



Dear Friends,

It is my pleasure to announce the date and location for the 2016 AAPF National Championships. The date is April 21-24 2016 in Idaho Falls, Idaho, USA. Top 3 places in each weight class and age group qualify for AWPC World Championships in Russia this August.

Entry Form - Please fill out all details on the entry form.

Entry Deadline- March 1st 2016 Entries must be received by this date.

Entry Confirmation - Please notify the meet promoters regarding your attendance as soon as possible. You may notify us by e-mail snakeriverpl@cs.com or phone us at 208-528-0444.

Entry Fee- \$100.00 Crossover or additional division \$50 (US Dollars)

An entry fee is required for each division. The first division is \$100 and the second division is \$50. Please send all entries in one packet. Make checks payable to: Snake River Powerlifting

Mail to: Snake River Powerlifting, PO Box 51433, Idaho Falls, Idaho, USA 83405 or contact Linda Higgins at 1-208-528-0444 to make arrangements via bank transfer or Western Union.

Hotel Reservations - Meet Hotel and Venue: **Hilton Garden Inn Idaho Falls, ID**, 700 Lindsay Blvd , Idaho Falls, Idaho 83402 United States Tel: 2085229500 Fax: 2085229501

A block of rooms have been reserved for April 18-27, 2016. The special room rate will be available until March 15th or until the group block is sold-out, whichever comes first. The rate posted is \$99.00. However we will offer a rate of \$109.00 w/ breakfast for 2. In the comment box online request the breakfast rate.

Also we are going to extend the rate if you would like to spend a few extra days and go to Yellowstone National Park which is 1 hour and 30 minutes away or go to Jackson Hole Wyoming which is 1 hour away.

Booking a reservation from our site is simple. To begin the process, click on "Book a Room" below to receive your group's preferred rate. <http://hiltongardeninn.hilton.com/en/gi/groups/personalized/IDAIFGI-ARC-20150828/index.jhtml?>

See you at the Hilton Garden Inn Idaho Falls in September! We hope you enjoy your stay and your group's event!

At the **Hilton Garden Inn**, you'll find everything you need including complimentary high-speed Internet and remote printing provided by PrinterOn® in all guestrooms and lobby areas. The **Hilton Garden Inn - Idaho Falls, Idaho** hotel is certain to please the busy executive or leisure traveler. Our Hilton Garden Inn Idaho Falls hotel is just minutes away from **downtown Idaho Falls** and within walking distance of several fine restaurants and shops.



Meet Directors: Linda Higgins & Amy Jackson

FOR ALL INFORMATION CONTACT: Linda Higgins, PO Box 51433, Idaho Falls, ID 83405 1-208-528-0444 or snakeriverpl@cs.com
Amy Jackson 1-630-896-7309 or amyjackson@aol.com

Lifting Schedule:

Thursday April 21	10:00 am	Men Equipped MP (multi ply) SP (single ply) CR (classic raw PL only) all divisions (open, junior, submaster & master)
Friday April 22	10:00 am	All Teenage, Special Olympics & Youth All Women: Raw, MP, SP all divisions (open, teen, junior, submaster & master)
Saturday April 23	10:00 am	Raw Male Open, Junior, Submaster, Master

Weigh-Ins:

Thursday Competitors:	Wednesday April 20	10am-noon & 3pm-5pm
Friday Competitors:	Thursday April 21	10am-noon & 3pm-5pm
Saturday Competitors:	Friday April 22	10am-noon & 3pm-5pm

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

Kilos 52 56 60 67.5 75 82.5 90 100 110 125 140 140+

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

Kilos 44 48 52 56 60 67.5 75 82.5 90 90+

Awards: Awards will be given to the first three places in each Men's & Women's divisions. There will be one Men and one Women best lifter award based upon content of entries in each division by formula.

Idaho Falls Visitor Bureau

Check out the following sites for information on tourist travels.

www.visitidahofalls.com

Jackson Hole Visitor Bureau –

www.jacksonholechamber.com

West Yellowstone Visitor Bureau –

www.destinationyellowstone.com

Yellowstone National Park –

www.yellowstone-natl-park.com/visit.htm

Sun Valley Idaho –

www.visitsunvalley.com

Chester's Grand Teton Harley Davidson

10% off Rentals for Powerlifters ask for Brandee 1-208-523-1464

www.tetonharley.com

2016 AAPF National Championships

Name _____

Address _____

City _____ State _____ Postal Code _____

Country _____ Date of Birth _____ Age _____

Phone # _____ Cell# _____

e-mail _____

Weight Class: _____ Men Women

Event Entered (circle all that apply): Full Meet Bench Only Deadlift Only
Raw/MP (multi ply) / SP (single ply) CR (classic raw): Raw MP (multi ply) SP (single ply) CR (classic raw)
Division Entered (circle all that apply): Open CR full power only
 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+
 Special Olympics
 Youth (parent supervised)

Raw (belt, singlet, wrist wraps) Single Ply (belt, knee & wrist wraps, singlet or single ply polyester squat suit (no velcro), single ply briefs not to extend 4" above top groin), bench shirt single ply polyester pullover (no Velcro or open back), Classic Raw is full power only (belt singlet, wrist wraps, knee wraps or knee sleeves) Multi Ply, see www.worldpowerliftingcongress.com for complete rules

Fees & Payment: **Late Fee After 3/1/16** \$ 30 \$ _____
 Entry Fee \$100 \$ _____
 Additional division(s) \$ 50 \$ _____
 Youth (parent supervised) \$20 \$ _____
MEET T-SHIRTS: Pre-Order at \$15.00 each Meet T-Shirt (s) \$15 \$ _____
 2X & 3X \$20 \$20 \$ _____
 S _____ M _____ L _____ XL _____ XXL _____ XXX _____
 (shirts available at the meet in the sizes above at \$20 each) **TOTAL DUE** \$ _____

I, THE UNDERSIGNED, AGREE TO WAIVE AND RELEASE ANY AND ALL RIGHTS FOR DAMAGES OR INJURIES OF ANY KIND SUFFERED BY ME IN ANY WAY DUE TO THIS CONTEST AGAINST Snake River Powerlifting, Linda Higgins, Amy Jackson, Hilton Garden Inn Idaho Falls, APF/AAPF, AWPC/WPC AND ANY AND ALL OFFICIALS, ITS STAFF AND ANYONE ASSOCIATED WITH 2016 AAPF National Championships.

ATHLETE'S SIGNATURE _____ DATE _____

PARENTS' SIGNATURE _____ DATE _____