

AAPF RAW, RAW CLASSIC & EQUIPPED NATIONALS
Open, Teenage, Junior, Submaster & Master
April 12-14, 2019



MEET DIRECTORS: Amy Jackson amyjackson@aol.com 630-896-7309 or 1-866-389-4744
Eric Hubbs nettin_fish@msn.com 803 242-6323

EVENT HOTEL & LOCATION DoubleTree Resort by Hilton Myrtle Beach Oceanfront
3200 S. Ocean Blvd.
Myrtle Beach, SC 29577
1-855-778-1190

Room rate is \$159.99 per night. Resort fee (reduced) and Destination fee is included. Must reserve prior to March 18, 2019 to receive discount. Rate is good for 3 days prior/after the event. If you call number above use reference group code APA

Booking Link: <http://group.doubletree.com/AmerPowerliftingFed>

Resort fee includes the following: Guest room internet access, self-parking, in-room bottled water daily, 50% off 2 drinks (beer or wine) daily for use from 4pm-8pm, bicycle rentals, mini golf, board & life sized games, beach towels, 10% off gift shop, local & toll-free calls.

ELIGIBILITY: Lifters must be an APF/AAPF registered athlete by the time of the meet. You can renew membership online at www.worldpowerliftingcongress.com. Must have competed in an APF/AAPF meet prior to entering, Full power multi ply open lifters must achieve a qualifying total within one year.

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, April 11, 2019: 9am-Noon, 3pm-6pm
Friday Lifters (All Women's Full, Bench Only, Deadlift Only & Special Olympics)
Friday, April 12, 2019: 9am – Noon, 3pm-6pm
Saturday Lifters (Men's Raw & Classic Raw Full, Bench Only & Deadlift Only)
Saturday April 13, 2019: 9am-Noon, 3pm-6pm
Sunday Lifters (Men's Single Ply & Multi Ply Full, Bench Only & Deadlift Only)

EVENT: **MANDATORY RULES BRIEFING: 1 hour prior to start of meet**
Friday, April 12, 2019: 9am start
Friday Lifters (All Women's Full, Bench Only, Deadlift Only & Special Olympics)
Saturday, April 13, 2019: 9am start
Saturday Lifters (Men's Raw & Classic Raw Full, Bench Only & Deadlift Only)
Sunday April 14, 2019: 9am start
Sunday Lifters (Men's Single Ply & Multi Ply Full, Bench Only & Deadlift Only)

EQUIPMENT: **Classic Raw, Single Ply, Multi Ply** Classic Raw is belt, wrist wraps, knee wraps or knee sleeves. Single Ply is single-ply polyester only, no velcro. Equipped is standard APF/WPC equipment rules.

UNIFORM: One-piece 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, February 15, 2019**. 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 are guaranteed only those that pre register.

Top 3 winners in each weight class/age group qualify for 2019 AWPC World Championships hosted by Rick Lawrence and Amy Jackson this August in Orlando, FL.

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Please Print Legibly

Full name: _____ Gender (circle one): Male Female

Age _____ Date of Birth _____ e-mail _____

Address _____

City _____ State _____ Zip Code _____

Phone Number _____ Alternate Phone Number _____

See www.worldpowerliftingcongress.com for complete rules on raw/classic raw/equip categories

Event Entered (circle all that apply): Full Meet Bench Only Deadlift Only

Raw/Classic Raw/Equipped (circle all that apply): Raw Classic Raw Single Ply Multi Ply

Division Entered (circle all that apply): Special Olympics
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+

Weight Class (circle one): Women: 97 105 114 123 132 148 165 181 198 198+
Men: 114 123 132 148 165 181 198 220 242 275 308 308+

Fees & Payment: Entry fee \$100: _____

Make checks or money orders payable to:
APF, 505 Westgate Drive, Aurora, IL 60506 If after **February 15, 2019**, add late fee \$30: _____

Additional divisions \$50 each: _____

T-Shirts pre-orders \$20 / \$25 at the meet
S M L XL 2X 3X (circle order) T-Shirts \$20 each: _____

TOTAL DUE: _____

ATHLETIC RELEASE: On behalf of myself, my heirs, executors, administrators and assigns, I hereby waive, release and fully discharge any and all officials, sponsors, participants or organizations connected to the APF, the WPC, Kieran Kidder, Amy Jackson, Eric Hubbs, the APF/AAPF, the DoubleTree Resort Myrtle Beach, their respective officers, directors, employees, agents and shareholders, of and from any and all rights, claims, demands, lawsuits, and causes of action due to or arising from any accident, injury, damage or loss directly, indirectly, or in any way associated with my participation in the AAPF Nationals, April 12-14 2019 I, also, represent that I know of no medical reason or condition that would impair my ability to participate in this event, and I hereby assume any and all risk of accidental, medical injury or consequential damages resulting from my participation. I acknowledge, understand and accept the inherent risk of powerlifting. I have read the above release, understand its meaning and consequence, and agree to be legally bound by its terms. I have signed this release freely and voluntarily.

Lifter's signature

(Parent must sign if Lifter is under 18 years of age)

Return Entry Form to: APF, 505 Westgate Drive, Aurora, IL 60506