



**IRON ASYLUM GYM – ASYLUM RISING**  
**APF Sanctioned Full Power/Ironman/Bench/Deadlift**

Saturday – April 14, 2018  
288 Mohawk Drive – Tribes Hill, NY

**Weigh Ins: Friday, April 13 – 10:00 am – 8:30 pm and Saturday, April 14 – 8:00 am – 9:00 am – Lifting starts at 10:00 am**

Sandi McCaslin (518) 774-6147, email [sandi5150@yahoo.com](mailto:sandi5150@yahoo.com) Billy Mimnaugh [bmimnaugh@yahoo.com](mailto:bmimnaugh@yahoo.com)

APF Membership cards available at the meet site – APF membership is \$30

Or sign up online at [https://worldpowerliftingcongress.com/membership\\_page/](https://worldpowerliftingcongress.com/membership_page/)

**SEND ENTRY FORM, WITH CHECK OR MONEY ORDER PAYABLE TO:**  
**Sandi McCaslin – PO Box 63 – Tribes Hill, NY 12177**

Weight Classes Men (kg)  52  56  60  67.5  75  82.5  90  100  110  125  140  140+

Weight Classes Women (kg)  44  48  52  56  60  67.5  75  82.5  90  90+

Division  Equipped Multiply  Equipped Single Ply  Raw  Classic Raw

Age Division  Teen 1 (13-15)  Teen 2 (16-17)  Teen3 (18-19)

Junior (20-23)

Open

Submaster (33-39)

Master 1 (40-44)  Master 2 (45-49)  Master 3 (50-54)  Master 4 (55-59)  Master 5 (60-64)

Master 6 (65-69)  Master 7 (70-74)  Master 8 (75-79)  Master 9 (80+)

**EQUIPMENT MUST MEET APF SPECIFICATIONS – ONE PIECE LIFTING SUIT MUST BE WORN**

Full Power \$90  Bench \$75  Deadlift \$75  Ironman (push/pull) \$80

Each additional Division/Event is \$40 (example, lifting open and teen OR lifting full power and bench only)

(check appropriate)  Multiply  Single Ply  Raw  Classic Raw

NAME: \_\_\_\_\_ WT CLASS: \_\_\_\_\_ AGE DIV: \_\_\_\_\_ AGE/BIRTHDATE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

**RELEASE FROM LIABILITY**

In consideration of the acceptance of my entry form in this lifting competition, I intend to be legally bound for not only myself, but also for my heirs, executors and administrators. In signing this release from liability, I waive and release everyone connected with this competition from any and all liability and negligence which may arise from it.

Signature/Date

Parent Signature if under 18