



Presents the 8th Annual

South Dakota APF/AAPF State Powerlifting Championship **Saturday, March 25, 2023**

- SPONSORED BY:** The Hero Gym® and the South Dakota Army National Guard
- SANCTIONED BY:** The American Powerlifting Federation (APF) (See www.worldpowerliftingcongress.com for rules.)
- MEET DIRECTORS:** J.R. (SD APF State Chairman) and Brianna Bolger
Phone: 605-222-8640 Email: pierreherogym@gmail.com
- MEET VENUE:** South Dakota National Guard Armory
Address: 3440 SD-34 in Pierre, SD 57501
- WEIGH-IN:** Friday, March 24, 2023, at the National Guard Armory.
9 AM – 11 AM and 4 PM - 6 PM CST
- RULES BRIEFING:** **8:00 AM CST** on Saturday, March 25, 2023
- MEET START TIME** **9:00 AM CST** on Saturday, March 25, 2023
- ELIGIBILITY:** Open to qualified APF/AAPF registered athletes. All athletes must bring proof of current registration to weigh-ins. Athletes may register at www.worldpowerliftingcongress.com (no cards will be sold at weigh-ins).
- UNIFORM:** Must have a one-piece lifting suit or wrestling suit (mandatory). Raw **is belt and singlet ONLY**
- ENTRY DEADLINE:** Forms and entry fees must be received on or before March 1, 2023.
Fees are paid via PayPal to **PayPal.Me/theherogym** (reference the lifter's name and meet).
Entry forms will be emailed to pierreherogym@gmail.com (do not mail).
- WEIGHT CLASSES:** Women's 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, and SHW
Men's 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, and SHW
- AWARDS:** Awards will be given to the first three places in men's and women's open divisions.
BEST LIFTER awards as follows by formula: Men's & Women's APF/AAPF Equipped and Raw
- EQUIPMENT:** **Monolift, Bench, Texas Deadlift Bar**



Entry Form – 2023 South Dakota APF/AAPF State Powerlifting Meet Saturday, March 25, 2023

Last Name: _____ First Name: _____ Date of Birth: _____ Age (day of meet): _____

Address: _____ City: _____ State/Zip: _____

Telephone: (_____) _____ Email: _____

Weight class (**Women**): Check one → 97 105 114 123 132 148 165 181 198 220 242 SHW

Weight class (**Men**): Check one → 114 123 132 148 165 181 198 220 242 275 308 SHW

Division/Age Group: ALL competitors will be entered into the OPEN men's or women's division.

- Check one → Full Meet Bench Only Deadlift Only Push/Pull
- Check one → APF AAPF (Drug Tested) **No cards will be sold at weigh-ins. You can register at www.worldpowerliftingcongress.com Bring proof of membership to weigh-ins!**
- Check one → RAW Classic RAW Single-ply Multi-ply

\$75/event for RAW, Classic RAW, and Single-ply.

\$50/event for Multi-ply.

\$10 fee per AAPF lifter.

Forms and entry fees must be received on or before **March 1, 2023**. There will be 40 lifters (2 flights), with cutoff being determined by PayPal date/time.

Fees are paid via PayPal to **PayPal.Me/theherogym** (reference the lifter's name and meet).

Entry forms will be **emailed** to pierreherogym@gmail.com (do not mail).

AGREEMENT, WAIVER AND RELEASE

On behalf of myself, my heirs, executors, administrators and assigns, I hereby waive, release and fully discharge any and all officials, sponsors, participants or organizations connected to the APF/AAPF, the WPC, The Hero Gym®, and the South Dakota Army National Guard and their respective officers, directors, employees, agents and shareholders, of and from any and all rights, claims, demands, lawsuits, and causes of action due to an arising from any accident, injury, damage or loss directly, indirectly, or in any way associated with my participation in the APF/AAPF SD State Championship. I 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 all risk of accidental, medical injury or consequential damages resulting from my participation. I acknowledge, understand, and accept the inherent risk of powerlifting. I also agree that all pictures and video taken by designated photographers may be used for social media and sports publications. 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.

Competitor's signature: _____ Date: _____

Guardian's signature if under 18: _____ Guardian's printed name: _____