

Metroflex's APF Show of Strength June 5, 2010



- MEET DIRECTOR:** Greg McCoy
greg@metroflexplano.com, 972.424.3539
www.metroflexplano.com
- STATE CHAIRS:** Greg and Heather Tillinghast
apftexas@yahoo.com; 940.783.3002 (Greg) or 940.783.1468 (Heather)
- SANCTIONED BY:** APF/WPC
- EVENT LOCATION:** Plano Centre – 2000 East Spring Creek Parkway; Plano, TX 75074
- HOTEL:** Southfork Hotel; 1600 North Central Expressway; Plano, TX 75074-5798
<http://southforkhotel.com/>, 877.386.4383 or 972.578.8555
** Mention "Lonestar Classic" to get the special rate.
- ELIGIBILITY:** Lifters must be an APF registered athlete by the time of the meet. You can renew or get your new membership at weigh-ins or at www.worldpowerliftingcongress.com.
- WEIGH-IN:**
Friday, June 4, 2010: 12:00 – 6:00 p.m.
Metroflex of Plano: 2700 K Avenue, #200; Plano, TX 75074

Saturday, June 5, 2010: 8:00 – 10:00 a.m.
Plano Centre: 2000 E. Spring Creek Parkway; Plano, TX 75074
- EVENT:** **MANDATORY RULES BRIEFING: Saturday, June 5, 2010, at 10:00 a.m.**

Lifting starts Saturday, June 5, 2010, at 11:00 a.m. This meet is being run in conjunction with the NPC Lonestar Classic, an amateur bodybuilding competition.
- UNIFORM:** One piece lifting suit or wrestling suit is MANDATORY.
- CONTEST LIFTS:** Full Meet (Squat/Bench/Deadlift), Bench Only and Deadlift Only
- ENTRY FEE:** Meet entry fee is \$65 if received on or prior to the **DEADLINE, May 29, 2010**. If received after May 29, 2010, there's an additional \$25 late fee. Additional divisions are \$30 each. Certified checks, money orders and cash only, please. Make checks payable to **Greg McCoy**.
- SPECTATOR FEE:** There is a \$15 spectator fee. Competitors get in free.

Please note: LIMITED TO THE FIRST 50 LIFTERS WITH COMPLETED ENTRY FORMS

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Please Print Legibly

Full name: _____ Sex (circle one): Male Female
 Age _____ Date of Birth _____ e-mail _____
 Address _____
 City _____ State _____ Zip Code _____
 Phone Number _____ Alternate Phone Number _____
 Current APF card (circle one): No Yes If so, card number is _____

Event Entered (circle all that apply): Full Meet Bench Only Deadlift Only
Raw/Equiped (circle one): Raw Equiped
Division Entered (circle all that apply): Open
 Teen: 13-15 16-17 18-19
 Junior: 20-23
 Submaster: 33-39
 Master: 40-44 45-49 50-54 55-59 60-64 65-69 70-74
 75-79 80+
Weight Class (circle one): Women: 97 105 114 123 132 148 165 181 198 198+
 Men: 114 123 132 148 165 181 198 220 242 275 308 308+

Fees & Payment: Entry fee \$65: _____
CASH, CERTIFIED CHECKS OR MONEY ORDERS ONLY, PLEASE If **May 29, 2010**, add late fee \$25: _____
 Additional divisions \$30 each: _____
Make checks or money orders out to: **Greg McCoy** **TOTAL DUE:** _____

ATHLETIC RELEASE: On behalf of myself, my heirs, executors, administrators and assigns, I hereby waive, release and fully discharge any and all officials, sponsors, participants or organizations connected to the Texas APF, the APF/AAPF, Metroflex Gym, Metroflex's APF Show of Strength, the NPC Lonestar Classic, The Plano Centre, their respective officers, directors, employees, agents and shareholders, of and from any and all rights, claims, demands, lawsuits, and causes of action due to or arising from any accident, injury, damage or loss directly, indirectly, or in any way associated with my participation in the Metroflex's APF Show of Strength, June 5, 2010. I, also, represent that I know of no medical reason or condition that would impair my ability to participate in this event, and I hereby assume any and all risk of accidental, medical injury or consequential damages resulting from my participation. I acknowledge, understand and accept the inherent risk of powerlifting. I have read the above release, understand its meaning and consequence, and agree to be legally bound by its terms. I have signed this release freely and voluntarily.

 Print Full Name

 Lifter's signature
 (Parent must sign if Lifter is under 18 years of age)

Return Entry Form to: **Metroflex Gym of Plano**
Attn: Greg McCoy
2700 K Avenue, #200
Plano, TX 75074

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