



## 2015 APF Hardcore Barbell Invitational

- Sponsored By: Hardcore Barbell South, Central, LA.
- Meet Director: Garry Frank-15836 Chivre Avenue  
Greenwell Springs, LA. 70739
- Sanctioned By: APF – American Powerlifting Federation
- Eligibility: Lifters must be APF registered  
(lifters may register on meet day)
- Meet Site: America's Best Value Inn, 10455 Reiger Road, Baton Rouge, LA. 70814 1-225-293-6880
- Lifting Session: Saturday, Saturday October 10, 2015 10:00 am All lifters
- Weigh-in: Friday, October 9, 2015: 10 am to noon, 6pm to 8pm  
Saturday, October 10, 2015: 8:00am to 9:00am
- Contest Lifts: Squat, Bench Press, & Dead Lift or  
Bench Press Only or Dead Lift Only
- Entry Fee: \$75 full meet            \$85 late entry            \$75 bench only  
\$50 add a division      \$75 dead lift only      \$5 guest fee  
\$80 team (11 lifters) \$30 APF card      \$15 teen APF card
- Weight Classes: Men: 114,123,132,148,165,181,198,220,242,275,308,SHW  
Women: 97,105,114,123,132,148,165,181,198,SHW
- Awards: 1<sup>st</sup> -3<sup>rd</sup> per weight class (open, teen, women, novice, junior (20-23), Masters (40-44), (45-49), etc...  
Best Lifter Awards for Open, Master, Bench Only and Women
- Glossbrenner Formula used to determine best lifter.



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*Make checks payable to Garry Frank \*15836 Chivre Avenue,  
Greenwell Springs, LA. 70739  
Call 225-241-8154 if information needed for hotel rooms.*

NAME: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Date of birth: \_\_\_\_\_ Age: \_\_\_\_\_

APF card #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

### Entry Fee Required For Each Division Entered

Equipped  Single Ply  Raw  Weight Class \_\_\_\_\_

Full meet  Bench only  Dead lift only

Masters \_\_\_\_\_ Open \_\_\_\_\_ Teen \_\_\_\_\_ Jr \_\_\_\_\_

Male  Female

### **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, WPC, Garry Frank, his heirs, Hardcore Barbell South, their representatives, successors and assigns for any and all injuries or bodily harm that I may suffer while competing at the 2015 APF Hardcore Barbell Invitational.

\_\_\_\_\_  
Please sign first and last name here

(Parent signature required if athlete under age 18)