



Saturday - March 7, 2015

APF Iowa **Lift 4 Lupus Raw Power Meet**

- Meet Director:** Coach Beaz (563) 505-4112 or Beaz.qcbarbell@gmail.com
- Events:** Powerlifting (SQ+BP+DL) and Individual Lifts (BP+DL) only
- Place:** QC Barbell Davenport 1509 N. Harrison St. (Rear), IA 52803
****Enter in the rear entrance, door on the southeast side of the building*
- Lifting Session:** Saturday March 7, 2015 @ 10:00 a.m.
NOTE: Rules will begin at 9:00 a.m. Powerlifting after.
- Sanction/Rules:** Sanctioned by the American Powerlifting Federation (APF). Check www.worldpowerliftingcongress.com for information and rulebook.
- Equipment:** **This is a “Raw” contest.** The only supportive equipment allowed are belts and wrist wraps. ***One piece lifting suit or singlet is required.***
- Weigh-ins:** Friday March 6 – 10:00 to 11:30 a.m.
Saturday March 7 - 7:00 to 9:00 a.m.
All weigh-ins are at QC Barbell Davenport
- Eligibility:** **Only the first 30 entrants will be accepted - email/call if entering close to the deadline to see if there is still room.**
Open to all APF members. Registration is \$30 per card, \$40 for both APF and AAPF; half price for high school students. Include your registration money with this entry form if you need to become a member--application to be filled out at the weigh-ins. **Current members must present their cards at weigh-ins.**
- Entry Fee:** The entry fee is \$50 for one lift, and \$75 for 2 or more lifts. **Entry fee MUST accompany entry form when mailed or turned in. NO REFUNDS.**
- Deadline:** **The entry deadline is February 28, 2015.** After 2/28, entries that are accepted will be subject to a \$10 late fee.
- Awards:** Awards will be given to the first three places in all Mens and Womens Classes. Teenage & Masters will be scored via coefficient. Best Lifter awards will be given to the Best Male and Female overall lifters.

Lift 4 Lupus Raw Power Meet Entry - Mail w/entry fee to:
QC Barbell Davenport – 1509 N. Harrison St. (Rear) Davenport, IA 52803

Make Checks Payable to: QC Barbell Davenport

In consideration of the acceptance of this entry thereby for myself, my heirs, executors, and administrators waive and release any and all claims and damages I may have against the APF/AAPF, QC Barbell Davenport, Josh Beazley, Eric Stone and assigns for any and all injuries or bodily harm that I may suffer while competing at the 2015 APF Lift 4 Lupus Raw Power Meet. I attest and verify that I have full knowledge of the risks involved with my participation in this event, and that to the best of my knowledge I am physically fit and able to participate in this event

Signature: _____ Date: _____

Parent/Guardian (if under 18): _____ Date: _____

Print Name: _____

Address: _____ City: _____

State: _____ Zip Code: _____ Phone: (_____) _____

Email: _____ Gender: _____

Date of Birth: _____ Age : _____ Gym/Team: _____

Circle Event:

Powerlifting (SQ+BP+DL)

Individual Lifts: Bench Press Deadlift

Circle Weight Class:

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

Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, UNL

Circle Division(s) Entered:

Sanction: APF

Division: Teenage Open Masters

Total Amount Enclosed:

APF/AAPF Membership: _____

Entry Fee: _____

\$50 or \$75

Official Meet T-shirt

(\$10)

Size: _____

Late Fee:

After 3/1 \$10

Total: _____

For more entry forms, go to worldpowerliftingcongress.com



Dear Participant,

Thank you for stepping up and helping raise awareness for our fight against Lupus! In this packet you will find the information about the event, how to get sponsors, letter from the President of Lupus Foundation and many other details...

We have put together some awesome donation prizes so get out there and get sponsors! Here is what you are shooting for:

1. Raise \$200 (Entry fee waived)
2. Raise \$300 (Entry fee and APF membership waived)
3. Raise \$500 (All fees waived + additional prizes)
4. Raise \$1000 (All fees waived +additional prizes+ VIM Today products)

The event is called "Lift 4 Lupus" and we will be doing a raw, Sanctioned (APF) and a non-sanctioned Charity Full Power Meet with intention of raising awareness for Lupus! Here are some of the details:

1. Sign-up: Now until 7 Mar 2014 (Need contact info: Name, phone, email and shirt size)
2. When: 7 March 2014.
3. Where: QC Barbell Davenport (1509 N. Harrison St. (Rear) Davenport, IA 52803)
4. Time: Weigh-in from 7-9am / Competition begins at 10am and ends when finished...

This is the timeline for the day of the competition and rules. The day will consist of the following... Barbell will open at 7am. Come get weighed-in between 7am-9am. Rules will be at 9am (Must be present). Warm-ups will start at 930am. Lifting will begin at 10am sharp! We will start with light-weight females and end with heavy weight males. The two classes for both male and female will be light weight or heavy weight. Remember that this is a FUN family event and our only intention is to get together have fun, lift for records and enjoy the competition!

Everyone must be weighed-in, you will get 3 try's, warm-up as needed, follow the rotation as designed and the judges have the final say! Lets make some noise, use chalk and party like no other!

Lifting 4 Lupus,

Coach BEAZ
QC Barbell Davenport
Owner / Strength Coach
563-386-8076
beaz.qcbarbell@gmail.com

--> Please contact me if you have any questions

For more entry forms, go to worldpowerliftingcongress.com

