



# WORLD POWERLIFTING GAMES 2021

## October 16-17, 2021

### Hosted by Muzz's Gym

### 201 NC-268, North Wilkesboro, North Carolina

- ONLINE REGISTRATION:** World Games: <https://www.365strong.org/2021worldgames>
- SANCTIONED BY:** 365 Strong World Powerlifting Federation (365 SWPF)
- COMP BREAKDOWN:** Saturday October 16<sup>th</sup> Competition: All Female Athletes and Male athletes in all 114-198 lb. Divisions  
Sunday October 17<sup>th</sup> Competition: Male athletes in all 220 lb.-SHW Divisions
- COMPETITIVE CATEGORY:**  TESTED (Consenting to drug test)  NOT TESTED (Not consenting to drug test)
- WORLD GAMES COMP:**  FULL POWER  PUSH PULL  SQUAT (Only)  WORLD BENCH FACE-OFF  
 DEADLIFT (Only)  STRICT CURL
- CLASSIFICATIONS:** Select One:  RAW  RAW CLASSIC  EQUIPPED SINGLE-PLY  GEARED MULTI-PLY  
*Raw vs. Raw Classic:* Raw – Can use knee sleeves. Raw Classic – Can use knee wraps.
- DIVISIONS:** Male & Female:  Open  Junior (20-23)  M/P/F  Submasters (35-39)  Masters  
 ParaLifter  Teenage  Youth (ages 10-12)  Kids Club (10 & under)
- WEIGHT CLASS (lb.):** Male: 114½, 123½, 132¼, 148¾, 165¼, 181¾, 198¾, 220¼, 242½, 275½, 308¾, & SHW.  
Female: 97.0, 105¾, 114½, 123½, 132¼, 148¾, 165¼, 181¾, 198¾, Unlimited;
- AWARDS:** Male & Female Best Lifter Awards for “Tested” and “Untested” Athletes for Full Power and Bench Face-Off  
Custom Designed awards for 1<sup>st</sup> thru 3<sup>rd</sup> places, by Tested and Untested Divisions for each Weight Class
- WEIGH-IN SCHEDULE:** Early Weigh-In Times (at Muzz's Gym): Friday Oct. 15<sup>th</sup> from either between 10:30 am-1:00 pm or 4:00-6:00 pm  
and Saturday Oct. 16<sup>th</sup> (for Sunday Competitors) either between 10:30 am-1:00 pm or 3:30-5:30 pm  
**Late weigh-in – Both Meet Days:** From 6:45-7:45 am. Only by special request.  
**Weigh-in Checklist:** Weigh-In, show membership card, give 1<sup>st</sup> attempts for each lift, check bar heights, equipment check, “tested” division complete the drug test “consent form”.
- WORLD QUALIFIERS:** “Tested” & “Untested” Division qualifiers: 1) By posting a **Qualifying Lift or Total** at any sanctioned meet in any country, 2) By finishing first in your weight class in a **365 SWPF automatic qualifying event**, 3) Receiving an **OFFICIAL 365 SWPF INVITATION** for entry. 4) By finishing **1<sup>st</sup> in division weight class at the 2020 World Games.**
- ENTRY FEES:** **Full Power Standard Entry Fee: \$120.00**, add \$50 per Crossover entry into another division.  
**Full Power Entry Fee for Youth, Teens, M/P/F and Push Pull, Squat Only, Bench World Face-Off and Deadlift Only: \$100.00**, add \$50 per Crossover entry into another Single Lift only division. **Kids Club Entry: \$25**
- TEAM ENTRIES:** \$100.00, teams must consist of a minimum of 5 roster members, maximum of 11...plus 2 alternates.
- DEADLINE:** Entries received after the **September 28, 2021 deadline** will be subject to paying an additional **\$50.00 late fee**. No entry will be accepted after October 1, 2021! **Roster Cap:** We're accepting only 65 competitors per day!
- AIR TRAVEL:** **Wilkes County Regional Airport, North Wilkesboro, NC** or fly into **Piedmont Triad International Airport in Greensboro, NC** and connect to Wilkes Co. Regional or catch our event shuttle service to North Wilkesboro, NC.
- WORLD GAMES CONTACT:** Federation President: Bill Clary, Email: [info@365strong.org](mailto:info@365strong.org), PH: 704/236-1899
- MAILING ADDRESS:** 365 Strong Powerlifting, PO Box 253, Fort Mill, SC 29716 (Mail checks or Money Orders to this address)
- EVENT HOTEL OPTIONS:** <https://hotelguides.com/north-carolina/north-wilkesboro-nc-hotels.html>



# WORLD POWERLIFTING GAMES 2021

Muzz's Gym, North Wilkesboro, North Carolina, USA, October 15-17, 2021

## Projected Time Table / Schedule (Military Time)

Day & Date	Weigh in times	Event Agenda	Start
<b>Friday 15<sup>th</sup> October</b>		<b>Weigh-ins for only October 16<sup>th</sup> Competitors</b>	
	<b>10:30 – 13:00</b>	<b>All Women</b> Divisions & Weight Classes 44 kg – 90.1+ kg and <b>Men</b> in Divisions & Weight Classes 52 kg - 90 kg	<b>10:30</b>
	<b>16:00 – 18:00</b>	<b>All Women</b> Divisions & Weight Classes 44 kg – 90.1+ kg and <b>Men</b> in Divisions & Weight Classes 52 kg - 90 kg	<b>16:00</b>
	<b>18:15-Until</b>	<b>Opening Ceremony - Meet &amp; Greet</b>	<b>18:15</b>
		<b>Introductions: Athletes, Host and Sponsors</b>	
		<b>Nation Recognition</b>	
<b>Saturday 16<sup>th</sup> October</b>	<b>06:45-07:45</b>	<b>Late Weigh-in (by request) – Saturday Lifters</b>	<b>06:45</b>
	<b>08:00-08:20</b>	<b>Mandatory Rules Meeting</b>	<b>08:00</b>
	<b>09:00</b>	<b>Competition Begins for the Following Athletes:</b> <b>All Women</b> Divisions & Weight Classes 44 kg – 90.1+ kg and <b>Men</b> in Divisions & Weight Classes 52 kg – 90 kg	<b>09:00</b>
	<b>16:00 (Approx.)</b>	<b>Saturday Champions Award Ceremony</b>	<b>16:00</b>
<b>Saturday 16<sup>th</sup> October</b>		<b>Weigh-ins for only Sunday October 17<sup>th</sup> Competitors</b>	
	<b>10:30 - 13:00</b>	<b>Men all</b> Divisions & Weight Classes 100 kg – 140.1+ kg	<b>10:30</b>
	<b>15:30 – 17:30</b>	<b>Men all</b> Divisions & Weight Classes 100 kg – 140.1+ kg	<b>15:30</b>
<b>Sunday 17<sup>th</sup> October</b>	<b>06:45-07:45</b>	<b>Late Weigh-in (by request) – Sunday Lifters</b>	<b>06:45</b>
<b>Sunday 17<sup>th</sup> October</b>		<b>Sunday October 17<sup>th</sup> Competition Day Schedule</b>	
	<b>08:00-08:20</b>	<b>Mandatory Rules Meeting</b>	<b>08:00</b>
	<b>09:00</b>	<b>Competition Begins for the Following Athletes:</b> <b>Men all</b> Divisions & Weight Classes 100 kg – 140.1+ kg	<b>09:00</b>
	<b>16:00 (Approx.)</b>	<b>Sunday Champions Award Ceremony</b>	<b>16:00</b>



## World Powerlifting Games 2021

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Age on day of meet: \_\_\_\_\_ DOB: \_\_\_\_\_ 365 SWPF Membership:  YES  NO, Card # \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Primary PH #: \_\_\_\_\_

Secondary PH #: \_\_\_\_\_ Email Address: \_\_\_\_\_

Gym/Team: \_\_\_\_\_ Qualified or Invited: \_\_\_\_\_

Qualifying Meet: \_\_\_\_\_

Walk-up Lifting Song / Artist: \_\_\_\_\_

Competitive Classification:  TESTED  UNTESTED

Check Lifting Category:  RAW  RAW CLASSIC  EQUIPPED SINGLE-PLY  GEARED MULTI-PLY

Circle the Weight Class you are entering: Confirm Gender:  Male  Female

Male Weight Classes: 114½lb/52k 123½lb/56k 132¼lb/60k 148¾lb/67.5k 165¼lb/75k 181¾lb/82.5k 198¼lb/90k  
220¼lb/100k 242½lb/110k 275½lb/125k 308¾lb/140k 308.8+lb/140.1+k

Female Weight Classes: 97.0lb/44k 105¾lb/48k 114½lb/52k 123¼lb/56k 132¼lb/60k 148¾lb/67.5k 165¼lb/75k  
181¾lb/82.5k 198¼lb/90k 198.3+lb/90.1+k

Competition Options:  FULL POWER  PUSH PULL  SQUAT ONLY  
 WORLD BENCH FACE-OFF  DEADLIFT ONLY  STRICT CURL

DIVISION(S) ENTERING:  Open  Junior (20-23)  M/P/F  Para-Lifters Teens:  T1(13-15)  T2(16-17)  T3(18-19)  Youth  
(10-12)  Submasters (35-39) Master Division:  M1(40-44)  M2(45-49)  M3(50-54)  M4(55-59)  M5(60-64)  M6(65-69)   
M7(70-74)  M8(75-79), etc.  Kids Club (kids 10 and under)

COMP SCHEDULE: October 16<sup>th</sup> - All Female Divisions & Weight Classes and Males in Divisional Weight Classes: 114½lb/52k, 123¼lb/56k,  
132¼lb/60k, 148¾lb/67.5k, 165¼lb/75k, 181¾lb/82.5k, 198¼lb/90k

October 17<sup>th</sup> - All Males in Divisional Weight Classes: 220¼lb/100k, 242½lb/110k, 275½lb/125k, 308¾lb/140k, 308.8+lb/140.1+k

T-SHIRT SIZE: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ 2XL \_\_\_\_\_ 3XL \_\_\_\_\_ 4XL \_\_\_\_\_

Kid's Club Size: \_\_\_\_\_

ENTRY FEE: Standard Full Power Entry Fee: \$120.00

Full Power Entry Fee for Teens, Youth, M/P/F and Paralifters as well as all athletes entering Push Pull, Squat only, Bench  
Face-Off and Deadlift Only: \$100.00

Crossover (into an additional division) and/or Strict Curl Fee: \$50.00

DEADLINE: Entries received after the September 28, 2021 deadline will be subject to paying an additional \$50.00 late fee.  
No entries will be accepted after October 1, 2021!

MEMBERSHIP: Lifetime VIP Membership Fee: \$55.00 Annual Membership Fee: \$30.00

MAILING ADDRESS/CONTACT: 365 Strong, PO Box 253, Fort Mill, SC 29716 EMAIL: [info@365strong.org](mailto:info@365strong.org) PH: 704/236-1899

ONLINE MEMBERSHIP/MEET REGISTRATION: Lifters can apply for their Lifetime or Annual Membership Card and Register for this  
Meet online at [www.365strong.org](http://www.365strong.org). Avoid paying late fees!

EVENT TICKETS: VIP GUEST PASSES and GENERAL ADMISSION TICKETS may be purchased at a discount prior to the event at  
<https://www.365strong.org/worldgametickets>



## RELEASE OF LIABILITY WAIVER

(READ BEFORE SIGNING and return with entry form with entry fee)

In consideration of being allowed to participate in any way in the **World Powerlifting Games 2021**, sanctioned by **365 Strong World Powerlifting Federation**, as well as any related events and activities, I the undersigned, acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this event is possible. The potential for physical harm while performing heavy lifts can cause a wide variety of temporary or permanent injury, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will bring such matters to the attention of the 365 SWPF officials immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS Federation President Bill Clary, 365 Strong World Powerlifting Federation, Muzz's Gym, Event Host/Owner, the city of North Wilkesboro, NC, host gym staff, any event personnel or representatives, all 365 SWPF officers, meet referees, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used for the activity ("Releases"), WITH RESPECT TO ANY AND ALL INJURY OR ILLNESS, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
5. I, give 365 Strong World Powerlifting Federation approval to use my photos in an ethical and professional manner, if they so choose, to promote me, my accomplishments, upcoming events, fundraisers for charitable organizations, etc.

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

---

PARTICIPANT'S SIGNATURE

AGE

DATE

### **FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT TIME OF REGISTRATION)**

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releases, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releases from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

---

PARENT/GUARDIAN SIGNATURE

PHONE

DATE