

Powerlifting America

2027 LAKE PLEASANT CLASSIC

MARCH 13, 2027

Sanction: 2027-AZ -02

Location

WADE STRENGTH SYSTEMS

23439 N 35TH DRIVE STE 1

GLENDALE, AZ 85310

Directed by:

Rodney & Miryam Elm with: WADE Strength Systems

BEST LIFTER PRIZES AWARDED FOR THE FOLLOWING CATEGORIES

MALE / FEMALE OPEN

MALE / FEMALE JUNIOR / SUBJUNIOR

MALE / FEMALE MASTERS

[Powerlifting America Memberships](#)

Competitors must be a Powerlifting America Member with a current membership card to compete in this event.

SCHEDULE - MARCH 13, 2027

SATURDAY

Check Ins/ Weigh-ins: 9:00am - 10:30am (later to ensure its warmer for weigh ins)

Lifter/Rules Meeting: - 10:30 am

Lifting begins: 11:00 pm

Awards: 4:00 pm

Spectator Admission

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

Venmo @rodneyelm

Children 12 & under spectate for free

T-Shirts: \$25

COACH/ HANDLER - Requirements

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

Classic / Raw lifters - max - 1 Coach/Handler

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 (Waiver form will be sent out via email ahead of the meet to athletes to forward to your coaches).

[Athlete / Coach Waiver of Liability Form](#)

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 area** and have these items ready to provide to the official.

WEIGH IN

The Official will need your photo ID & Proof of Membership. You must weigh in with your approved briefs, singlets with tshirt or nude.

Teens must have 2 officials in the weigh-in room.

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 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

We will need your opening attempts at weigh ins. These need to be in kilos. (Kilo Conversion Charts are available here and at the competition) [Print out the Kilo Conversion Chart](#)

(The Kilo conversion chart has a section to list your planned attempts for each lift and is a great help for keeping your attempts handy when providing you next attempt to the scoring table staff).

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 RULE](#)

WSS is an affiliate of Lifting Large. Lifting Large has a vast array of powerlifting singlets, belts, wrist wraps and knee sleeves that are on the IPF Approved List. If you need to purchase any of these items you can be assured that shipping takes place quickly.

Click on the link below to start shopping.

<https://www.liftinglarge.com/?AffId=132>

RACK HEIGHTS

The Competition Rack we use is the Eleiko Rack with the Skai pad.

Rack Heights for Squats and Rack with Safety Rack Heights for Bench will be needed. We will have a Referee/Volunteer to help you get your rack heights.



WADE STRENGTH MEDIA PASS

Powerlifting Coverage by Ivory Media

Capture your performance. Relive your story.

At Ivory Media, we specialize in creating cinematic photo and video coverage that allows athletes to relive their best moments. As Wade Strength Systems' official media crew, we are pleased to offer the Wade Strength Media Pass, specifically designed to professionally document your performance in 4K and feature the top lifter with a personalized highlight edit.

Wade Strength Media Pass: Professional Event Coverage

Elevate your event experience with our professional media packages:

- Pro Video of Your Lifts (4K): **\$40**
- Pro Photos of Your Best Moments: **\$40**
- Complete Story Package (Video + Photos): **\$65**

Every pass includes:

- **Event Coverage:** High-quality, cinematic capture of your performance.
- **Top Lifter Highlight:** A personalized edit by Solomon for the standout athlete.

This pass is perfect for athletes who wish to **preserve their lifts, showcase their journey, and celebrate their achievements** with professional-grade media.

Payment Information

- Zelle: solomonamarillas1018@gmail.com
- (480) 453-0331
- Note: Payment will appear under Oscar S. Amarillas.

- PayPal: Solomon@ivorymedia.us
- (480) 453-0331

Additional Notes / Disclaimer

- **Same-Day Purchases:** Passes purchased on the day of the competition may **not include guaranteed coverage of all lifts**, though we strive to capture every athlete.
- **Data Retention:** Media will be cleared from our databases **1 week after the event**.
- **Turnaround Time:** Media will be delivered **within 48 hours following the next day after the competition has fully concluded**.

Solomon Amarillas

Ivory Media – Wade Strength Systems Official Media Crew

RECORDS CERTIFICATES

To get your certificate for Powerlifting America records that you may have set, please do the following:

- Go to the Powerlifting America records database site at <https://pa.liftingdatabase.com/>
 - Click on “Lifters” (left side menu buttons).
 - Click on their name and it should show all of your results and records.
 - Under the “Records” listing, go to the “History” icon (just after the date the records was set) and click the icon.
 - Choose the underlined “Certificate” link for your record.
 - A print ready certificate should be displayed.
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INTERNATIONAL POWERLIFTING FEDERATION

IPF Athlete Safety, Integrity and Inclusion Initiative

The IPF Executive Committee is actively working to establish the IPF Athlete Safety, Integrity and Inclusion Initiative: a standing framework, organized in seven pillars, to review and strengthen athlete protection, safeguarding, championship operations and competition integrity across IPF events.

Background The IPF's obligation is that every athlete, coach, official, volunteer and accredited participant competes and works in an environment of fairness, respect and safety.

As Meet Directors we feel strongly that all meets must follow these safeguarding protections and commit to the safety of all participants at our events. For more information about the IPF initiative follow this link. [IPF Athlete Safety, Integrity and Inclusion Initiative A Governance Framework for Athlete Protection and Competition Integrity](#)

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](#)

[World Anti-Doping Code](#)

Individual Awards

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



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