



AAPF-APF Snake River Powerlift, Bench Press & Deadlift Championships

March 17th 2018



Setting AAPF High School State records for Idaho

- CONTACT:** Linda Higgins PO Box 51433, Idaho Falls, ID 83405 1-208-528-0444 snakeriverpl@cs.com
- EVENT LOCATION:** 3950 South Yellowstone Highway #9, Idaho Falls, ID 83402
- ELIGIBILITY:** Qualified AAPF-APF registered athletes only. Must show AAPF-APF card at weigh-ins or will be required to purchase one onsite. Memberships are \$30 or \$40 for AAPF-APF ½ price for teenage.
- May sign up online via website: worldpowerliftingcongress.com
- LIFTING SCHEDULE:** Saturday March 17th, 10:00 am. Mandatory Rules Meeting 9:00 am
- WEIGH-IN:** Weigh-ins
24 hour weigh in rule will apply.
Friday March 16th 10am-noon & 3pm-5pm
- WEIGHT CLASSES:**
- | | |
|-------|--|
| Men | 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW |
| Kilos | 52 56 60 67.5 75 82.5 90 100 110 125 140 140+ |
| Women | 97, 105, 114, 123, 132, 148, 165, 181, 198, UNL |
| Kilos | 44 48 52 56 60 67.5 75 82.5 90 90+ |
- UNIFORM:** Mandatory - Must have one piece lifting suit or wrestling suit. APF Rules apply. AAPF rules apply (required 10% of competitors will be drug tested). Raw lifters belt, singlet and wrist wraps only. Equipped rules visit www.worldpowerliftingcongress.com
- CONTEST LIFTS:** Powerlifting: (Squat, Bench Press, Deadlift) and/or Bench Press Only or Deadlift Only
- RECORDS:** AAPF-APF American records can be set or broken. AAPF High School Idaho State Records will be established.
- ENTRY FEE:** A fee of \$65 must accompany this entry form and be received no later than February 15th 2018. There will be a \$30.00 late fee for any entries *that are accepted* after the deadline. No refunds. Awards are guaranteed only to those who pre-register. Cross over fee is \$30 each for additional divisions.
- Snake River Novice (first time competing) \$25
- No sign ups the day of the meet. No weigh-ins day of meet
- AWARDS:** 1-3rd place and Best Lifter based on number of entries.

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Name _____
 Address _____
 City _____ State _____ Zip Code _____
 Date of Birth _____ Age _____
 Phone # _____ Cell# _____
 E-mail _____

Gender: Men Women

Category: AAPF (tested) APF (non tested)

Event Entered (circle all that apply): Full Meet Bench Only Deadlift Only
Raw/CR/MP (multi ply) / SP (single ply): Raw MP (multi ply) SP (single ply) CR (classic raw full PL only)

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 (AAPF Only) Special Olympics Youth (parent supervised)

WEIGHT CLASSES: Men 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW
 Kilos 52 56 60 67.5 75 82.5 90 100 110 125 140 140+
 Women 97, 105, 114, 123, 132, 148, 165, 181, 198, UNL
 Kilos 44 48 52 56 60 67.5 75 82.5 90 90+

Raw (belt, singlet, wrist wraps) Single Ply (belt, knee & wrist wraps, singlet or single ply polyester squat suit (no velcro), single ply briefs not to extend 4" above top groin), bench shirt single ply polyester pullover (no Velcro or open back), Multi Ply, see www.worldpowerliftingcongress.com for complete rules Classic Raw (raw with knee wraps or knee sleeves)

Fees & Payment: Late Fee After 2/15/18 8 \$30 \$ _____
Make checks payable to: Snake River Powerlift
 Entry Fee \$65 \$ _____
 Additional division(s) \$30 \$ _____
 Special order hoodies, etc. contact Linda
 Youth (parent supervised) \$20 \$ _____
MEET T-SHIRTS: Pre-Order at \$15.00 each Meet T-Shirt (s) \$15 \$ _____
 2X & 3X \$20
 Novice Entry \$25 \$ _____
 S _____ M _____ L _____ XL _____ XXL _____ XXX _____
 (shirts available at the meet in the sizes above at \$20 each) **TOTAL DUE** \$ _____

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 Snake River Powerlifting, Linda Higgins, Amy Jackson, Warehouse 13, Kendall Cameron Idaho Falls, AAPF-APF AND ANY AND ALL OFFICIALS, ITS STAFF AND ANYONE ASSOCIATED WITH 2018 AAPF Snake River Powerlift, Bench & Deadlift Championships.

ATHLETE'S SIGNATURE _____ DATE _____
 (Parent's Signature if under 18)

Mail Entry To: Linda Higgins PO Box 51433, Idaho Falls, Idaho 83405 USA 1 (208) 528-0444 snakeriverpl@cs.com