



PRO-FITNESS APF/AAPF GO HEAVY or GO HOME September 23, 2017.

Please keep this sheet for all vital information – Do not send it back to me.

- Meet Director:** Eric Hubbs - 803-242-6323
- Sanction:** This will be an APF and AAPF (Drug Tested) sanctioned event.
- Events:** Powerlifting (SQ+BP+DL), Push Pull (BP+DL), Bench Only, Deadlift Only
- Location:** Pro-Fitness
1912 Woodruff Road
Greenville, SC 29607
- Meet Hotel:** Drury Inn & Suites
10 Carolina Point Pkwy.
Greenville, SC 29607
864-213-0582
Room Rate: \$109.00 Double, Queen or King (mention meet)
- | | | |
|-----------------------------------|-------------------------|------------------------|
| Friday September 22, 2017 | 9:00am – 12:00pm | 4:00pm – 7:00pm |
| NO DAY OF MEET WEIGH - INS | | |
- Weigh – Ins:**
- Eligibility:** Open to all APF / AAPF members. **Lifters may become a member before weighing in, or present their card at weigh-ins.** Registration is \$30 per card, \$40 for both APF & AAPF.
- Entry Fee:** The entry fee is \$70 for one division and \$30 for each additional event / division entered.
Team Competition \$ 35 per Team **NO REFUNDS.**
- Deadline:** The entry deadline is September 8, 2017. Late entries will be charged an additional \$20 late fee.
THE MEET WILL BE LIMITED TO THE FIRST 50 LIFTERS GET YOUR ENTRIES IN EARLY!
NO ENTRIES DAY OF MEET.
- Uniform:** Mandatory - Must have one piece lifting suit or wrestling suit.
APF rules apply, [check www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)
- Competition:** Mandatory rules meeting Saturday at 8:00am, [check www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)
- Lifting Session:** Saturday September 23, 2017 @ 9:00am
- Awards:** 1st-3rd place all divisions and Best Lifter for each event. 1st-3rd Team Competition
- Weight Classes Men:** 114 123 132 148 165 181 198 220 242 275 308 SHW
- Weight Classes Women:** 97 105 114 123 132 148 165 181 198 Unl.

Return Entry Form to: Eric Hubbs, 516 Tea Olive Court, Rock Hill, SC 29732 Phone (803) 242-6323

ENTRY FORM AND RELEASE WAIVER

GENERAL RELEASE

PRO-FITNESS APF/AAPF GO HEAVY or GO HOME

The undersigned seeks to participate in a Powerlifting competition sanctioned by the American Powerlifting Federation (APF) and American Powerlifting Federation and Amateur American Powerlifting Federation (APF/AAPF) at Pro-Fitness on September 23, 2017.

Participation in this meet is a privilege and all participants must be members in good standing of the American Powerlifting Federation and Amateur American Powerlifting Federation.

As a condition of participation, the member must agree to the following and execute this General Release. (Any member, who does not wish to sign this, shall receive a refund of entry fees.)

In consideration of being permitted to participate in the Powerlifting competition being held, the undersigned Lifter, hereby Releases Kieran Kidder, the American Powerlifting Federation and Amateur American Powerlifting Federation, Pro-Fitness, Eric Hubbs, the staff of such organizations, their officers and employees, the sponsors of the event, and all persons associated there with or rendering service thereto, from any responsibility or liability for any injury or personal loss to the Lifter, including those caused by the negligent act or omission arising out of or connected with my participation in the Powerlifting competition or the use of any equipment at the Powerlifting competition.

In signing this Release form, Lifter acknowledges and represents the following:

- 1) Powerlifting is a strenuous athletic event. As a sport, accidents can and do happen periodically as a result of the normal danger involved.
- 2) There is a risk of participation. Lifter recognizes this risk and accepts it. Lifter shall have the duty to examine all equipment prior to use and immediately inform the proper people of any dangerous condition observed in the equipment, personnel or event venue. The lifter has sole responsibility for the condition of his personal lifting gear i.e. bench press shirts, lifting suits, belts, wraps, and other lifting gear and it is the responsibility of the lifter to wear such gear in a manner that is safe and least likely to result in injury. The APF/AAPF and its meet directors, officials, and meet employees are not responsible for lifting gear blowouts, tears, or any defects in lifting gear. Lifter fully understands the risks of the use of powerlifting gear – especially multi-ply gear in materials such as canvas, denim, and heavy duty polyester and represents to the APF/AAPF all gear used is in proper condition and being employed as intended.
- 3) Lifter is in excellent health and capable of performing the feats of strength attempted.
- 4) Lifter is the sole decider of the amount of weight to be lifted. Lifter will act in a reasonable manner at all times and not lift weights beyond a safe and prudent level.
- 5) Lifter has the right to bring his/her own spotters and assistants. If Lifter does not do so, Lifter may use such spotters as provided by the meet director, solely as a courtesy to Lifter.
- 6) Neither the APF/AAPF, nor any agent, servant nor employee of the APF/AAPF, nor any other competitor shall be liable to the Lifter for any harm or damage to Lifter, unless such harm is the result of the intentional or reckless conduct of such person, which conduct shall not be imputed to any other person or organization. No action for negligent entrustment shall exist.
- 7) Lifter will be responsible for his/her behavior and acts and those of his/her guests. If Lifter does not act in accord with the rules of the APF/AAPF for competition or behavior, he/she may be asked to leave the event immediately by an event director and will do so voluntarily and shall forfeit all fees paid. In the event litigation should occur, Lifter shall be responsible for payment of the reasonable attorney's fees of the successful party.
- 8) This Release is reasonable, executed freely, without duress or undue influence, and after opportunity for careful and independent review.
- 9) I understand there is random drug testing by urinalysis on a minimum of 10% of all AAPF lifters. AAPF/AWPC policy permanently bans any lifter testing positive for a banned substance.

I HEREBY REPRESENT AND WARRANT THAT I HAVE READ, REVIEWED AND COMPLETED THE ABOVE WAIVER CONSENT FORM.

Signature of Participating Lifter / Parent or Guardian's Signature (If Lifter is under 18)

Date

Return Entry Form to: Eric Hubbs, 516 Tea Olive Court, Rock Hill, SC 29732 Phone (803) 242-6323

ENTRY FORM

Please Print Legibly

Name: _____
 Last name First name "Nick name"

Address: _____
 Street City State Zip

Telephone# _____ E-mail: _____

Date of Birth: _____ Age: _____

First contest: yes no Number of years lifting: _____ Workout gym: _____

Occupation: _____ Personal record: Squat: _____ Bench: _____ Deadlift: _____

Records Held: _____

Membership #: AAPF # _____ APF/AAPF # _____

Renew Card: Yes No

New Membership: Yes No

Organization: APF AAPF

Event Entered: Powerlifting Push/Pull Bench Meet Deadlift Meet

Equipment: Equipped RAW RAW Classic

Division Entered: Men's Open Women's Open Men's Jr./Teen Women's Jr./Teen
 Men's Sub-Masters Men's Masters Women's Sub-Masters Women's Masters

Men's Wt Class: 114 123 132 148 165 181 198 220 242 275 308 SHW

Women's Wt Class: 97 105 114 123 132 148 165 181 198 UNL

Fees & Payment:

Make checks payable to: Eric Hubbs

Late fee after 09/08/17 \$20 \$ _____

Entry fee \$70 \$ _____

Additional Event or Division - \$30 ea. \$ _____

Pick only one { APF Only Card Fee - \$30/\$15 18yrs. & younger \$ _____
 { AAPF Only Card Fee - \$30/\$15 18yrs. & younger \$ _____
 { Dual APF/AAPF Fee - \$40/\$20 18yrs. & younger \$ _____

TOTAL DUE \$ _____

Contestant T-Shirt Size: Adult S Adult M Adult L Adult XL Adult XXL Adult XXXL Adult XXXXL

Paid: Cash Check

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