



WDFPF SINGLE LIFT CHAMPIONSHIPS 2022

EVENT INSTRUCTION

Location.

The WDFPF Single Lift Championships will take place at Stade Municipal Paul Vauquelin Gymnase Rabelais - rue Ernest Danet 76150 Maromme, France, over 27-29 May 22.

Friday, 27 May : SQUAT - Equipped and unequipped

Saturday 28 May : BENCH PRESS -Equipped and unequipped

Sunday 29 May: DEADLIFT - Equipped and unequipped

Closing date for this event is 24 Apr 22. After this time the electronic entry form will be turned off.

Entry Fee.

First entry - 80 Euros (£67.50) & each additional entry - 30 Euros (£25.50).

ONLINE Payment:

Drug Free Powerlifting Ltd

Sort Code: 54-41-51

Account No: 53681959

Using reference: Surname-Initials-Single Lift 22 (SL22) & number of events entering e.g.:
ThomasN-SL22-3

Weigh-in.

All lifters must be present at weigh-in as per the time below. Late arrival will preclude participation. Squat day weigh in times are different, timings to be confirmed closer to the day.

0700 – 0830 – Weigh in

1000 – Event starts

NB. All competitors must be present for weigh in during this time, those who arrival after 0830 will not be allowed to lift having missed the weigh in time. As a competitor you are responsible for ensuring any accommodation and travel time allow you the ability to make these timings.

Entry form completion

Please complete the [ELECTRONIC ENTRY FORM](#) to enter this event.

There are no changes to weight class on the day. Lifters who have qualified by means of a qualification lift will be in the category they set the lift in and as detailed on the submitted entry form. Those who are unable to make their prescribed weight class will be permitted to lift as a guest only and be unable to set records or receive awards.

Event COVID Safety Measures. This may vary by the event organiser

All though COVID measures put in place by Government guidelines will be significantly relaxed the BDFPA will retain in place certain aspects to ensure any potential infection risk is as low as possible to all those present. There is no requirement to be vaccinated. All those attending the event, including guests are strongly encouraged to carry out an LFT test prior to attending the event.

Please note that anyone testing positive with Covid which results in non-attendance is not entitled to request a refund of entry costs as this money will have been accounted for by the closing date when entrant numbers have been confirmed.

Opening lifts.

As per national event requirements each lifter MUST open on either the minimum lift or higher. Details are linked here:

[BDFPA National Entry Look Up](#)

[Unequipped](#)

[Equipped](#)

Presentations.

A participation T-Shirt and certificate will be presented to all attendees. Those who finish in the top 3 of their age and weight class will receive an award for placing as such. This does not apply to the SENIOR Class (24-39) who lift in the open category against all age classes and are placed in relation to their position in the flight not age class and will as such receive awards relative to the flight position. All presentations will take place at the competition of lifting each day, there is no provision for those who choose to leave before the event has finished.

Drugs Testing.

As per BDFPA and WDFPF requirements all participants are subject to drugs testing. Participants must not leave the venue without the permission of the Drugs Control Officer. Any lifter called for testing who has subsequently been found to have left the venue maybe subject to sanctions as per the BDFPA/WDFPF Drugs policy.

Claiming Records.

If you believe you are setting an international record you are to inform the desk prior to taking the lift, note records are not validated until drug test results are returned.

All International certificates will be sent to the president post event and sent by post; athletes are not to contact the WDFPF president directly.

Please be aware this process may take up to 4 months to complete.