

Kabuki Strength Spring Challenge

Raw With* & Without Wraps & Multiply Powerlifting

APF/AAPF Sanctioned (*with wraps is unsanctioned – no records can be set)

April 22nd 2017

SPONSORED BY: Kabuki Strength www.kabukistrength.com
USP Labs www.USPlabsdirect.com
Get Diesel Nutrition <http://www.getdiesel.com>
SNC Sports Nutrition Center www.sportsnutritioncenter.com

MEET DIRECTOR: Chris Duffin APF Oregon State Chairman

EVENT LOCATION: KABUKI STRENGTH LAB
14350 SE Industrial Way | Clackamas, OR 97015

ELIGIBILITY: Open to all APF / AAPF members. **Lifters may become a member at weigh in's**, or otherwise must present their card at weigh-ins. Registration is \$30 per card, \$40 for both APF & AAPF. (18 & under \$15)

WEIGH-IN: Friday the day before @ 9:00-10:00am & 5:00-6:00pm - ONLY
KABUKI STRENGTH LAB
14350 SE Industrial Way | Clackamas, OR 97015

COMPETITION: Mandatory rules briefing Saturday at 8:00am,

APF/AAPF Rules apply: www.worldpowerliftingcongress.com

LIFTING SCHEDULE: Meet Starts at 9am Sharp Saturday Morning!

UNIFORM (Mandatory): Must have one piece lifting suit or wrestling suit and Long Socks

ENTRY FEE: The meet will be capped at 70 lifters! Our last meet sold out weeks before the meet. A \$30.00 late fee is required for any received inside 3 weeks of event. **DO NOT SHOW UP AT WEIGH INS WITH ENTRY FORM HOPING TO GET IN!**

AWARDS: Awards will be presented for 1-3rd in each weight class.

BEST LIFTER AWARDS: Best Lifter in both Male/Female

RETURN ENTRY TO: It is best to pay online and email your entry form in to ensure you get into the meet! Chris@kabukistrength.com and payments can be made at www.kabukistrength.com/category/events/

Or snail mail: KABUKI STRENGTH LAB, 14350 SE Industrial Way, Clackamas, OR 97015

Email question: chris@kabukistrength.com

Or leave a message voice message and I'll return your call within a few days: 503-908-0740

