

APF RAW NATIONALS
Open, Teenage, Junior, Submaster & Master
MAY 4-6 2018



MEET DIRECTORS: Amy Jackson amyjackson@aol.com 630-896-7309 1-866-389-4744
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EVENT LOCATION & HOTEL: B Resort & Spa, 1905 Hotel Plaza Boulevard, Lake Buena Vista, FL 32830
1-407-828-2828 check out the venue at www.bresortlby.com

Room rate is \$114 per night/includes parking and resort fee. Must reserve prior to April 12th 2018 to receive discount. Mention APF American Powerlifting Federation Nationals to receive discount. Rate is good for 3 days prior/after the event. Daily parking rate is \$18 if not a guest at the hotel.

Hotel will fill fast so make reservation early. Great vacation spot, free shuttle to all the major Disney Parks, Disney Water Parks and walking distance to Disney Springs.

ELIGIBILITY: Lifters must be an APF registered athlete by the time of the meet. You can renew membership online at www.worldpowerliftingcongress.com. Must have competed in an APF meet prior to entering.

Men Weight Class: 114 123 132 148 165 181 198 220 242 275 308 SHW

Women Weight Class: 97 105 114 123 132 148 165 181 198 Unl.

WEIGH-IN: Thursday, May 3, 2018: 10am-noon and 3pm-5pm
Friday Lifters (Bench Only & Deadlift Only, all women)

Friday, May 4, 2018: 10am – Noon, 3pm-5pm
Saturday Lifters (Men Junior, Open, Submaster)

Saturday May 5, 2018: 10am-Noon, 3pm-5pm
Sunday Lifters (Men Teenage, Master)

EVENT: **MANDATORY RULES BRIEFING: 1 hour prior to start of meet**

Friday, May 4, 2018 Lifting starts 10am/Bench Only & Deadlift Only & all Women

Saturday May 5, 2018 Lifting starts 10 am/ Men Junior, Open, Submaster

Sunday May 6, 2018 Lifting starts 10am/ Men Teenage, Master

EQUIPMENT: Raw

UNIFORM: Belt, wrist wraps, one-piece non supportive lifting suit or wrestling suit is MANDATORY.

CONTEST LIFTS: Full Meet (Squat/Bench/Deadlift), Bench Only and Deadlift Only

ENTRY FEE: Entry fee is \$100 if received on or prior to the **DEADLINE, April 1, 2018**. Late entries *that are accepted* will be charged a \$30 late fee. Additional divisions are \$50 each. Checks or money orders make payable to **APF. NO REFUNDS** Competitors may have to lift on multiple days if they choose to compete in multiple events and/or divisions.

AWARDS: Medals will be given to the first three places in categories. Best Lifters will be awarded in categories based on the content of the entries. Awards guaranteed only to those who pre-register before deadline.

Top 3 winners in each weight class/age group qualify for 2018 WPC World Championships hosted by Rick Lawrence & Amy Jackson in Orlando, FL November 5-10 (excludes Submaster – no submaster category at worlds) WPO Event November 11th same venue.

