



Strength & Fitness Fest APF/AAPF Push/Pull June 17, 2023

We are so excited for the 3rd annual Strength and Fitness Fest. This year a portion of the proceeds will go to youth athletes in our community who are currently unable to participate in sports due to financial struggles. This could include paying for school athletic fees or other community recreational sports. Our passion is to help the rising generation become more active and involved in fitness activities throughout the community.

- MEET DIRECTORS:** Jayden & Ashley Chase
j.chase.bb@gmail.com (208) 530-3696
- STATE CHAIR:** Linda Higgins (208) 528-0444; snakeriverpl@cs.com
- SANCTIONED BY:** APF/AAPF
- EVENT LOCATION:** Mountain View Event Center
1567 Way to Grace Ave.
Pocatello, ID 83201
- ELIGIBILITY:** Lifters must be an APF/AAPF registered athlete by the time of the meet. You can renew or get your new membership at [World Powerlifting Congress](#). No cards will be sold at weigh-ins; must purchase online.
- WEIGH-IN:** Friday, June 16, 2023: 10:00am – 12:00pm and 2:00pm – 4:00pm
Conducted at ChaseStrong, Pocatello, ID
450 E Day St. suite E. Pocatello, ID 83201
- EVENT:** Check in at the Score Table
MANDATORY RULES BRIEFING: Saturday June 17, at 9:00am
Lifting starts at 10am
- UNIFORM:** One-piece lifting suit or wrestling suit is MANDATORY.
- CONTEST LIFTS:** Push/Pull, Bench Only, and Deadlift Only
- RECORDS:** APF/AAPF Idaho and Montana State and National Records can be set or broken.
- ENTRY FEE:** Meet entry fee is \$80 if received on or prior to **May 17, 2023**. If received after this date, there's an additional \$25 late fee. Additional divisions are \$40 each. PayPal, Venmo, certified check, money order, or cash only, please. Make checks payable to **ChaseStrong LLC**.
*Limited to the first 50 lifters accepted.
*No sign ups the day of the meet. No weigh-ins day of meet.
- SPECTATOR FEE** \$10 Entry into Strength & Fitness Fest. NO ADDITIONAL ENTRY for the Powerlifting Meet.
- RULES** See [World Powerlifting Congress](#) for rulebook and records.
- NOTES** No refunds.
- AWARDS** 1st-3rd place and Best Lifter based on number of entries. **Cash prizes** will be awarded to OPEN Division Best Lifters.

Strength & Fitness Fest

APF/AAPF Push/Pull

June 17, 2023

Please Print Legibly

Full name: _____ Sex (circle one): Male Female
 Age _____ Date of Birth _____ e-mail _____
 Address _____
 City _____ State _____ Zip Code _____
 Phone Number _____ Alternate Phone Number _____
 Current APF/AAPF card (circle one): No Yes If so, card number is _____

APF AAPF (circle one)

Event Entered (circle all that apply): Push/Pull Bench Only Deadlift Only
Raw/Equipped (circle one): Raw Equipped (Single Ply) Equipped (Multi-Ply)
Division Entered (circle all that apply): Open

Police/Fire AAPF or APF
 Special Olympics
 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+

Weight Class (circle one):
 Women: 97 105 114 123 132 148 165 181 198 220 242 242+ (UNL)
 44 48 52 56 60 67.5 75 82.5 90 100 110 110+
 Men: 114 123 132 148 165 181 198 220 242 275 308 308+ (SHW)
 52 56 60 67.5 75 82.5 90 100 110 125 140 140+

Fees & Payment:

**PayPal, Venmo
 Cash, Certified Checks, or
 Money Orders Only, Please**

Entry fee \$80: _____
 If after **May 17, 2023**, add late fee \$25: _____
 Additional divisions \$40 each: _____
 T-shirt size _____ \$25 each: _____
 (Sizes: Small-3X)

TOTAL DUE: _____

Make checks payable to:

**ChaseStrong LLC
 PayPal: jaydenachase
 Venmo: ChaseStrong**

ATHLETIC 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 Idaho APF/AAPF, Jayden and Ashley Chase, ChaseStrong LLC, Strength & Fitness Fest, from any and all rights, claims, demands, lawsuits, and causes of action due to or arising from any accident, injury, damage or loss directly, indirectly, or in any way associated with my participation in the S&FF APF/AAPF Push/Pull, June 17, 2023. 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 any and all risk of accidental, medical injury or consequential damages resulting from my participation. I acknowledge, understand, and accept the inherent risk of powerlifting. 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.

 Print Full Name _____
 Lifter's signature
 (Parent must sign if Lifter is under 18 years of age)