

**APF RAW NATIONALS**  
**Open, Teenage, Junior, Submaster & Master**  
**MAY 5-7 2017**



**MEET DIRECTORS:** Amy Jackson [amyjackson@aol.com](mailto:amyjackson@aol.com) 630-896-7309 1-866-389-4744  
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**EVENT LOCATION & HOTEL:** B Resort & Spa, 1905 Hotel Plaza Boulevard, Lake Buena Vista, FL 32830  
1-800-248-7890 1-407-828-28208 or book online at: <http://bit.ly/2j904vv>

Room rate is \$110 per night/includes parking. Must reserve prior to April 12<sup>th</sup> 2017 to receive discount. Mention APF Nationals to receive discount. Rate is good for 3 days prior/after the event. Daily parking rate is \$18 if not a guest at the hotel.

**ELIGIBILITY:** Lifters must be an APF registered athlete by the time of the meet. You can renew membership online at [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com). Must have competed in an APF meet prior to entering.

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

Women Weight Class: 97 105 114 123 132 148 165 181 198 Unl.

**WEIGH-IN:** Thursday, May 4, 2017: 10am-noon and 3pm-5pm  
**Friday Lifters (Bench Only & Deadlift Only, all women)**

Friday, May 5, 2017: 10am – Noon, 3pm-5pm  
**Saturday Lifters (Men Teenage, Junior, Master)**

Saturday May 6, 2017: 10am-Noon, 3pm-5pm  
**Sunday Lifters (Open, Submaster)**

**EVENT:** **MANDATORY RULES BRIEFING: 1 hour prior to start of meet**

**Friday, May 5, 2017 Lifting starts 10am/Bench Only & Deadlift Only & all women**

**Saturday May 6, 2017 Lifting starts 10 am/Men Teenage, Junior, Master**

**Sunday May 7, 2017 Lifting starts 10am/Men Open, Submaster**

**EQUIPMENT:** Raw

**UNIFORM:** Belt, wrist wraps, one-piece non supportive lifting suit or wrestling suit is MANDATORY.

**CONTEST LIFTS:** Full Meet (Squat/Bench/Deadlift), Bench Only and Deadlift Only

**ENTRY FEE:** Entry fee is \$100 if received on or prior to the **DEADLINE, April 1, 2017**. Late entries *that are accepted* will be charged a \$30 late fee. Additional divisions are \$50 each. Checks or money orders make payable to **APF. NO REFUNDS** *Competitors may have to lift on multiple days if they choose to compete in multiple events and/or divisions.*

**AWARDS:** Medals will be given to the first three places in categories. Best Lifters will be awarded in categories based on the content of the entries.

**Top 3 winners in each weight class/age group qualify for 2017 WPC World Championships hosted by Yuriy Ustinov WPC Russia in Moscow Russia November 1-5 (excludes Submaster – no submaster category at worlds)**

