2017 Armed Forces Show of Strength and APF/ AAPF IA/ NE State Powerlifting Championships

March 25,2017

SPONSORED BY: Big Iron Compound Strength and Fitness 712-435-6200

900 Woodbury Ave suite 4c, Council Bluffs, Iowa 51503

MEET DIRECTOR: James and Mary Grandick

402-305-2822 jkgrandick@cox.net

SANCTIONED BY: The American Powerlifting Federation (APF)

PLACE: Iowa National Guard Armory

Address: 2415 E Kainsville Blvd, Council Bluffs Iowa 51503

ELIGIBILITY: Open to qualified APF registered athletes. All athletes must have a current APF

registration card

or purchase one at the meet. Athletes may register at the meet or before weigh-in time,

James Grandick State Chairman. (APF registration fee \$30.00)

Make APF registration checks/money orders out to the APF, NOT THE

MEET DIRECTOR

WEIGH-IN: Friday March 24, 2017 9:00 AM –12:00 PM and 4:00-6:00 PM

Weigh-in will be at Big Iron Compound Strength and Fitness

LIFTING SESSIONS: Saturday March 25,2017 9:00 AM

Rules briefing will be at 8:00 AM

UNIFORM: Must have one piece lifting suit or wrestling suit. (Mandatory) Raw is belt and singlet

ONLY

ENTRY FEE: All entry fees must accompany this entry form, to the meet director no later than

March 20, 2017.

A late fee of \$10 will be applied to all entries received **POST MARKED** after this date.

WEIGHT CLASSES: Men's Open 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, and SHW

Women's Open 97, 105, 114, 123, 132, 148, 165, 181, 198, and SHW

RAW division is for State Records ONLY

AWARDS: Awards will be given to the first three places in each men and women's division.

There will be "BEST LIFTER" awards as follows by formula:

APF - One Man and One Woman (The type of awards may vary, depending upon the

number of entries)

ENTRY FORM

Street City State Zip	Name:					
Date of Birth:	Last Name	First Nan	ne	MI		
Date of Birth:	Residence:					
Men's Full Meet \$75 Weight Class Age Men's Bench Press/Deadlift \$75 Weight Class Age Men's Bench Press \$75 Weight Class Age Men's Bench Press \$75 Weight Class Age Men's Deadlift \$75 Weight Class Age Men's Deadlift \$75 Weight Class Age Men's Bench Press/Deadlift \$75 Weight Class Age Women's Bench Press/Deadlift \$75 Weight Class Age Women's Bench Press \$75 Weight Class Age Women's Deadlift \$75 Weight Class Age Women's Deadlift \$75 Weight Class Age Meight Class Age Women's Deadlift \$75 Weight Class Age Momen's Deadlift \$75	Street		city		state	zip
	Геlephone:		E-mail addr	ess:		
Women's Full Meet \$75 Weight Class Age Men's Bench Press/Deadlift \$75 Weight Class Age Men's Bench Press \$75 Weight Class Age Men's Deadlift \$75 Weight Class Age Women's Deadlift \$75 Weight Class Age Women's Bench Press/Deadlift \$75 Weight Class Age Women's Bench Press \$75 Weight Class Age Women's Deadlift Class Age Women's Dea	Date of Birth:		APF CARD	#		
Men's Bench Press/Deadlift \$75 Weight Class Age Men's Bench Press \$75 Weight Class Age Men's Deadlift \$75 Weight Class Age Women's Bench Press/Deadlift \$75 Weight Class Age Women's Bench Press/Deadlift \$75 Weight Class Age Women's Bench Press \$75 Weight Class Age Women's Deadlift \$75 Weight Class Age Momen's Deadlift Class A	Men's Full Meet	\$75	Weight C	Class	Age	
Men's Bench Press \$75 Weight Class Age Men's Deadlift \$75 Weight Class Age Women's Bench Press/Deadlift \$75 Weight Class Age Women's Bench Press \$75 Weight Class Age Women's Deadlift Class Age Women's Deadlift \$75 Weight Class Age Women's Deadlift Class A	Women's Full Meet	\$75	Weight C	Class	Age _	
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Women's Bench Press \$75 Weight ClassAge	Men's Deadlift	\$75	Weight Class		Age	
Women's Deadlift \$75 Weight Class Age	Women's Bench Press/D	Deadlift \$75	Weight C	class	Age	
S10 of all entries will be donated to a Veteran's charity o aid and support our Military Hero's. Additional Donations are Welcome \$ Meet T-Shirts- \$20 Size- S M L XL 2XL 3XL Total amount enclosed: \$ ENTRY FEES AND CARDS FEES ARE TO BE PAID SEPARATELY, NOT FOGETHER) AGREEMENT, WAIVER AND RELEASE In consideration of the acceptance of this entry I hereby for myself, my heirs, executors, and administrative and release any and all rights and claims for damages I may have against the Iowa National Guaramory, James and Mary Grandick and Big Iron Compound Strength and Fitness, their representative uccessors and assigns for any and all injuries or bodily harm that I might suffer while competing at the A/NE APF/AAPF State Powerlifting Championships. I also agree that all pictures and video taken by designated meet photographer may be used for advertisement and in sports publications.	Women's Bench Press	\$75	Weight C	Class	Age	
Additional Donations are Welcome \$	Women's Deadlift	\$75	Weight C	Class	Age	
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Signature in fullDate	waive and release any and all rights Armory, James and Mary Grandick successors and assigns for any and a A/NE APF/AAPF State Powerliftin	and claims for and Big Iron (Il injuries or bo g Championshi	damages I ma Compound Str odily harm tha ips. I also agre	y have agai ength and I it I might su ee that all pi	nst the Iowa N Fitness, their r offer while con ictures and vio	National Guard representatives, npeting at the
	Signature in full]	Date	
Parent's signature if under 18:						

Make Meet Check Payable To: James Grandick

Mail Entry To: Big Iron Compound Strength and Fitness 900 Woodbury Ave. Suite 4C Council Bluffs, Iowa 51503

Meet Hotel: AmericInn

1000 Woodbury Ave Council Bluffs, IA 51503

712-322-8400

Special Rate of \$67 plus tax per night

Mention Big Iron Compound (Hotel is next door to the gym)