

APF EQUIPPED NATIONALS
Open, Teenage, Junior, Submaster & Master
MAY 27-29 2016



MEET DIRECTORS: Amy Jackson amyjackson@aol.com 630-896-7309 1-866-389-4744
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EVENT LOCATION & HOTEL: DoubleTree by Hilton at the entrance to Universal Orlando
5780 Major Blvd., Orlando, FL 32819 ~ 407-351-1000 or book online at:
http://doubletree.hilton.com/en/dt/groups/personalized/M/MCOUNDT-APF-20160526/index.jhtml?WT.mc_id=POG
Room rate is \$109 per night/includes parking. Must reserve prior to May 6th 2016 to receive discount. Mention APF Nationals to receive discount. Rate is good for 3 days prior/after the event. Daily parking rate is \$8 if not a guest at the hotel.

ELIGIBILITY: Lifters must be an APF registered athlete by the time of the meet. You can renew membership at weigh-ins or at www.worldpowerliftingcongress.com. Must have competed in an APF meet prior to entering. Full power open lifters must achieve a qualifying total within one year.

Men Weight Class:	114	123	132	148	165	181	198	220	242	275	308	SHW
Qualifying Total	757	953	1159	1279	1400	1553	1653	1735	1790	1848	1871	1890

Women Weight Class:	97	105	114	123	132	148	165	181	198	Unl.
Qualifying Total	471	517	574	632	696	767	802	844	913	938

WEIGH-IN: Thursday, May 26, 2016: 2pm-4pm and 8pm-9pm
Friday Lifters (Bench Only & Deadlift Only)

Friday, May 27, 2016: 10am – Noon, 3pm-5pm and 8pm-9pm
Saturday Lifters (All women & Classic Raw)

Saturday May 28, 2016: 10am-Noon, 3pm-5pm and 8pm-9pm
Sunday Lifters (Single Ply & Multi Ply)

EVENT: **MANDATORY RULES BRIEFING: 1 hour prior to start of meet**

Friday, May 27, 2016 Lifting starts 2pm/Bench Only & Deadlift Only

Saturday May 28, 2016 Lifting starts 10 am/All women (all categories) and Classic Raw

Sunday May 29, 2016 Lifting starts 10am/Single Ply & Multi Ply

EQUIPMENT: **Classic Raw, Single Ply, Multi Ply** Classic Raw is belt, wrist wraps, knee wraps or knee sleeves. Single Ply is single-ply polyester only, no velcro. Equipped is standard APF/WPC equipment rules.

UNIFORM: One-piece lifting suit or wrestling suit is MANDATORY.

CONTEST LIFTS: Full Meet (Squat/Bench/Deadlift), Bench Only and Deadlift Only

ENTRY FEE: Entry fee is \$100 if received on or prior to the **DEADLINE, April 1, 2016**. Late entries *that are accepted* will be charged a \$30 late fee. Additional divisions are \$50 each. Checks or money orders make payable to **APF. NO REFUNDS** Competitors may have to lift on multiple days if they choose to compete in multiple events and/or divisions.

AWARDS: Medals will be given to the first three places in categories. Best Lifters will be awarded in categories based on the content of the entries.

Top 3 winners in each weight class/age group qualify for 2016 WPC World Championships hosted by APF President Garry Frank this November in Baton Rouge, Louisiana (excludes Submaster – no submaster category at worlds)

APF EQUIPPED NATIONALS

May 27-29, 2016



Please Print Legibly

Full name: _____ Gender (circle one): Male Female
 Age _____ Date of Birth _____ e-mail _____
 Address _____
 City _____ State _____ Zip Code _____
 Phone Number _____ Alternate Phone Number _____

See www.worldpowerliftingcongress.com for complete rules on classic raw/equip categories

Event Entered (circle all that apply): Full Meet Bench Only Deadlift Only

Classic Raw/Equipped (circle all that apply): Classic Raw Single Ply Multi Ply

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 \$100: _____

Make checks or money orders payable to:
APF, 505 Westgate Drive, Aurora, IL 60506 If after **April 1, 2016**, add late fee \$30: _____

T-Shirts pre-orders \$15 / \$20 at the meet
 S M L XL 2X 3X (circle order) Additional divisions \$50 each: _____
 T-Shirts \$15 each: _____

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 APF, the WPC, Kieran Kidder, Amy Jackson, Rick Lawrence, the APF/AAPF, the DoubleTree by Hilton at the Entrance to Universal Orlando, 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 Equipped Nationals, May 27-29 2016. 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.

 Lifter's signature

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

Return Entry Form to: APF, 505 Westgate Drive, Aurora, IL 60506