



AAPF-APF Snake River & ChaseStrong, Powerlift, Bench Press & Deadlift Championships March 4th 2023



RECORD BREAKERS AAPF-APF AMERICAN RECORDS AND
IDAHO & MONTANA STATE RECORDS CAN BE SET AND BROKEN

Limited entries accepted call Linda to confirm participation prior to mailing

- CONTACT:** Linda Higgins PO Box 51433, Idaho Falls, ID 83405 1-208-528-0444 snakeriverpl@cs.com
- EVENT LOCATION:** Warehouse 13, 3950 South Yellowstone Highway #9, Idaho Falls, ID 83402
- 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.
- May sign up online via website: worldpowerliftingcongress.com
- LIFTING SCHEDULE:** Saturday March 4th 10:00 am. Mandatory Rules Meeting 9:00 am
- WEIGH-IN:** Weigh-ins 24 hour weigh in rule will apply. Friday March 3rd 10am-noon & 3pm-5pm
- 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
- ENTRY FEE:** A fee of \$85 must accompany this entry form and be received no later than February 4th 2023. There will be a \$40.00 late fee for any entries *that are accepted* after the deadline. No refunds. Awards are guaranteed only to those who pre-register. Cross over fee is \$40 each for additional divisions.
- Snake River Novice (first time competing) \$30
Students (first time competing) AAPF-APF \$55
- No sign ups the day of the meet. No weigh-ins day of meet
- AWARDS:** 1-3rd place and Best Lifter based on number of entries.
Limited to the first 50 lifters accepted – call Linda to confirm participation

Anyone who is interested in getting Powerlifting coaching in order to prepare for the Snake River Powerlifting Meet on March 4th or the AAPF-APF Strength and Fitness Fest Push Pull Meet on June 17th, please contact Coach Chase at j.chase.bb@gmail.com

We have a facility in Pocatello, ID with competition equipment, including a monolift and calibrated weights. We also have multiple certified APF judges who train at ChaseStrong who can help prepare you for the meet and familiarize yourself with the rules of the competition.

Jayden Chase, Owner & Head Coach, ChaseStrong LLC

Mail Entry To: Linda Higgins PO Box 51433, Idaho Falls, Idaho 83405 USA 1 (208) 528-0444 snakeriverpl@cs.com

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March 4th 2023

Name _____
 Address _____
 City _____ State _____ Zip Code _____
 Date of Birth _____ Age _____
 Phone # _____ Cell# _____
 E-mail _____

Gender: Men Women **Category:** AAPF (tested) APF (non tested)

Event Entered (circle 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 (circle 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 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: **Late Fee after 2/4/23** \$40 \$ _____
Make checks payable to: Entry Fee \$85 \$ _____
Snake River Powerlift Additional division(s) \$40 \$ _____
 Youth (parent supervised) \$25 \$ _____
 12 and under
 T-Shirts S-XL \$20 2x and up \$25 Snake River Novice Entry \$30 \$ _____
 Hoodies contact Linda Higgins
 S ___ M ___ L ___ XL ___ 2X ___ 3X ___ 1st time Student AAPF-APF \$55 \$ _____
 T-Shirt size _____ \$20-\$25 \$ _____
TOTAL DUE \$ _____

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 Snake River Powerlifting, Linda Higgins, Amy Jackson, Warehouse 13, Kendall Cameron Idaho Falls, AAPF-APF AND ANY AND ALL OFFICIALS, ITS STAFF AND ANYONE ASSOCIATED WITH 2023 AAPF-APF Snake River & ChaseStrong Powerlift, Bench & Deadlift Championships.

ATHLETE'S SIGNATURE _____ DATE _____
 (Parent's Signature if under 18)

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