

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



MEET DIRECTORS: Amy Jackson amyjackson@aol.com 630-896-7309 1-866-389-4744
Rick Lawrence arlawncareinc@gmail.com 727-376-1707

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 12th 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. 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)

