



APF-AAPF Summer Smash Powerlifting Championship Saturday, June 11, 2022



APF-AAPF National Records & IDAHO State Records

- CONTACT:** Jason and Victoria Byrd (208) 851-2329
strongerthancomp@gmail.com
- EVENT LOCATION:** Mountain View Event Center, 1567 Way to Grace Ave, 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 \$40 or \$50 for AAPF-APF ½ price for teenage.
* Novice category is for first time lifters only, or lifters under the age of 13, and excludes the need for a membership, also precludes lifters from breaking National or State Records.
- May sign up online via website: worldpowerliftingcongress.com
- LIFTING SCHEDULE:** Saturday, June 11th Start: 10:00 am. Mandatory Rules Meeting 9:00am
- WEIGH-IN:** At Mountain View Event Center & 24 Hour Rule will apply
Friday June 10th 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, 220, 242, 275+ |
| Kilos | 44, 48, 52, 56, 60, 67.5, 75, 82.5, 90, 90, 100, 110, 110+ |
- 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 May 31, 2022. 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

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 PL only)

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/Military (AAPF Only) Special Olympics Youth Under 13 (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, 220, 242, UNL
Kilos 44, 48, 52, 56, 60, 67.5, 75, 82.5, 90, 100, 110, 110+

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:

Make checks payable to:

Hope Rides, Inc

OR Venmo account:@hope-rides

OR email to request Square Invoice

Late Fee 06/01/22 \$30 _____

Entry Fee \$100 _____

Additional division(s) \$50 _____

Stronger Than Novice \$30 _____

T shirts guaranteed available to order until May 31st and are included in registration fee. Registration after May 31st will not guarantee a t shirt

S _____ M _____ L _____ XL _____ XXL _____ XXXL _____

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 SUMMER SMASH CHAMPIONSHIP

ATHLETE'S SIGNATURE _____ DATE _____

Email scanned forms to : Jason & Victoria Byrd strongerthancomp@gmail.com (208) 851-2329