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64th Annual IRON MAN *Powerlift Championships and Bench Press Challenge*

WHEN: SATURDAY, DEC. 9th LIFTING STARTS 10:00 A.M.

WHERE: Bob's Workout Warehouse
4065 W. Shaw Ave. #102
Fresno, CA. 93722 (559) 322-6805

ELIGIBILITY: ANYONE 13 YEARS OR OLDER, WITH A VALID A.P.F. CARD.
CARDS AVAILABLE AT WEIGH-INS. \$30.00 (CHECK OR CASH PAYABLE TO A.P.F.)

DIVISIONS: TEENS: 13-15, 16-17, 18-19.
JUNIORS: 20-23.
OPEN: ALL AGES
MASTERS: 40-44, 45-49, 50-54, 55-59, 60-64, Etc.
WOMEN: ALL DIVISIONS.

WEIGHT CLASSES: 97 LBS, 105 LBS, 114 LBS, 123 LBS, 132 LBS, 148 LBS, 165 LBS,
181 LBS, 198 LBS, 220 LBS, 242 LBS, 275 LBS, 308 LBS, AND SHW.

LIFTS: SQUAT, BENCH, AND DEADLIFT, AND BENCH ONLY.

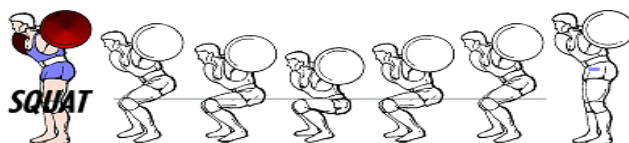
RULES: STRICT A.P.F. AND W.P.C. RULES WILL BE ENFORCED

AWARDS: 1st, 2nd, & 3rd PLACE TROPHIES IN EACH WEIGHT CLASS IN EACH DIVISION.
ONE BEST-LIFTER TROPHY EACH FOR: TEEN-JR., OPEN, MASTER, WOMENS,
AND BENCH ONLY. 1st PLACE TROPHY FOR; MR. IRON MAN, MS. IRON WOMAN,
AND OVER 40 MR. IRON MAN.

WEIGH-INS: FRIDAY 11:00 A.M. TO 1:00 P.M.
FRIDAY 5:30 TO 7:30 P.M.
SATURDAY 7:30 TO 9:00 A.M.
AT BOB'S WORKOUT WAREHOUSE (559) 322- 6805
4065 W. Shaw Ave. Fresno, CA. 93722
MUST SHOW OR BUY A.P.F. CARD AT WEIGH IN (CHECK OR CASH PAYABLE TO A.P.F.)

ENTRY FEES: ONE DIVISION: \$ 80.00, (includes T-shirt); TWO DIVISIONS: \$100.00;
ADDITIONAL DIVISIONS; \$20.00 EACH.
NO ENTRY FEE FOR PHYSIQUE COMPETITION, BUT MUST COMPETE AND
TOTAL IN THREE-LIFT EVENT.

ENTRY DEAD LINE: Saturday December 2nd, 2017; LATE ENTRY FEE: \$100.00
NO ENTRY ACCEPTED SATURDAY MORNING UNLESS CALLED IN BY FRIDAY DEC.8th



MAIL ENTRIES TO: BOB PACKER C/O WORKOUT WAREHOUSE
4065 W. Shaw Ave. #102
FRESNO, CA. 93722

MAKE CHECKS PAYABLE TO: BOB PACKER
PHONE #: DAY 559-322-6805 (WORKOUT WAREHOUSE)
Bob's # 559-760-2970

ENTRY FORM

NAME _____ AGE _____

ADDRESS _____

CITY _____ STATE _____

ZIP _____ PHONE # (_____) - _____

WEIGHT CLASS: _____ MALE: _____ or FEMALE: _____

COMPETITION: POWERLIFT

EQUIPPED _____ OR CLASSIC RAW _____

DIVISIONS: TEEN _____ JUNIOR _____ OPEN _____ MASTER _____

PHYSIQUE: _____

COMPETITION: BENCH ONLY

EQUIPPED _____ OR CLASSIC RAW _____

DIVISIONS: TEEN _____ JUNIOR _____ OPEN _____ MASTER _____

I, THE UNDERSIGNED, AGREE TO WAIVE AND RELEASE ANY AND ALL RIGHTS FOR DAMAGES OR INJURIES OF ANY KIND SUFFERED BY ME IN ANY WAY DUE TO THIS CONTEST AGAINST BOB'S WORKOUT WAREHOUSE, KIM AND BOB PACKER, OR OFFICIALS OF THE A.P.C. / W.P.C. WORKERS AND ANY-ONE ASSOCIATED WITH 2017 IRONMAN EVENT.

ATHLETE'S SIGNATURE _____ DATE _____

PARENTS' SIGNATURE _____ DATE _____

(if under 18 years of age)

IRON MAN PHYSIQUE

EVENING COMPITITON POSING

Relaxed Round (quarter turns)

- Feet flat
- Head facing same direction as feet

Mandatory Round

- Front Double Bicep
- Front Lat spread
- Side Chest
- Side Triceps
- Rear double Bicep
- Rear Lat spread
- Abdominals with one thigh
- Most Muscular

Pose Down

- Free posing, everyone together - 60 seconds