



APF-AAPF Winter Swolestice Powerlifting Championships Saturday, December 18, 2021

APF-AAPF State records for NATIONAL & IDAHO

- CONTACT:** Jason and Victoria Byrd (208) 851-2329
strongerthancomp@gmail.com
- EVENT LOCATION:** Gold's Gym Pocatello, 1800 Flandro Drive, Pocatello, Idaho 83201
- ELIGIBILITY:** Qualified AAPF-APF registered athletes only. Must show AAPF-APF card at weigh-ins or will be required to purchase one onsite. Memberships are \$30 or \$40 for AAPF-APF ½ price for teenage.

May sign up online via website: worldpowerliftingcongress.com
- LIFTING SCHEDULE:** Saturday, December 18th, 10:00 am. Mandatory Rules Meeting 9:00am
- WEIGH-IN:** 24 hour weigh in rule will apply
Friday December 17th 10am-noon & 3pm-5pm Call ahead if travel restrictions interfere
- WEIGHT CLASSES:**
- | | |
|-------|--|
| Men | 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW |
| Kilos | 52, 56, 60, 67.5, 75, 82.5, 90, 100, 110, 125, 140, 140+ |
| Women | 97, 105, 114, 123, 132, 148, 165, 181, 198, UNL |
| Kilos | 44, 48, 52, 56, 60, 67.5, 75, 82.5, 90, 90+ |
- UNIFORM:** Mandatory - Must have one piece lifting suit or wrestling suit. APF Rules apply. AAPF rules apply (required 10% of competitors will be drug tested). Raw lifters: belt, singlet and wrist wraps only. Equipped rules visit www.worldpowerliftingcongress.com
- CONTEST LIFTS:** Powerlifting: (Squat, Bench Press, Deadlift) and/or Bench Press Only or Deadlift Only
- RECORDS:** APF-AAPF American records can be set or broken as well as IDAHO State Records
- ENTRY FEE:** A fee of \$100.00 must accompany this entry form and be received no later than November 30th, 2021 There will be a \$30.00 late fee for any entries after the deadline. No refunds. Awards are guaranteed only to those who pre-register. Cross over fee is \$50.00 each for additional divisions.
No sign ups the day of the meet. No weigh-ins day of meet

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Name: _____ Address: _____
 City _____ State _____ Zip Code _____
 Date of Birth: ____ / ____ / ____ Age: _____ Phone: _____ Gender: Male _____ Female _____
 E-mail _____

Category: AAPF (tested) APF (non-tested) Special Olympic Special Olympians' (Nick name) _____

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

Raw/CR/MP (multi ply) / SP (single ply):

Raw MP (multi-ply) SP (single ply) CR (classic raw full PLOnly)

Division Entered (CHECK all that apply):

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+

Police/Fire (AAPF Only) Special Olympics Youth (parent supervised)

WEIGHT CLASSES: Men 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW
 Kilos 52 56 60 67.5 75 82.5 90 100 110 125 140 140+
 Women 97, 105, 114, 123, 132, 148, 165, 181, 198, UNL
 Kilos 44 48 52 56 60 67.5 75 82.5 90 90+

Raw (belt, singlet, wrist wraps) Single Ply (belt, knee & wrist wraps, singlet or single ply polyester squat suit (no velcro), single ply briefs not to extend 4" above top groin), bench shirt single ply polyester pullover (no Velcro or open back), Multi Ply, see www.worldpowerliftingcongress.com for complete rules Classic Raw (raw with knee wraps or knee sleeves)

Fees&Payment: LateFee 11/30/21 \$30\$ _____
Makecheckspayableto: Entry Fee \$100\$ _____
Hope Rides, Inc
ORVenmoaccount:@hope-rides Additionaldivision(s) \$50\$ _____

Tshirts available to order until November 30th for \$25.00

S _____ M _____ L _____ XL _____ XXL _____ XXX _____

I, THE UNDERSIGNED, AGREE TO WAIVE AND RELEASE ANY AND ALL RIGHTS FOR DAMAGES OR INJURIES OF ANY KIND SUFFERED BY ME IN ANY WAY DUE TO THIS CONTEST AGAINST ANYONE ASSOCIATED WITH THE APF-AAPF Winter Swolestice Championships

ATHLETE'S SIGNATURE _____ DATE _____