



**Dakota Barbell & Edgar's House of Pain  
Presents  
The 2017 Metroflex Upper Midwest Team Challenge  
"The Gym of Gyms"  
Saturday March 25<sup>th</sup>, 2017**

- MEET DIRECTOR:** Jason Ehlert  
701-200-9208  
[jasonehlert@yahoo.com](mailto:jasonehlert@yahoo.com)
- SANCTIONED BY:** American Powerlifting Federation (APF/AAPF)  
[www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)
- EVENT LOCATION:** Metroflex Gym-Fargo  
4041 Main Ave N  
Fargo, ND 58103
- ELIGIBILITY:** Open to APF registered athletes. All athletes are required to have a valid APF and/or AAPF registration card and must show it at weigh-ins. If you fail to bring it, you will be required to purchase one onsite for \$30. Must have one piece lifting suit or singlet; socks up to the knees for Deadlift.
- WEIGH-INS:** 24-hour weigh in rule will apply.  
**Metroflex Gym-Fargo**  
**Friday, March 24th**  
9:00 AM - 11:00AM  
5:00 PM - 7:00 PM  
**There is no Meet Day Weigh-Ins**
- LIFTING SCHEDULE:** Rules-8am; Meet starts at 9am
- CONTEST LIFTS:** **EVERY LIFTER WILL BE IN THE OPEN CLASS AND DO A FULL MEET Squat-Bench-Deadlift**
- ENTRY FEE:** \$500 per team. Postmarked after February 22<sup>nd</sup>, \$100 late fee.  
Makes checks payable to: **Jason Ehlert**
- AWARDS:** Winning team members will receive individual trophies for their 1<sup>st</sup> place showing at the inaugural Upper Midwest Team Championship. The winning team will receive a traveling award titled "STRONGEST GYM IN THE UPPER MIDWEST-2017." There will also be \$500 to Strongest Male and Female lifter at the meet. This will all be based on coefficient scoring.  
**\$2500 IN TOTAL PRIZE MONEY!**



**EQUIPMENT:**

**Elitefts Standard and Panzer Monolifts  
Elitefts Signature Competition and Deluxe Bench  
Mastodon Squat Bar and Texas Squat Bars  
Iron Wolf Bench Bar  
Texas Power Bar  
Texas Deadlift Bars  
Okie Deadlift Bar**

**KEY ELEMENTS:**

This is a **TEAM** meet. Five members to a team, **MUST** include **TWO** women

Competition is to determine the **STRONGEST GYM IN THE REGION**

Twelve gyms max-60 lifters total

Open Class Only and Full Meet Only-there no Push/Pull or Masters or Juniors classes

Individual lifters will be credited for their lifts. Can set American records and/or qualify for Nationals

If a team member bombs, they are out of the meet and the team continues with remaining members

Equipped or Classic Raw (knee wraps allowed) \*no extra credit for naked knee

Teams will be in the same flight together, three teams make a flight, fifteen lifters per flight

Each team will need to select a captain. There will be a captain's meeting the night before the meet to go over the rules and scoring so there are no issues into the meet.

Coefficients will be used to determine scores. They are as follows:

Glossbrenner (body weight only) x gear coeff x drug coeff=total

Add each team members total together. Team with the highest total wins

**Gear Coefficients:**

Multi-ply=.81

Classic Raw=1.0

**Drug Coefficients:**

Not Tested=.92 (APF)

Tested=1.0 (AAPF)

Team entry fee \$500 (\$100 per team member). \$1,500 to the winning team; \$500 to best lifter male and female

Winning team will be announced at the NPC Upper Midwest Bodybuilding Night Show under the lights

Winning team will get a traveling trophy engraved with gym name and team members for 2017

**THIS IS A BATTLE TO DETERMINE THE STRONGEST GYM IN THE UPPER MIDWEST**  
**This will be a yearly contest-Plan to defend your title next year**



## Entry Form

### Team/Gym:

Gym Name \_\_\_\_\_

Location \_\_\_\_\_

Team Captain \_\_\_\_\_

Phone # \_\_\_\_\_

### First Team Member

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

MI \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Age (March 25<sup>th</sup>) \_\_\_\_\_

E-mail \_\_\_\_\_ Date of Birth \_\_\_\_\_

APF       AAPF Card Number # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Men       Women

Equipped (Squat Suit, Bench Shirt, and Deadlift Suit)

Classic Raw (Singlet, Knee Sleeves or Knee Wraps, and Belt Only)

Weight Class Entered Men: 114 123 132 148 165 181 198 220 242 275 308 SHW

Weight Class Entered Women: 97 105 114 123 132 148 165 181 198 Unlimited

**Note: All competitors must enter the "open" division for the Upper Midwest Team Championship powerlifting meet and either select Equipped or Classic Raw. Competitors will not be able to enter any other divisions, i.e. Juniors, Masters. There will be random testing for all AAPF competitors BUT you are not required to send additional funds for the test.**

### Waiver:

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 APF, AAPF; Jason Ehlert, Anthony Carlquist, Dakota Barbell; Tom Kemper, Natural Health and Chiropractic; Ed May, Edgar's House of Pain, Prairie Oral Surgery; John Ostos, Metroflex Gym-Fargo; and affiliated sponsors and their representatives, successors, and assigns for any and all injuries or bodily harm that I might suffer while competing at The 2017 Upper Midwest Team Championship, **Saturday March 25<sup>th</sup>, 2017.**

\_\_\_\_\_  
Signature



**Second Team Member**

\_\_\_\_\_  
Last Name First Name MI

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Age (March 25<sup>th</sup>) \_\_\_\_\_

E-mail \_\_\_\_\_ Date of Birth \_\_\_\_\_

APF       AAPF Card Number # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Men       Women

Equipped (Squat Suit, Bench Shirt, and Deadlift Suit)

Classic Raw (Singlet, Knee Sleeves or Knee Wraps, and Belt Only)

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\_\_\_\_\_  
Signature



**Third Team Member**

\_\_\_\_\_  
Last Name First Name MI

\_\_\_\_\_  
Address

\_\_\_\_\_  
City State Zip Code

\_\_\_\_\_  
Home Phone Work Phone Age (March 25<sup>th</sup>)

\_\_\_\_\_  
E-mail Date of Birth

APF  AAPF Card Number # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Men  Women

Equipped (Squat Suit, Bench Shirt, and Deadlift Suit)

Classic Raw (Singlet, Knee Sleeves or Knee Wraps, and Belt Only)

Weight Class Entered Men: 114 123 132 148 165 181 198 220 242 275 308 SHW

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\_\_\_\_\_  
Signature



**Fourth Team Member**

\_\_\_\_\_  
Last Name First Name MI

\_\_\_\_\_  
Address

\_\_\_\_\_  
City State Zip Code

\_\_\_\_\_  
Home Phone Work Phone Age (March 25<sup>th</sup>)

\_\_\_\_\_  
E-mail Date of Birth

APF  AAPF Card Number # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Men  Women

Equipped (Squat Suit, Bench Shirt, and Deadlift Suit)

Classic Raw (Singlet, Knee Sleeves or Knee Wraps, and Belt Only)

Weight Class Entered Men: 114 123 132 148 165 181 198 220 242 275 308 SHW

Weight Class Entered Women: 97 105 114 123 132 148 165 181 198 Unlimited

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\_\_\_\_\_  
Signature



**Fifth Team Member**

\_\_\_\_\_  
Last Name First Name MI

\_\_\_\_\_  
Address

\_\_\_\_\_  
City State Zip Code

\_\_\_\_\_  
Home Phone Work Phone Age (March 25<sup>th</sup>)

\_\_\_\_\_  
E-mail Date of Birth

APF  AAPF Card Number # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Men  Women

Equipped (Squat Suit, Bench Shirt, and Deadlift Suit)

Classic Raw (Singlet, Knee Sleeves or Knee Wraps, and Belt Only)

Weight Class Entered Men: 114 123 132 148 165 181 198 220 242 275 308 SHW

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\_\_\_\_\_  
Signature



**Fees & Payment:**

|  |   |                       |
|--|---|-----------------------|
|  | <b>Entry Fee Full Meet</b>              | \$500 \$ _____        |
|  | <b>Late fee after February 22, 2016</b> | <b>\$100 \$ _____</b> |
|  | <b>TOTAL DUE</b>                        | <b>\$ _____</b>       |
|  |   | <b>No Refunds</b>     |

Meet T-shirts will be provided to all competitors. Please specify number of sizes below:

S#\_\_\_ M#\_\_\_ L#\_\_\_ XL#\_\_\_ XXL#\_\_\_ XXXL#\_\_\_

**Return Entry Form to:**

Jason Ehlert  
302 10 1/2 Ave E  
West Fargo, ND 58078  
701-200-9208  
[jasehlerlert@yahoo.com](mailto:jasehlerlert@yahoo.com)

**Office Use Only**

Paid:  Cash  Check

**For sponsorship inquiry contact:**

Thomas Kemper  
Meet Promoter  
NPC Upper Midwest Championship  
701-367-7597  
[info@npcuppermidwest.com](mailto:info@npcuppermidwest.com)