



AAPF-APF Bishop Barbell Bench Bash Police/Fire/Military



July 1st 2023

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

Limited entries accepted call Bishop Barbell to confirm participation prior to mailing

- CONTACT:** Curtis Bishop, Bishop Barbell bishopbarbell@gmail.com www.bishopbarbell.com
- EVENT LOCATION:** **Empire Strength and Fitness**, 3166 N. Lockheed Circle, Idaho Falls ID 83401
Garet Butikofer 208-681-2765 Curtis Bishop www.bishopbarbell.com
- 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 July 1st 10:00 am. Mandatory Rules Meeting 9:00 am
- WEIGH-IN:** Weigh-ins 24 hour weigh in rule will apply. Friday June 30th 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:** Bench Press Only APF-AAPF Police/Fire/Military
- ENTRY FEE:** A fee of \$85 must accompany this entry form and be received no later than June 20th 2023. No refunds. Awards are guaranteed only to those who pre-register. Cross over fee is \$40 each for additional divisions.
- AAPF-AAPF Novice (first time competing) \$55
Bishop Barbell Novice (first time competing) \$30
- 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 Garet Butikofer or Curtis Bishop to confirm participation

CASH PRIZES WILL BE GIVEN

Bench Qualifier for the AWPC-WPC World Cup

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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): Bench 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

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: Bishop Barbell
Make checks payable to:
Entry Fee \$85 \$ _____
Additional division(s) \$40 \$ _____
T-Shirts S-XL \$20 2x and up \$25 APF-AAPF Novice Entry \$55 \$ _____
Hoodies contact Bishop Barbell first time lifters only
Bishop Barbell Novice Entry \$30 \$ _____
first time lifters only
S _____ M _____ L _____ XL _____ 2X _____ 3X _____
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, Curtis Bishop, Empire Strength and Fitness, Bishop Barbell, Idaho Falls, AAPF-APF AND ANY AND ALL OFFICIALS, ITS STAFF AND ANYONE ASSOCIATED WITH 2023 AAPF-APF Bishop Barbell Bench Bash.

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