



Dear Friends,

It is my pleasure to announce the date and location for the 2016 WPC World Powerlifting Championships! The dates are November 7-13, 2016 in Baton Rouge, Louisiana at the Crowne Plaza, 4728 Constitution Ave, Baton Rouge, LA, USA 1-225-925-2244. The following is the necessary information for the World Championships. We look forward to seeing a team from your country represented!

All details are as follows:

WPC DUES: Please make sure your country membership is valid, if you need to renew you may do so online via PayPal www.worldpowerliftingcongress.com.

Entry Form

Please fill out all details on the Country Team List. Each country is limited to 3 lifters per weight class and age group. Team Lists will only be accepted by the WPC Country Affiliate that is in good standing for 2016. Individual entries will not be accepted. If your country is not an affiliate please email amyliackson@aol.com for information.

Entry Deadline- September 15, 2016 Entries must be received by this date. Individual entries sent directly to the meet promoter WILL NOT be accepted.

Entry Confirmation – Please notify the WPC office regarding your countries attendance as soon as possible. You may notify via e-mail at amyliackson@aol.com

Entry Fee- \$100.00

An athlete may enter Powerlifting, Bench Press or Deadlift if qualifications were made, however an entry fee for each is required and the lifter will have to lift in each division. The additional fee is \$50 for each division entered i.e. open & masters, etc.

Event Venue & Meet Hotel: Crowne Plaza, 4728 Constitution Ave, Baton Rouge, LA 1-225-925-2244

Hotel Reservations

Special room rate of \$99 mention WPC to receive discount. Reservation deadline is October 7th for discount and availability. 1-225-925-2244 or 1-800-678-4065 hotel will fill fast so don't delay.

2016 WPC World Powerlifting Bench Press & Deadlift Championships

Meet Director: Garry Frank 1-225-241-8154

FOR ALL INFORMATION CONTACT: Amy Jackson, 505 Westgate Drive, Aurora, IL 60506
(630) 896-7309 1-866-389-4744. amyljackson@aol.com

TWO PLATFORMS EVERY DAY

MONDAY NOVEMBER 7th 2016 START TIME: 9:00am

Classic Raw Powerlifting/Women: Teens, Juniors, Open, Masters

Classic Raw Powerlifting/Men: Teens, Juniors, Open, Masters

WEIGH-IN TIMES: Sunday November 6th 9am to 12pm and 3pm to 6pm

TUESDAY NOVEMBER 8th 2016 START TIME: 9:00am

Raw Powerlifting/Women: Teens, Juniors, Masters

Raw Powerlifting/Men: Masters

WEIGH-IN TIMES: Monday November 7th 9am to 12pm and 3pm to 6pm

WEDNESDAY NOVEMBER 9th 2016 START TIME: 9:00am

Raw Powerlifting/Women: Open

Raw Powerlifting/Men: Teens, Juniors, Open

WEIGH-IN TIMES: Tuesday November 8th 9am to 12pm and 3pm to 6pm

THURSDAY NOVEMBER 10th 2016 START TIME: 9:00am

Single Ply Powerlifting/Women: Teens, Juniors, Masters

Single Ply Powerlifting/Men: Teens, Juniors, Masters

Multi Ply Powerlifting/Women: Teens, Juniors, Masters

Multi Ply Powerlifting/Men: Teens, Juniors, Masters

WEIGH-IN TIMES: Wednesday November 9th 9am to 12pm and 3pm to 6pm

FRIDAY NOVEMBER 11th 2016 START TIME: 9:00am

Raw Bench Press/Women: Teens, Juniors, Open, Masters

Raw Bench Press/Men: Teens, Juniors, Open, Masters

Single Ply Bench Press/Women: Teens, Masters

Single Ply Bench Press/Men: Teens, Masters

Multi Ply Bench Press/Women: Teens, Masters

Multi Ply Bench Press/Men: Teens, Masters

WEIGH-IN TIMES: Thursday November 10th 9am to 12pm and 3pm to 6pm

Schedule continued on next page

SATURDAY NOVEMBER 12th 2016 START TIME: 9:00am

Single Ply Bench Press/Women: Juniors, Open
Single Ply Bench Press/Men: Juniors, Open
Multi Ply Bench Press/Women: Juniors, Open
Multi Ply Bench Press/Men: Juniors, Open
Single Ply Dead Lift/Women: Teens, Juniors, Open, Masters
Single Ply Dead Lift/Men: Teens, Juniors, Open, Masters
Raw Dead Lift/Women: Teens, Juniors, Open, Masters
Raw Dead Lift/Men: Teens, Juniors, Open, Masters
Multi Ply Dead Lift/Women: Teens, Juniors, Open, Masters
Multi Ply Dead Lift/Men: Teens, Juniors, Open, Masters

WEIGH-IN TIMES: Friday November 11th 9am to 12pm and 3pm to 6pm

SUNDAY NOVEMBER 13th 2016 START TIME: 9:00am

Single Ply Powerlifting/Women: Open
Single Ply Powerlifting/Men: Open
Multi Ply Powerlifting/Women: Open
Multi Ply Powerlifting/Men: Open

WEIGH-IN TIMES: Saturday November 12th 9am to 12pm and 3pm to 6pm

Entry Fee / Registration Deadline:

Please complete the Country Team Roster form and send with payment no later than September 15, 2016. Late entries can be declined. Make payments to Garry Frank, bank details will follow.

Weight Classes: Men 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW
Kilos 52 56 60 67.5 75 82.5 90 100 110 125 140 140+

Women 97, 105, 114, 123, 132, 148, 165, 181, 198, UNL
Kilos 44 48 52 56 60 67.5 75 82.5 90 90+

Awards: Awards will be given to the first three places in each Men's & Women's divisions. There will be one Men's and one Women's best lifter award based upon entries in each division by formula.

Entry Deadline: September 15, 2016
