

**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  
Rick Lawrence [arlawncareinc@gmail.com](mailto: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 1-407-828-2828 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)**

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**May 5-7, 2017**



**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](http://www.worldpowerliftingcongress.com) for complete rules

**Event Entered** (circle all that apply): Full Meet Bench Only Deadlift Only

**Raw:** belt, wrist wraps, singlet (no knee supports of any kind permitted)

**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 1, 2017**, add late fee \$30: \_\_\_\_\_

Additional divisions \$50 each: \_\_\_\_\_

T-Shirts pre-orders \$20 / \$25 at the meet  
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, Rick Lawrence, the APF/AAPF, the B Resort & Spa, 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 Raw Nationals, May 5-7, 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**