

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

Name: _____
 Last Name First Name MI

Residence: _____
 Street city state zip

Telephone: _____ E-mail address: _____

Date of Birth: _____ APF CARD# _____

_____ Men's Full Meet	\$75	Weight Class _____	Age _____
_____ 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 Bench Press/Deadlift	\$75	Weight Class _____	Age _____
_____ Women's Bench Press	\$75	Weight Class _____	Age _____
_____ Women's Deadlift	\$75	Weight Class _____	Age _____

\$10 of all entries will be donated to a Veteran's charity to 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 TOGETHER)

AGREEMENT, WAIVER AND RELEASE

In consideration of the acceptance of this entry I hereby for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the Iowa National Guard Armory, James and Mary Grandick and Big Iron Compound Strength and Fitness, their representatives, successors and assigns for any and all injuries or bodily harm that I might suffer while competing at the IA/NE APF/AAPF State Powerlifting Championships. I also agree that all pictures and video taken by the designated meet photographer may be used for advertisement and in sports publications.

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)**