

The 2016 APF Big Iron Compound Iowa & Nebraska State Championships

Sponsored by: Jim Grandick's Big Iron Compound

Meet Director and State Chair: James Grandick 402-305-2822 jkgrandick@cox.net

Sanctioned by: The American Powerlifting Federation (APF)



Event Location: Omaha South High School 2519 South 24th Street (24th & K Street) Omaha, NE 68105

Eligibility: Open to qualified APF registered athletes. All athletes must have a current APF registration card or may register and purchase an APF card or before weigh-in or at the meet with James Grandick, APF State Chairman. (APF registration fee \$30.00, 18yr and under \$15.00)

Check in: Saturday, June 4th: 7 a.m.

Weigh-Ins: Friday, June 3rd: 9:30 a.m.-1p.m. at Jim Grandick's Big Iron Compound
5 p.m. – 7 p.m. at Omaha South High School
Saturday, June 4th: 7:30 a.m. -8:30 a.m. at Omaha South High School

Event: Saturday, June 4th: 8:30am: Mandatory rules briefing. Lifting begins at 9:30

Uniform: One piece lifting suit or wrestling suit is **mandatory**.

ENTRY FEE: Entry fee, if received on or prior to the **deadline date of May 20th, 2016** for Full-Power is \$75. Push/Pull is \$65. Bench only is \$50. If registration is received after May 20th an additional \$25 late fee is to be added if lifter is allowed.

Mail all entry forms and fees to: James Grandick, 252C Follet Road Council Bluffs, IA 51503

Certified checks, checks, and money orders are to be made out to: James Grandick

For questions please contact James Grandick 402-305-2822

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Entry Form:

Name: _____

Residence: _____

Telephone: _____

E-mail address: _____

Date of Birth: _____

APF CARD#: _____ or date of purchase _____

Division Entered (*circle all that apply*):

Raw: (Singlet and belt only)

Classic Raw (Singlet, knee sleeves or knee wraps and belt only)

Equipped: Single-ply or Multi-ply (Squat suit, Bench shirt, Deadlift suit, knee wraps and belt)

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+

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

Women's Weight Classes: 97, 105, 114, 123, 132, 148, 165, 181, 198, and SHW

_____ Men's Full Meet \$75 Weight Class _____ Age _____

_____ Women's Full Meet \$75 Weight Class _____ Age _____

_____ Men's Bench Press/Deadlift \$65 Weight Class _____ Age _____

_____ Men's Bench Press \$50 Weight Class _____ Age _____

_____ Women's Bench Press/Deadlift \$65 Weight Class _____ Age _____

_____ Women's Bench Press \$50 Weight Class _____ Age _____

Meet T-Shirts: \$20 ea. Size: S ___ M ___ L ___ XL ___ 2XL ___ 3XL ___

Do you have gear you no longer use? We will be deducting \$10 from entry fees that include donated single ply gear for the South High School Powerlifting team. (This is a one-time discount, regardless of the number of pieces donated.)

TOTAL amount enclosed: \$ _____

**** (ENTRY FEES AND APF CARDS FEES MUST BE PAID SEPARATELY) ****

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WAIVER AND 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 Nebraska and Iowa APF, the APF/AAPF, Jim Grandick's Big Iron Compound, Bryan Busted, Omaha South High School and/or any affiliates of, their respective officials, 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 2016 APF/AAPF Nebraska/Iowa Big Iron State Meet, June 4th, 2016, including those caused by the negligent act or omission arising out of or connected with my participation in the Powerlifting competition or the use of any equipment at the Powerlifting competition. 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. In signing this release form, I, the lifter, acknowledge and represent the following:

- 1)** Powerlifting is a strenuous athletic event. As a sport, accidents can and do happen periodically as a result of the normal danger involved.
- 2)** There is a risk of participation. Lifter recognizes this risk and accepts it. Lifter shall have the duty to examine all equipment prior to use and immediately inform the proper people of any dangerous condition observed in the equipment, personnel or event venue. The lifter has sole responsibility for the condition of his/her personal lifting gear I.E. bench press shirts, lifting suits, belts, wraps, and other lifting gear and it is the responsibility of the lifter to wear such gear in a manner that is safe and least likely to result in injury. The APF/AAPF and its meet directors, officials, and meet employees are not responsible for lifting gear blowouts, tears, or any defects in lifting gear. Lifter fully understands the risks of the use of powerlifting gear – especially multi-ply gear in materials such as canvas, denim, and heavy duty polyester and represents to the APF/AAPF all gear used is in proper condition and being employed as intended.
- 3)** Lifter is in excellent health and capable of performing the feats of strength attempted.
- 4)** Lifter is the sole decider of the amount of weight to be lifted. Lifter will act in a reasonable manner at all times and not lift weights beyond a safe and prudent level.
- 5)** Lifter has the right to bring his/her own spotters and assistants. If Lifter does not do so, Lifter may use such spotters as provided by the meet director, solely as a courtesy to Lifter.
- 6)** Neither the APF/AAPF, nor any agent, servant nor employee of the APF/AAPF, nor any other competitor shall be liable to the Lifter for any harm or damage to Lifter, unless such harm is the result of the intentional or reckless conduct of such person, which conduct shall not be imputed to any other person or organization. No action for negligent entrustment shall exist.
- 7)** Lifter will be responsible for his/her behavior and acts and those of his/her guests. If Lifter does not act in accord with the rules of the APF/AAPF for competition or behavior, he/she may be asked to leave the event immediately by an event director and will do so voluntarily and shall forfeit all fees paid. In the event litigation should occur, Lifter shall be responsible for payment of the reasonable attorney's fees of the successful party.
- 8)** This Release is reasonable, executed freely, without duress or undue influence, and after opportunity for careful and independent review.
- 9)** I understand there is random drug testing by urinalysis on a minimum of 10% of all AAPF lifters. AAPF/AWPC policy permanently bans any Lifter testing positive for a banned substance.

I HEREBY REPRESENT AND WARRANT THAT I HAVE READ THE ABOVE RELEASE, UNDERSTAND IT'S MEANING AND CONSEQUENCE, AND AGREE TO BE LEGALLY BOUND BY IT'S TERMS. I HAVE SIGNED THIS RELEASE FREELY AND VOLUNTARILY.

Signature of Participating Lifter Date

Signature of Parent or Guardian's (If Lifter is under 18)