

APF EQUIPPED NATIONALS
Open, Teenage, Junior, Submaster & Master
June 16-18 2017



- MEET DIRECTORS:** Amy Jackson amyjackson@aol.com 630-896-7309 1-866-389-4744
Wayne Pullum waynepullum@aol.com 904-866-2129
- EVENT HOTEL & LOCATION** Lexington Hotel & Conference Center, 1515 Prudential Drive, Jacksonville FL 32207 904-396-5100 or 1-877-539-7070 or book online at: <http://bit.ly/2jRBrEQ>
- Room rate is \$99 per night/discounted self-parking rate of \$5 per day. Must reserve prior to May 2nd 2017 to receive discount. Mention APF/WPC Powerlifting Federation to receive discount. Rate is good for 3 days prior/after the event. Daily parking rate is \$5 if not a guest at the hotel.
- CAR RENTAL:** Avis car rental: discounted rates available use discount code W269717 904-306-9624 ask for Greg or Craig.
- 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, Full power multi ply open lifters must achieve a qualifying total within one year.
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|---------------------|-----|-----|------|------|------|------|------|------|------|------|------|------|
| Men Weight Class: | 114 | 123 | 132 | 148 | 165 | 181 | 198 | 220 | 242 | 275 | 308 | SHW |
| Qualifying Total | 757 | 953 | 1159 | 1279 | 1400 | 1553 | 1653 | 1735 | 1790 | 1848 | 1871 | 1890 |
| Women Weight Class: | 97 | 105 | 114 | 123 | 132 | 148 | 165 | 181 | 198 | Unl. | | |
| Qualifying Total | 471 | 517 | 574 | 632 | 696 | 767 | 802 | 844 | 913 | 938 | | |
- WEIGH-IN:** Thursday, June 15 2017: 10am-Noon, 3pm-6pm
Friday Lifters (All Women, Bench Only & Deadlift Only)
- Friday, June 16 2017: 10am – Noon, 3pm-6pm
Saturday Lifters (Classic Raw)
- Saturday June 17 2017: 10am-Noon, 3pm-6pm
Sunday Lifters (Single Ply & Multi Ply)
- EVENT:** **MANDATORY RULES BRIEFING: 1 hour prior to start of meet**
- Friday, June 16 2017 Lifting starts 10am/All women (all categories) and Bench Only & Deadlift Only**
- Saturday June 17 2017 Lifting starts 10 am/) Classic Raw**
- Sunday June 18 2017 Lifting starts 10am/Single Ply & Multi Ply**
- EQUIPMENT:** **Classic Raw, Single Ply, Multi Ply** Classic Raw is belt, wrist wraps, knee wraps or knee sleeves. Single Ply is single-ply polyester only, no velcro. Equipped is standard APF/WPC equipment rules.
- UNIFORM:** One-piece 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 15, 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. Awards are guaranteed only those that pre register.

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

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Please Print Legibly

Full name: _____ Gender (circle one): Male Female
Age _____ Date of Birth _____ e-mail _____
Address _____
City _____ State _____ Zip Code _____
Phone Number _____ Alternate Phone Number _____

See www.worldpowerliftingcongress.com for complete rules on classic raw/equip categories

Event Entered (circle all that apply): Full Meet Bench Only Deadlift Only
Classic Raw/Equipped (circle all that apply): Classic Raw Single Ply Multi Ply
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+
Weight Class (circle one): Women: 97 105 114 123 132 148 165 181 198 198+
Men: 114 123 132 148 165 181 198 220 242 275 308 308+

Fees & Payment: Entry fee \$100: _____

Make checks or money orders payable to:
APF, 505 Westgate Drive, Aurora, IL 60506 If after **April 15, 2017**, add late fee \$30: _____

T-Shirts pre-orders \$20 / \$25 at the meet Additional divisions \$50 each: _____

S M L XL 2X 3X (circle order) T-Shirts \$20 each: _____

TOTAL DUE: _____

ATHLETIC RELEASE: On behalf of myself, my heirs, executors, administrators and assigns, I hereby waive, release and fully discharge any and all officials, sponsors, participants or organizations connected to the APF, the WPC, Kieran Kidder, Amy Jackson, Wayne Pullum, the APF/AAPF, the Lexington Hotel & Conference Center, their respective officers, directors, employees, agents and shareholders, of and from any and all rights, claims, demands, lawsuits, and causes of action due to or arising from any accident, injury, damage or loss directly, indirectly, or in any way associated with my participation in the APF Equipped Nationals, June 16-18 2017. I, also, represent that I know of no medical reason or condition that would impair my ability to participate in this event, and I hereby assume any and all risk of accidental, medical injury or consequential damages resulting from my participation. I acknowledge, understand and accept the inherent risk of powerlifting. I have read the above release, understand its meaning and consequence, and agree to be legally bound by its terms. I have signed this release freely and voluntarily.

Lifter's signature

(Parent must sign if Lifter is under 18 years of age)

Return Entry Form to: APF, 505 Westgate Drive, Aurora, IL 60506