



APF -AAPF Bayou Border Bash Saturday, June 24, 2023

- Sponsored By: Hardcore Barbell South, Central, LA.
- Meet Director: Garry Frank-15836 Chivre Avenue, Greenwell Springs, LA. 70739
- Sanctioned By: APF – American Powerlifting Federation
AAPF – Amateur American Powerlifting Federation (AAPF minimum 10% drug tested)
- Eligibility: Lifters must be APF or AAPF registered you can register online
www.worldpowerliftingcongress.com
- Meet Site: West Calcasieu Arena & Event Center, 401 Arena Road, Sulfur, LA 70665
- Lifting Session: Saturday June 24th 10:00 am All lifters
- Weigh-in: Meet venue Friday June 23rd
10am-11:30 am, 3pm to 5pm
Saturday June 24th 8:00am to 9:00am
- Contest Lifts: Squat, Bench Press, & Dead Lift or
Bench Press Only or Dead Lift Only
- Entry Fee: \$100 full meet \$100 bench only \$100 deadlift only
\$50 add a division \$30 late entry
\$80 team (11 lifters)
Membership \$40 APF or AAPF \$50 for both Teenage ½ price
- Entry Deadline: Entries must be received by June 1st to avoid late fee
Limited to the first 60 competitors
- Weight Classes: Men: 114,123,132,148,165,181,198,220,242,275,308, SHW
Women: 97, 105, 114,123, 132, 148, 165, 181, 198, 220, 242, UNL
- Awards: 1st -3rd per weight class (open, teen, women, novice, junior (20-23), Masters (40-44), (45-49), etc...
- Best Lifter Awards for Open, Master, Bench Only and Women
- Glossbrenner Formula used to determine best lifter.



Make checks payable to Garry Frank 15836 Chivre Avenue,
Greenwell Springs, LA. 70739
Call 225-453-6073

NAME: _____

Address: _____

City: _____ State: _____ Zip: _____

Date of birth: _____ Age: _____

APF/AAPF card #: _____ Expiration Date: _____

Phone #: _____ Email: _____

Entry Fee Required for Each Division Entered APF AAPF (drug tested)

Equipped Single Ply Classic Raw Raw

Weight Classes: Men: 114,123,132,148,165,181,198,220,242,275,308, SHW
Women: 97, 105, 114,123, 132, 148, 165, 181, 198, 220, 242, UNL

Weight Class _____ Male Female

Full meet Bench only Dead lift only

Masters _____ Open _____ Teen _____ Jr _____

WAIVER

In consideration of the acceptance of this entry I hereby for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the APF, WPC, Garry Frank, Hardcore Barbell South, West Calcasieu Arena & Event Center, their representatives, successors and assigns for any and all injuries or bodily harm that I may suffer while competing at the 2023 APF -AAPF Bayou Border Bash.

Please sign first and last name here

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(Parent signature required if athlete under age 18)