



## **Arizona State Championship 2025**

*Sanction: 2025-AZ-02*

**March 8 & 9, 2025**

### **Grand Canyon University**

**Canyon Activity Center at Grand Canyon University**

**5346 N 29th Ave, Building 58 Phoenix, AZ 85017**

WADE Strength Systems  
Rodney & Miryam Elm

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**PHOTO PACKAGES ARE AVAILABLE FOR PURCHASE**

**[PHOTO AND VIDEO PACKAGES AVAILABLE](#)**

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

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## **PARKING:**

The closest parking garage is located at **Missouri and 29th avenue**. Google Missouri Parking Lot for the best directions.

A security shack is just outside the entrance on 29th ave.

The Student Activity Center and Weight Room which will serve as the warm up room is just through the West end of the garage.

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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.

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### **Schedule**

**March 8-9, 2025**

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

Lifter/Rules Meeting: 10:30 am

Lifting begins: 11:00am

Awards: 4:00pm

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## **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

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## **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.

[WAIVER OF LIABILITY FORM](#)

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## 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

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## 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 must weigh in with your approved briefs.

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](mailto:wadestrengthsystems@gmail.com)

## **OPENING ATTEMPT SELECTION**

**We will need your opening attempts in kilos. (Kilo Conversion Charts are available here and at the competition)** This conversion chart is a helpful tool for planning your warm ups and listing your planned / alternate weights.

### **[Print out the Kilo Conversion Chart](#)**

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**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.

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## **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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## **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**

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#### **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

Teams of 5 or more athletes will compete for Best Team,

Best Male and Female Lifter Awards will be handed out at the end of the competition

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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/](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](mailto:wadestrengthsystems@gmail.com)

Thank you,

Rodney & Miryam Elm