



2023 APF/ AAPF Big Iron Compound IA/ NE

State Powerlifting Meet

October 14th, 2023

SPONSORED BY: Big Iron Compound Strength and Fitness 402-305-2822 252C Follett Rd, Council Bluffs, Iowa 51503

MEET DIRECTOR: James and Mary Grandick 402-305-2822 jgrandick@gmail.com

SANCTIONED BY: The American Powerlifting Federation (APF), Amateur American Powerlifting Federation (AAPF)

PLACE: Burlington National Guard Armory

Address: 2415 E Kanesville Blvd, Council Bluffs, Iowa 51503

ELIGIBILITY: Open to qualified APF/AAPF registered athletes. All athletes must have a current APF/AAPF registration card. Purchase one online at www.worldpowerliftingcongress.com . (APF/AAPF registration fee \$30.00)

WEIGH-IN: Friday August 19, 2022 9:00 AM –12:00 PM and 4:00-6:00 PM

Weigh-in will be at Big Iron Compound Strength and Fitness

NO SAME DAY WEIGH INS

LIFTING SESSIONS: Saturday October 14th, 2023 9:00 AM Rules briefing will be at 8:15 AM

UNIFORM: Must have one piece lifting suit or wrestling suit. (Mandatory) Raw is belt and singlet ONLY

ENTRY FEE: All entry fees must accompany this entry form, All Checks and money orders must be made out to James Grandick and must be in no later than October 7, 2023

A late fee of \$10 will be applied to all entries received POST MARKED after this date.

WEIGHT CLASSES:

Men’s Open 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, and SHW

Women’s Open 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, and UNL

AWARDS: Awards will be given to the first three places in each men and women’s division. There will be Custom Metal Art “BEST LIFTER” awards by Ian Ward.

APF/AAPF – One Man and One Woman (The type of awards may vary, depending upon the number of entries)

ENTRY FORM

Name: _____

Last Name First Name MI

Residence: _____

Street city state zip

Telephone: _____

E-mail address: _____

Date of Birth: _____

APF CARD# _____

This is an Open meet. There will be no classes separated into age groups, although Age group records can be set.

_____ Men’s Full Meet \$75 Weight Class _____ Age _____

_____ Women’s Full Meet \$75 Weight Class _____ Age _____

_____ Men’s Bench Press/Deadlift \$75 Weight Class _____ Age _____

_____ Men’s Bench Press Only \$75 Weight Class _____ Age _____

_____ Men’s Deadlift Only \$75 Weight Class _____ Age _____

_____ Women’s Bench Press/Deadlift \$75 Weight Class _____ Age _____

_____ Women’s Bench Press Only \$75 Weight Class _____ Age _____

_____ Women’s Deadlift Only \$75 Weight Class _____ Age _____

CHOOSE ONE:

RAW ___ CLASSIC RAW ___ SINGLE PLY ___ MULTI PLY ___

Meet T-Shirts- \$20 Size- S ___ M ___ L ___ XL ___ 2XL ___ 3XL

Please Circle Size

Total amount enclosed: \$ _____

(ENTRY FEES AND CARDS FEES ARE TO BE PAID SEPARATELY, NOT TOGETHER)

AGREEMENT, WAIVER AND RELEASE

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 Iowa National Guard Armory, James and Mary Grandick and Big Iron Compound Strength and Fitness, their representatives, successors and assigns for any and all injuries or bodily harm that I might suffer while competing at the IA/NE APF/AAPF State Powerlifting Championships. I also agree that all pictures and video taken by the designated meet photographer may be used for advertisement and in sports publications.

Signature in full _____ Date _____

Parent's signature if under 18 _____

Make Meet Check Payable To:

James Grandick

Mail Entry:

Big Iron Compound

Strength and Fitness

252C Follett Rd Council Bluffs, Iowa 51503

Meet Hotel: AmericInn

1000 Woodbury Ave

Council Bluffs, IA 51503

712-322-8400