

ANDERSON POWERLIFTING



APF NORTHWEST CHAMPIONSHIPS

August 14th & 15th 2010

- SPONSORED BY:** USP Labs www.USPlabsdirect.com
Anderson Powerlifting www.andersonpowerlifting.com
Primal Power Systems
Oregon Strength & Human Performance
- MEET DIRECTOR:** Chris Duffin APF Oregon State Chairman
EVENT LOCATION: Oregon Strength & Human Performance
8030 SE Harold St #B.
Portland, OR 97206
- ELIGIBILITY:** Open to all APF / AAPF members.
Cards may be purchased at weigh-ins
Registration: \$30 per card, \$40 for both APF & AAPF. (18 & under \$15)
75 Full Power Lifters Maximum
75 Bench only Lifters Maximum
- WEIGH-IN:** Oregon Strength & Human Performance
Friday August 13th 9:00-10:00am & 5:00-6:00pm for Saturdays FULL POWER
Saturday August 14th 9:00-10:00am & 5:00-6:00pm for Sundays BENCH ONLY
- COMPETITION:** Mandatory rules briefing 9:00am,
Rules: www.worldpowerliftingcongress.com
- LIFTING SCHEDULE:** FULL POWER & Deadlift - Saturday August 14th Meet Starts at 10am Sharp!
BENCH ONLY - Sunday August 15th Meet Starts at 10am Sharp!
- UNIFORM (Mandatory):** Must have one piece lifting suit or wrestling suit.
Long socks or shin guards required on Deadlift **(NEW RULE)**.
APF/AAPF rules apply: www.worldpowerliftingcongress.com
- ENTRY FEE:** A fee of (\$65 Full Power, \$40 Single Lift) must accompany this entry form.
Entry fees received after July 31st. must include a \$30.00 late fee.
- AWARDS:** Records can be set and recorded in all divisions that are entered.
However awards will only be presented as follows:
1st - 3rd in each weight division only (Male/Female each)
Best lifter categories will be based on content of entries but tentatively:
Best Lifter (M/F), RAW ≤198 (M) & RAW ≥220 (M), RAW (F), Bench(M/F)
Glossbrenner formula to be used for best lifter calculations:
<http://www.worldpowerliftingcongress.com/Glossbrenner.htm>

RETURN ENTRY TO: Payable to: Chris Duffin, PO Box 86884, Portland, OR 97286

Email: christopherduffin@gmail.com **Message Phone:** 971-404-3046

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APF NORTHWEST CHAMPIONSHIPS 8/14 & 8/15 2010 Entry Form

Last Name _____ First Name _____ MI _____
Address _____
City _____ State _____ Zip Code _____
Home Phone _____ Work Phone _____ Age _____
e-mail _____ Date of Birth _____

Check Selected Divisions below:

- Full Power Bench Press Deadlift
 APF Professional AAPF Amateur (Drug Tested)
 Raw (wrist wraps & belt) Police/Fire/Military
 Junior 20-23 Teen13-15 16-17 18-19 Submaster 33-39
 Masters 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84

Bwt Class Entered Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW

Bwt Class Entered Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, Unl

Men Women Wt Class: _____

APF/AAPF# _____ Exp. Date _____ (MAY BE PURCHASED AT WEIGH IN TIME)

Fees & Payment: Late fee after 7/31/10 \$30 \$ _____

Entry fee Powerlifting \$65 \$ _____

Single Lift \$40 \$ _____

Each **Additional** Division \$20 \$ _____

Paid: Cash Check **TOTAL DUE** \$ _____

Waiver:

In consideration of the acceptance of this entry, I hereby for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the APF, AAPF, Chris Duffin, Oregon Strength & Human Performance, and their representatives, successors, and assigns for any and all injuries or bodily harm that I might suffer while competing at the 2010 APF/ AAPF NorthWest Championships, August 14th & 15th 2010.

Signature _____

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