 66.0kg
- 74.0kg
- 83.0kg
- 93.0kg
- 105.0kg
- 120.0kg
- 120.01kg +

Women

- Up to 43.0kg (this class only applies to sub-junior and junior lifters)
- 47.0kg
- 52.0kg
- 57.kg
- 63.0kg
- 69.0 kg
- 76.0 kg
- 84.0kg
- 84.0kg +

ATHLETE CHECK-IN REQUIREMENTS AND PROCEDURES

Head to the Weigh In Sign and have these items ready to provide to the official.

WEIGH IN

The Official will need your photo ID & Proof of Membership. You can show your membership card on your phone.

Men - You must weigh in with your approved briefs, at most.

Women - You will weigh in with your bra and underwear, at most.

Teens must have 2 officials in the weigh-in room or can have a parent or coach of the same sex, with them.

Youth 13 and under will be required to: Weigh-in with their singlet and t-shirt and be accompanied by a parent, guardian or coach during weigh-ins

WEIGHT CLASS CHANGES

If you need to make a change to your nominated weight class please let us know ASAP. For weight class changes email; wadestrengthsystems@gmail.com

OPENING ATTEMPT SELECTION

DURING WEIGH INS, WE WILL NEED TO GET YOUR OPENING ATTEMPTS (IN KILOS).

(Kilo Conversion Charts are available here and at the competition)

Print out the Kilo Conversion Chart

EQUIPMENT CHECK - At *local level meets the athlete may use equipment that meets the specifications listed in the rule book instead of only using equipment listed on the IPF approved List.*

Please Review the IPF Technical Rulebook below for the Rules and specifications for equipment list.

IPF APPROVED LIST **IPF TECHNICAL RULES**

RACK HEIGHTS

Rack / Safety Height for Bench will be needed. A station will be set up with a Referee/Volunteer to help you get your rack heights.

COMMITTED TO A DRUG FREE PLATFORM

Powerlifting America is unequivocally opposed, on ethical and medical grounds, to the practice of doping in sport and fully supports the position of the International Olympic Committee (IOC) and World Anti-Doping Agency (WADA) against the use of banned substances and methods.

The use, possession and/or trafficking of banned substances, methods, or the encouragement or counseling to use banned substances, or methods, and/or taking measures to mask the use of banned substances, or methods by any participant in competitions over which Powerlifting America has jurisdiction is unacceptable and will not be tolerated.

In engaging the United States Anti-Doping Agency (USADA) to conduct doping control at all Powerlifting America competitions, Powerlifting America has taken the important step to externalize the anti-doping system to an independent organization. To ensure complete independence and provide the highest level of protection for the rights of clean athletes, USADA is wholly responsible for the selection of athletes both in competition and out of competition, collection of samples, sample analysis, sample results management, and, when necessary, the adjudication of any positive test results from the tests executed.

Given USADA's internationally recognized expertise in anti-doping, Powerlifting America has agreed to adhere to the USADA Protocol for Olympic and Paralympic Movement Testing ("USADA Protocol"), consistent with the WADA Code, for the management of samples collected in competition and out of competition.

Athlete USADA Testing Resources

AWARDS

1st, 2nd and 3rd place awards will be handed out for each weight class and division.

Awards will be handed out immediately following the last flight in your session

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Powerlifting America

- Website https://powerlifting-america.com/
- FB page - https://www.facebook.com/powerliftingamerica
- Join the FB Group https://www.facebook.com/groups/powerliftingamerica
- Instagram https://www.instagram.com/powerlifting_america/ #powerlifting-america

WADE Strength Systems

- Website: https://www.wadestrengthsystems.com/
- FB https://www.facebook.com/WADEstrengthsystems
- Instagram https://www.instagram.com/wadestrengthsystems/

Additional Questions, Contact

Phone: 623-800-0444

Email: wadestrengthsystems@gmail.com

Thank you,

Rodney & Miryam Elm