

**ORLANDO BARBELL APF SOUTHERN STATES CHAMPIONSHIP**  
**October 22nd, 2016**

- Meet Director:** Brian Schwab  
PH-407-678-2447  
Email: lightweightpower@aol.com
- Date:** Saturday, October 22nd, beginning at 10:00 AM
- Location:** Hagerty High School Gym  
3225 Lockwood Blvd.  
Oviedo, FL 32765  
(You must park and enter behind the school off of Old Lockwood/Tanner)
- Nearby Hotels:**
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| <b>Holiday Inn</b><br>12250 East Colonial Drive<br>Orlando, FL 32826<br>1-888-465-4329 | <b>LaQuinta Inn</b><br>11805 Research Parkway<br>Orlando, FL 32826<br>407-737-6075 |
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- Sanctioned By:** American Powerlifting Federation
- Eligibility:** Open to APF registered athletes. All athletes are required to have a valid APF registration card and must show it at weigh-in. If you fail to bring it, you will be required to purchase one onsite for \$30.
- Contests:** **Equipped, Single Ply, Raw (Wrist wraps and belt only)** - Full Power, Bench only, Deadlift only, Ironman (combined weight of best bench and deadlift). **Classic Raw (with knee sleeves or wraps)**- Full Power
- Divisions:** Teen (13-15, 16-17, 18-19), Junior (20-23), Open, Submasters (33- 39), Master (40-44, 45-49, 50-54, 55-59, 60-64, 65+)
- 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
- Entry Fee:** \$75 per division/contest  
\$35 for each additional division/contest  
Make checks payable to: Orlando Barbell  
Entry must be received by Friday, September 23rd, 2016.  
Late entries will incur a \$25 late fee.  
(The earlier you get your entry form in, the more likely you are to make it into the meet. Our meets usually fill up before the late fee date. Please do not ask to get in the meet after we've met our cap).
- Awards:** Top 3 per weight class in each division
- Weigh-Ins:** (There will be no same day weigh-ins. You only have to attend one weigh in).  
Friday, October 21<sup>st</sup> 10:00 am – 12:00 pm **at Orlando Barbell**  
Friday, October 21<sup>st</sup> 3:00 pm – 5:00 pm **at Orlando Barbell**  
Friday, October 21<sup>st</sup> 6:00 pm – 8:00 pm **at Hagerty High**
- Rules:** American Powerlifting Federation rules apply.  
One piece lifting suits (i.e. singlets) must be worn.  
Rules meeting will be at 9:00am.
- Spectator Fees:** \$10.00; children under the age of 10 get in free.

**ORLANDO BARBELL APF SOUTHERN STATES CHAMPIONSHIP**  
**ENTRY FORM**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone Number: \_\_\_\_\_ Age: \_\_\_\_\_ Email: \_\_\_\_\_  
Expected Weight Class: \_\_\_\_\_ Sex: \_\_\_\_\_

Division (circle): Teen 13-15, 16-17, 18-19, Junior (20-23), Open, Submasters (33-39)  
Masters- 40-44, 45-49, 50-54, 55-59, 60-65, 65+

APF#: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Contest (s), (please circle the division (s) you plan to compete in):

**Equipped-** Full Power, Bench, Deadlift, Ironman (combined weigh of bench and deadlift)

**Single Ply-** Full Power, Bench, Deadlift, Ironman **Raw-** Full Power, Bench, Deadlift, Ironman

**Raw Classic** (w/knee wraps or knee sleeves)- Full Power

APF Fee \$30 \$ \_\_\_\_\_

**(You must pay with a separate check to the APF for the APF fee).**

Single Contest Entry Fee \$75 \$ \_\_\_\_\_

Additional Contest Entry Fee \$35 \$ \_\_\_\_\_

Team Entry (one entry per team) \$60 \$ \_\_\_\_\_

Late Fee (if received after 9/23/16) \$25 \$ \_\_\_\_\_

**TOTAL DUE:** \$ \_\_\_\_\_

Make checks payable Orlando Barbell  
and mail entry form to: 2784 Wrights Rd., Ste. 1004  
Oviedo, FL 32765

**Your entry must be received by Friday, September 23rd to avoid the late fee.**

**Like our previous meets, we will be sticking to the meet entry cap of 60 lifters, so please get your entry forms in early if you want to make it into the meet.** We will not issue any refunds for any reason. There will be no same day sign ups allowed. You will not be allowed to compete if you don't weigh in during the designated weigh in times. Please do not send entry in any form that will require a signature.

**METHOD OF PAYMENT:** \_\_\_\_\_ CASH \_\_\_\_\_ CHECK \_\_\_\_\_ MONEY ORDER

**Credit Card#** \_\_\_\_\_

**Your Name on the Card (not the card type):** \_\_\_\_\_ **Exp Date:** \_\_\_\_\_

**PLEASE DO NOT EMAIL THE ENTRIES, PAYMENT MUST ACCOMPANY ENTRY FORM. MAKE CHECKS PAYABLE AND MAIL ENTRY TO ORLANDO BARBELL.**

**RELEASE FROM LIABILITY:**

On behalf of myself, my heirs, executors, administrators and assigns, I hereby irrevocably waive, release and fully discharge the APF, Orlando Barbell, Hagerty High School, 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 powerlifting competition sponsored by the APF.

I 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 risks of powerlifting. **I have read the above release, understand its meaning and consequences, and agree to be legally bound by its terms. I have signed this release freely and voluntarily:**

\_\_\_\_\_  
Signature (in full) of applicant /Date

\_\_\_\_\_  
Signature in full of parent or guardian (if applicant is under the age of 18).