

2018 APF Gulf Coast Spring Bash

April 7th 2018



- MEET DIRECTOR:** Rick Lawrence 1-727-376-1707 www.worldpowerliftingcongress.com
4965 Marlin Drive, New Port Richey FL 34652
- EVENT LOCATION:** Strong Life Tampa Bay, 5115 Knox Street, Tampa FL 33634
- ELIGIBILITY:** Open to APF registered athletes. All athletes are required to have a valid membership card and must show it at weigh-in. If you fail to bring it you will be required to purchase one onsite for \$30.
- WEIGH-IN:** **Strong Life Tampa Bay**, 5115 Knox Street, Tampa FL 33634
24 hour weigh in rule will apply. NO WEIGH-INS DAY OF MEET
- Friday, April 6 10:00 am – noon 4:00 pm – 6:00 pm
- EVENT START TIME:** **Saturday, April 7 10:00 am MANDATORY RULES MEETING 9:00 am**
- UNIFORM:** Mandatory - Must have one piece lifting suit or wrestling suit. Raw only Singlet, Belt wrist wraps allowed no knee wraps or knee supports. Classic Raw Singlet, Belt, Knee wraps or sleeves and Wrist Wraps. Equipped see www.worldpowerliftingcongress.com for rules.
- CONTEST LIFTS:** Full Meet (Squat/Bench/Deadlift) & Bench Only & Deadlift Only
- ENTRY FEE:** Entry fee for the full meet, bench only or deadlift only meet is \$75 if received prior to March 15th. Additional divisions are \$25 each. There will be a \$40 charge for all team entries. Team lists must be presented to the meet director before meet begins.
- The entry fee must accompany this entry form and be received no later than March 15th. **NO REFUNDS.** *Limit to first 100 entries.*
No sign ups the day of the meet. No weigh-ins day of meet.
- Registrations received after March 15th that are accepted will be at a \$30 late fee.
- AWARDS:** Full Meet/Bench Meet/Deadlift Meet
- Awards 1st-3rd in each weight class/age group
- Team Award – 1st Place only which will be given to the best team
Must pre-register prior to deadline

Return Entry Form to: Rick Lawrence, 4965 Marlin Drive, New Port Richey, FL 34652 (727)376-1707

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NO WEIGH-INS DAY OF MEET

Please Print Legibly

Full Name: _____ Gender (circle one) Male Female

Age _____ Date of Birth _____ e-mail _____

Address _____

City _____ State _____ Zip Code _____

Home Phone _____ work or cell _____

Circle all that applies

<u>Event Entered:</u>	Full Meet	Bench only	Deadlift only
<u>Category:</u>	Multi Ply Raw (singlet, belt, wrist waps)	Single Ply Classic Raw (raw with knee wraps or knee sleeves)	
<u>Division Entered:</u>	Open:		
	Junior: 20-23		
	Teen: 13-15	16-17	18-19
	Masters: 40-44	45-49	50-54 55-59 60-64 65-69 70-74 75-79 80-84

<u>Weight Class:</u>	Women:	97	105	114	123	132	148	165	181	198	Unl
	Men:	114	123	132	148	165	181	198	220	242	275 308 SHW

Awards are guaranteed to those who pre-register only

Fees & Payment:

Make checks payable to: Rick Lawrence

Late fee after 3/15/18 \$30 \$ _____

Entry fee \$75 \$ _____

Additional Division - \$25 \$ _____

TOTAL DUE \$ _____

Paid: Cash Check

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 APF, Rick Lawrence, Gulf Coast Barbell, their representatives, successors, and assigns for any and all injuries or bodily harm that I might suffer while competing at the 2018 APF Gulf Coast Spring Bash, April 7th 2018.

Parent's signature if under 18

Signature

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