



# AAPF-APF Snake River Powerlift, Bench Press & Deadlift Championships

## March 18<sup>th</sup> 2017



### Setting AAPF High School State records for Idaho

- CONTACT:** Linda Higgins PO Box 51433, Idaho Falls, ID 83405 1-208-528-0444 [snakeriverpl@cs.com](mailto:snakeriverpl@cs.com)
- EVENT LOCATION:** 3950 South Yellowstone Highway #9, Idaho Falls, ID 83402
- ELIGIBILITY:** Qualified AAPF-APF registered athletes only. Must show AAPF-APF card at weigh-ins or will be required to purchase one onsite. Memberships are \$30 or \$40 for AAPF-APF ½ price for teenage.
- May sign up online via website: [worldpowerliftingcongress.com](http://worldpowerliftingcongress.com)
- LIFTING SCHEDULE:** Saturday March 18th, 10:00 am. Mandatory Rules Meeting 9:00 am
- WEIGH-IN:** Weigh-ins  
24 hour weigh in rule will apply.  
Friday March 17<sup>th</sup> 10am-noon & 3pm-5pm
- WEIGHT CLASSES:** Men 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW  
Kilos 52 56 60 67.5 75 82.5 90 100 110 125 140 140+
- Women 97, 105, 114, 123, 132, 148, 165, 181, 198, UNL  
Kilos 44 48 52 56 60 67.5 75 82.5 90 90+
- UNIFORM:** Mandatory - Must have one piece lifting suit or wrestling suit. APF Rules apply. AAPF rules apply (required 10% of competitors will be drug tested). Raw lifters belt, singlet and wrist wraps only. Equipped rules visit [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)
- CONTEST LIFTS:** Powerlifting: (Squat, Bench Press, Deadlift) and/or Bench Press Only or Deadlift Only
- RECORDS:** AAPF-APF American records can be set or broken. AAPF High School Idaho State Records will be established.
- ENTRY FEE:** A fee of \$60 must accompany this entry form and be received no later than February 15<sup>th</sup> 2017. There will be a \$30.00 late fee for any entries *that are accepted* after the deadline. No refunds. Awards are guaranteed only to those who pre-register. Cross over fee is \$30 each for additional divisions.
- Snake River Novice (first time competing) \$25
- Limit to first 30 paid entries. Email [snakeriverpl@cs.com](mailto:snakeriverpl@cs.com) after February 15<sup>th</sup> to be put on an alternate list if our cap is met.
- No sign ups the day of the meet. No weigh-ins day of meet
- AWARDS:** 1-3<sup>rd</sup> place and Best Lifter based on number of entries.

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Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Date of Birth \_\_\_\_\_ Age \_\_\_\_\_  
 Phone # \_\_\_\_\_ Cell# \_\_\_\_\_  
 E-mail \_\_\_\_\_

**Gender:** Men  Women

**Cateryory:** AAPF (tested)  APF  (non tested)

**Event Entered** (circle all that apply): Full Meet Bench Only Deadlift Only  
**Raw/CR/MP (multi ply) / SP (single ply):** Raw MP (multi ply) SP (single ply) CR (classic raw full PL only)

**Division Entered** (circle all that apply): Open  
 Teen: 13-15 16-17 18-19  
 Junior: 20-23  
 Submaster: 33-39  
 Master: 40-44 45-49 50-54 55-59 60-64 65-69 70-74  
 75-79 80+  
 Police/Fire (AAPF Only) Special Olympics Youth (parent supervised)

**WEIGHT CLASSES:** Men 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW  
 Kilos 52 56 60 67.5 75 82.5 90 100 110 125 140 140+  
 Women 97, 105, 114, 123, 132, 148, 165, 181, 198, UNL  
 Kilos 44 48 52 56 60 67.5 75 82.5 90 90+

Raw (belt, singlet, wrist wraps) Single Ply (belt, knee & wrist wraps, singlet or single ply polyester squat suit (no velcro), single ply briefs not to extend 4" above top groin), bench shirt single ply polyester pullover (no Velcro or open back), Multi Ply, see [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com) for complete rules Classic Raw (raw with knee wraps or knee sleeves)

**Fees & Payment:** **Late Fee After 2/15/17** \$30 \$ \_\_\_\_\_  
**Make checks payable to:** Snake River Powerlift Entry Fee \$60 \$ \_\_\_\_\_  
 Additional division(s) \$30 \$ \_\_\_\_\_  
 Special order hoodies, etc. contact Linda Youth (parent supervised) \$20 \$ \_\_\_\_\_

**MEET T-SHIRTS:** Pre-Order at \$15.00 each Meet T-Shirt (s) \$15 \$ \_\_\_\_\_  
 2X & 3X \$20 \$ \_\_\_\_\_  
 S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_ XXX \_\_\_\_\_  
 (shirts available at the meet in the sizes above at \$20 each) **TOTAL DUE** \$ \_\_\_\_\_

I, THE UNDERSIGNED, AGREE TO WAIVE AND RELEASE ANY AND ALL RIGHTS FOR DAMAGES OR INJURIES OF ANY KIND SUFFERED BY ME IN ANY WAY DUE TO THIS CONTEST AGAINST Snake River Powerlifting, Linda Higgins, Amy Jackson, Warehouse 13, Kendall Cameron Idaho Falls, AAPF-APF AND ANY AND ALL OFFICIALS, ITS STAFF AND ANYONE ASSOCIATED WITH 2017 AAPF Snake River Powerlift, Bench & Deadlift Championships.

ATHLETE'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_  
 (Parent's Signature if under 18)

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