

# **2018 Armed Forces Show of Strength and APF/ AAPF IA/ NE State Powerlifting Championships March 17, 2018**

**SPONSORED BY: Big Iron Compound Strength and Fitness 712-435-6200**  
900 Woodbury Ave suite 4c, Council Bluffs, Iowa 51503

**MEET DIRECTOR:** James and Mary Grandick  
402-305-2822  
jkgrandick@cox.net

**SANCTIONED BY: The American Powerlifting Federation (APF), Amateur American Powerlifting Federation(AAPF)**

**PLACE:** Burlington National Guard Armory

**Address:** 2415 E Kainsville Blvd, Council Bluffs Iowa 51503

**ELIGIBILITY:** Open to qualified APF/AAPF registered athletes. All athletes must have a current APF/AAPF registration card or purchase one at the meet. Athletes may register at the meet or before weigh-in time, James Grandick State Chairman. (APF/AAPF registration fee \$30.00)

**Make APF/AAPF registration checks/money orders out to the APF/AAPF, *NOT THE MEET DIRECTOR***

**WEIGH-IN:** Friday March 16, 2018 9:00 AM –12:00 PM and 4:00-6:00 PM  
Weigh-in will be at Big Iron Compound Strength and Fitness

**LIFTING SESSIONS:** Saturday March 17,2018 9:00 AM  
***Rules briefing will be at 8:30 AM***

**UNIFORM:** Must have one piece lifting suit or wrestling suit. (Mandatory) Raw is belt and singlet ONLY

**ENTRY FEE:** All entry fees must accompany this entry form, to the meet director no later than **March 10, 2018.**

A late fee of \$10 will be applied to all entries received POST MARKED after this date.

**WEIGHT CLASSES:** Men's Open 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, and SHW  
Women's Open 97, 105, 114, 123, 132, 148, 165, 181, 198, and SHW

**AWARDS:** Awards will be given to the first three places in each men and women's division. There will be "BEST LIFTER" awards as follows by formula:  
APF/AAPF – One Man and One Woman (*The type of awards may vary, depending upon the number of entries*)

# ENTRY FORM

**Name:** \_\_\_\_\_

Last Name First Name MI

**Residence:** \_\_\_\_\_

Street city state zip

**Telephone:** \_\_\_\_\_

**E-mail address:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**APF CARD#** \_\_\_\_\_

\_\_\_\_\_ Men's Full Meet \$85 Weight Class \_\_\_\_ Age \_\_\_\_

\_\_\_\_\_ Women's Full Meet \$85 Weight Class \_\_\_\_ Age \_\_\_\_

\_\_\_\_\_ Men's Bench Press/Deadlift \$85 Weight Class \_\_\_\_ Age \_\_\_\_

\_\_\_\_\_ Men's Bench Press Only \$85 Weight Class \_\_\_\_ Age \_\_\_\_

\_\_\_\_\_ Men's Deadlift Only \$85 Weight Class \_\_\_\_ Age \_\_\_\_

\_\_\_\_\_ Women's Bench Press/Deadlift \$85 Weight Class \_\_\_\_ Age \_\_\_\_

\_\_\_\_\_ Women's Bench Press Only \$85 Weight Class \_\_\_\_ Age \_\_\_\_

\_\_\_\_\_ Women's Deadlift Only \$85 Weight Class \_\_\_\_ Age \_\_\_\_

**CHOOSE ONE:**

**RAW \_\_ CLASSIC RAW \_\_ SINGLE PLY \_\_ MULTI PLY \_\_**

**\$10 of all entries will be donated to a Veteran's charity to aid and support our Military Hero's Honor Flight.**

**Additional Donations are Welcome \$ \_\_\_\_\_**

**Meet T-Shirts- \$20 Size- S \_\_ M \_\_ L \_\_ XL \_\_ 2XL \_\_ 3XL**

**Please Circle Size**

**Total amount enclosed: \$ \_\_\_\_\_**

**(ENTRY FEES AND CARDS FEES ARE TO BE PAID SEPARATELY, NOT TOGETHER) AGREEMENT, WAIVER AND RELEASE**

**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 Iowa National Guard Armory, James and Mary Grandick and Big Iron Compound Strength and Fitness, their representatives, successors and assigns for any and all injuries or bodily harm that I might suffer while competing at the IA/NE APF/AAPF State Powerlifting Championships. I also agree that all pictures and video taken by the designated meet photographer may be used for advertisement and in sports publications.**

**Signature in full \_\_\_\_\_ Date \_\_\_\_\_**

**Parent's signature if under 18: \_\_\_\_\_**

**Make Meet Check Payable To:**

**James Grandick**

**Mail Entry:**

**Big Iron Compound**

**Strength and Fitness**

**900 Woodbury Ave. Suite 4C**

**Council Bluffs, Iowa 51503**

**Meet Hotel: AmericInn**

**1000 Woodbury Ave**

**Council Bluffs, IA 51503**

**712-322-8400**

**Special Rate of \$69 plus tax per night**

**Mention Big Iron Compound (Hotel is next door to the gym)**

**Mail Entry To:  
James Grandick  
Big Iron Compound  
Strength and Fitness  
900 Woodbury Ave. Suite 4C  
Council Bluffs, Iowa 51503  
Meet Hotel: AmericInn  
1000 Woodbury Ave  
Council Bluffs, IA 51503  
712-322-8400  
Special Rate of \$67 plus tax per night  
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