APF – AAPF Mississippi Ironman Powerlifting Meet **January 26th 2019**





MEET DIRECTORS: Joe & Lori Ladnier, theladx2@gmail.com 1-228-447-8857 Legendary Athletic Development Fitness Center, 21175 Hwy 613, Hurley MS 39555

EVENT LOCATION: Legendary Athletic Development Fitness Center 21175 Hwy 613, Hurley MS 39555

- **ELIGIBILITY:** Lifters must be an APF or AAPF registered athlete by the time of the meet. You can renew membership online at www.worldpowerliftingcongress.com.
- WEIGH-IN: Friday January 25th 9 am - 6 pm

Saturday January 26th 7am-8am

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

Saturday January 26th lifting will begin at 9am

EQUIPMENT: Raw, Classic Raw, Single Ply, Multi Ply

Raw is belt, wrist wraps only, 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:** Powerlifting (squat, bench, deadlift) Push/Pull (Bench & Deadlift) Bench Only, Deadlift Only
- **ENTRY FEE:** Entry fee is \$90 Powerlifting, \$75 Push/Pull \$50 Bench Only/Deadlift Only. Additional divisions are \$30 each. Checks or money orders make payable to Legendary Athletic Development Fitness Center. **NO REFUNDS**
- 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.

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Please Print Legibly

Full name:										Gende	r (circl	e one):	Male I	Female	
Age Date of B	Date of Birth				e-mail										
Address															
City			State						_ Zip Code						
Phone Number			Alternate Phone Number												
See <u>www.worldpowerlifti</u>	ngcongress.	<u>com</u> f	or con	nplete	e rules	on cl	assic	: raw/e	equip o	atego	ories				
Event Entered (circle all that apply):			F	ull Pov	verliftin	erlifting Push/Pull			Bench Only			Deadlift Only			
Classic Raw/Equipped (circle all that appl			oly): Raw			Classic Raw			Single Ply			Multi Ply			
Division Entered (circle all that apply):		Ope	n												
		Tee	Teen:			13-15 16-17									
		Juni	Junior:			20-23									
		Sub	Submaster:			33-39									
		Mas	Master:			40-44 45-49 50			55-5	9 60)-64	65-69	70-74		
					75-79	75-79 80+									
			e/Fire	/Milita	γ										
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:			Powerlifting Entry fee \$90:												
		Push/Pull Entry fee \$75:													
		Bench Only/Deadlift Only Entry fee \$50:													
Make checks or money or Legendary Athletic Develo			nter, I	PO Bo	x 81, I	Hurley	/ MS	39555		·	-				
		Additional divisions \$30 each:													
		TOTAL DUE:													
ATHLETIC RELEASE: On be all officials, sponsors, participan Legendary Athletic Development agents and shareholders, of and damage or loss directly, indirectly	ts or organizat Fitness Center from any and a	tions co , Imper all rights	nnecter ial Pala s, claim	d to th ice Cas s, dema	e APF, t ino Reso ands, lav	he WP ort Spa vsuits,	C, Kier , the A and ca	ran Kidd APF/AAP auses of	er, Amy F, their action d	Jackso respect ue to o	on, Joe ive offi r arising	& Lori L cers, dire g from ar	adnier, Te ectors, em ny acciden	am Lad, ployees, it, injury,	

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: Legendary Athletic Development Fitness Center, PO Box 81, Hurley MS 39555