

# APF/AAPF Texas Iron Wars August 1, 2015



**MEET DIRECTOR:** Mark Rogers  
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[www.austinsimplyfit.com](http://www.austinsimplyfit.com)

**STATE CHAIRS:** Randy and Liz Nesuda 214.517.9119  
APFTexas.wordpress.com Email: LNesuda@hotmail.com

**SANCTIONED BY:** APF/AAPF/WPC

**EVENT LOCATION:**



Austin Simply Fit  
2906 South Bagdad RD, Bldg 3  
Leander, TX 78641

**HOTEL:** Holiday Inn Express & Suites Cedar Park (NW Austin)  
1605 East Whitestone Blvd  
Cedar Park, TX 78613 (512)259-8200  
(Group Rate Code: "Austin Simply Fit"; book by July 10th for 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](http://www.worldpowerliftingcongress.com).

**WEIGH-IN:** Friday, July 31, 2015: 9:00am – 1:00 p.m. and 4:00pm – 7:00pm  
Austin Simply Fit  
2906 South Bagdad RD, Bldg 3  
Leander, TX 78641

Saturday, August 1, 2015: 7:00am – 8:00 a.m.  
Check in at Score Table

**EVENT:** **MANDATORY RULES BRIEFING: Saturday, August 1, 2015, at 8:00 a.m.**

**Lifting starts Saturday, August 1, 2015, at 9:00 a.m.**

**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 \$85 if received on or prior to the **DEADLINE, July 15, 2015**. If received after July 15, 2015, there's an additional \$25 late fee. Additional divisions are \$50 each. Certified checks, money orders and cash only, please. Make checks payable to **Austin Simply Fit**

**SPECTATOR FEE:** Everyone's WELCOME!

August 1, 2015

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 \_\_\_\_\_

APF or AAPF (circle one)

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 \$85: \_\_\_\_\_

CASH, CERTIFIED CHECKS OR MONEY ORDERS ONLY, PLEASE If after July 15, 2015, add late fee \$25: \_\_\_\_\_

Additional divisions \$50 each: \_\_\_\_\_

Make checks or money orders out to: Austin Simply Fit

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 WPC, Randy and Liz Nesuda, Mark Rogers, the APF/AAPF, Austin Simply Fit, 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 APF/AAPF Texas Iron Wars, August 1, 2015. 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:

Austin Simply Fit
Attn: Mark Rogers
5134 Burnet Rd
Austin, TX 78756