



# TWINCITIESBARBELL

Presents

## TCBB Holiday Throwdown IV

Saturday December 2nd, 2017

### Entry Form

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Phone \_\_\_\_\_ APF/AAPF Card Number \_\_\_\_\_  
 E-Mail \_\_\_\_\_ Age on Meet Day \_\_\_\_\_ Date of Birth \_\_\_\_\_

**Wt. Class (Men):** CIRCLE ONE – 114 123 132 148 165 181 198 220 242 275 308 SHW

**Wt. Class (Women):** CIRCLE ONE – 97 105 114 123 132 148 165 181 198 Unlimited

**Division/Age Group:** CIRCLE ONE -- OPEN Teen (13-15) (16-17) (18-19) Junior (20-23) Sub master (33-39)  
Masters: (40-44) (45-49) (50-54) (55-59) (60-64) (65-69) (70-74) (75-79) (80+)

**CHECK ONE --**  Full Meet **OR**  Bench Only **OR**  Deadlift Only **OR**  Push/Pull

**CHECK ONE --**  RAW **OR**  Classic RAW **OR**  Multi-Ply

**CHECK ONE --**  APF **OR**  AAPF (Steroid Tested)

Full Meet Fee - \$75

Push/Pull - \$70

Bench or Deadlift only - \$50

Extra Division - \$30

NO REFUNDS!

**MUST SHOW PROOF OF APF/AAPF CARD AT WEIGH-IN**

APF/AAPF Cards may be purchased at weigh-in

Card Fee - \$30 for APF or AAPF, \$40 for dual

Teen Card Fee - \$15 for APF or AAPF, \$20 dual

Waiver: In consideration of the acceptance of this entry, I hereby for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the WPC, APF, AAPF, Twin Cities Barbell, Veterans Memorial Community Center, Debbie and Gregg Damminga, their representatives, successors, and assigns for any and all injuries or bodily harm that I might suffer while competing at the TCBB Holiday Throwdown IV, on December 2, 2017.

\_\_\_\_\_  
**Signature of Competitor**  
(and also need Parent/Legal Guardian if Competitor is under 18 years of age)

Payment must be personal or bank check.  
Make checks payable to and mail entries to:  
Debbie Damminga  
3541 Birchpond Rd.  
Eagan, MN 55122

MEET DIRECTORS: Debbie and Gregg Damminga  
612-968-3041  
[TwinCitiesBarbell@gmail.com](mailto:TwinCitiesBarbell@gmail.com)

EVENT LOCATION: Veterans Memorial Community Center  
➔ 9000 sq. ft. gym facility!  
8055 Barbara Avenue E.  
Inver Grove Heights, MN 55077  
Spectator meet entry \$5 (free for lifter and one handler)  
Water Park entry fee extra for everyone

WEIGH-IN: Friday December 1 9am-11am, 5pm-7pm  
Location: Twin Cities Barbell  
1959 Shawnee Rd. #155  
Eagan, MN  
NO Meet day weigh-ins

EVENT START TIME: Rules: 8:15am, Lifting starts 9:00am SHARP

AWARDS: \$1000 1<sup>st</sup> place man and woman  
\$750 2<sup>nd</sup> place man and woman  
\$500 3<sup>rd</sup> place man and woman  
Placing determined by Overall coefficient:  
Total x Glossbrenner (weight/age) x gear coeff x drug coeff  
Gear Coefficients:  
Multi-ply = 0.83, classic raw = 1.0, raw = 1.025  
Drug Coefficient:  
Not tested = 0.92 (APF), tested = 1.0 (AAPF)

ENTRY DEADLINE: Postmarked November 10, \$20 late fee after

UNIFORM: Must have 1 piece suit or singlet, socks up to knees  
for deadlift.  
Must have fully enclosed standard shoes for squats –  
NO Crocs or sandals allowed.

LIFTERS: Maximum of 50 Full Power + Push/Pull, 15 Bench only

EQUIPMENT: 65lb Iron Wolf squat bar  
55lb Bulldog bench bar  
45lb Texas deadlift bar  
DynaBody Monolift  
Metal Militia bench

RULES: See [worldpowerliftingcongress.com](http://worldpowerliftingcongress.com) for rulebook and records.  
You will be responsible for knowing the records.