

APF POWER PIT CLASSIC
Team Lad ~ Legendary Athletic Development Fitness Center
October 7th 2017



- MEET DIRECTORS:** Joe & Lori Ladnier, theladx2@gmail.com 1-228-447-8857
- EVENT LOCATION:** Legendary Athletic Development Fitness Center, 21175 Hwy 613, Moss Point MS 39562
- ELIGIBILITY:** Lifters must be an APF registered athlete by the time of the meet. You can renew membership online at www.worldpowerliftingcongress.com.
- WEIGH-IN:** Friday October 6th 2017: 9 am – 6 pm
Saturday Saturday October 7th 7am-8am
- EVENT:** **MANDATORY RULES BRIEFING: 1 hour prior to start of meet**
Saturday October 7th lifting will begin at 9am
- EQUIPMENT:** **Raw, Classic Raw, Single Ply, Multi Ply**
Raw is belt, wrist wraps only, 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 \$90 if received on or prior to the **DEADLINE, September 30, 2017**. Late entries *that are accepted* will be charged a \$10 late fee. Additional divisions are \$50 each. Checks or money orders make payable to **Legendary Athletic Development Fitness Center. NO REFUNDS**
- 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.

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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): Raw 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+
 Police/Fire/Military
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 \$90: _____

Make checks or money orders payable to:
Legendary Athletic Development Fitness Center, PO Box 81, Hurley MS 39555 If after **September 30, 2017**, add late fee \$10: _____

Additional divisions \$50 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, Joe & Lori Ladnier, Team Lad, Legendary Athletic Development Fitness Center, the APF/AAPF, 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 Power Pit Classic, October 7th 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: Legendary Athletic Development Fitness Center, PO Box 81, Hurley MS 39555