



Present the 7th Annual

SOUTH DAKOTA APF/AAPF STATE POWERLIFTING CHAMPIONSHIPS

Saturday, August 8th, 2020

SPONSORED BY: The Hero Gym®

www.theherogym.com

Pierre, SD | Ph: (605) 224-1425

River City Fitness

www.rivercityfitness.com

Chamberlain, SD | Ph: (605)234-1018

MEET DIRECTORS: J.R. (SD APF State Chairman) & Brianna Bolger (605)222-8640

John (SD APF State Co-Chairman) & Ann Lenz (605)234-1018

SANCTIONED BY: The American Powerlifting Federation (APF)

See www.worldpowerliftingcongress.com for rules.

MEET VENUE: South Dakota National Guard Armory

Address: 3440 SD-34 in Pierre, SD

WEIGH-IN: Friday, August 7, 2020 **9 AM – 11 AM and 4 PM - 6 PM CST**

RULES BRIEFING: 8:00 AM CST on Saturday

MEET START TIME 9:00 AM CST on Saturday

ELIGIBILITY: Open to qualified APF/AAPF registered athletes. All athletes must have a current registration card or purchase one at the meet. Athletes may register at www.worldpowerliftingcongress.com or at the meet before weigh-in time with J.R. Bolger, State Chairman. *Registration fee is \$30.00 per card*

Make APF/AAPF registration checks/money orders out to the APF, NOT THE MEET DIRECTOR

UNIFORM: Must have a one-piece lifting suit or wrestling suit (mandatory). See entry form for

ENTRY FEE: All entry fees must accompany this entry form to the meet director no later than **July 8, 2020**

A late fee of \$75 will be applied to all entries RECEIVED OR POST MARKED after this date.

Entry fees must be mailed to: The Hero Gym, 1515 E. Sioux Ave., Suite B, Pierre, SD 57501

WEIGHT CLASSES: Men's 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, and SHW
Women's 97, 105, 114, 123, 132, 148, 165, 181, 198, and SHW

AWARDS: Awards will be given to the first three places, men and women's division.
BEST LIFTER awards as follows by formula: Men's & Women APF/AAPF Equipped and Raw

EQUIPMENT: EliteFTS Monolift & Bench, Bulldog Squat and Bench Bars, Texas Deadlift Bar

