

**APF-AAPF Lifting Spirits Annual Invitational (60 Lifter Cap)**  
**Dec. 9th, 2023**  
**Supporting two local children's organizations.**



- MEET DIRECTOR:** Mike Denmon  
Joseph.Denmon@linde.com (409) 960-2505
- STATE CHAIRS:** Randy and Liz Nesuda (214) 517-9119; LNesuda@hotmail.com  
ApfTexas.wordpress.com
- SANCTIONED BY:** APF/AAPF
- EVENT LOCATION:** **Orange County Convention and Expo Center.**  
**11475 FM 1442 Orange Tx. 77630**  
**(409) 745-9712**
- ELIGIBILITY:** Lifters must be an APF/AAPF registered athlete by the time of the meet. You can renew or get your new membership at [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com).
- WEIGH-IN:** Friday, Dec. 8th, 2023: 9:00am – 1:00pm and 4:00pm – 7:00pm  
Conducted at the Expo Center
- Saturday, Dec. 9th, 2023: 7:00am – 8:00am  
Conducted at the Expo Center
- EVENT:** **MANDATORY RULES BRIEFING: Saturday Dec. 9th, at 8:00am**  
**Lifting starts at 9:15am**
- UNIFORM:** One-piece lifting suit or wrestling suit is MANDATORY.
- CONTEST LIFTS:** Full Meet (Squat/Bench/Deadlift), Bench Only, and Deadlift Only
- ENTRY FEE:** Meet entry fee is \$100 if received on or prior to **Nov. 15, 2023**. If received after this date, there's an additional \$25 late fee. Additional divisions are \$25 each. PayPal, certified check, money order, or cash only, please. Make checks payable to **Mike Denmon**.
- SPECTATOR FEE** **None**

**NOTES:**

- Lunch and snacks will be provided at no additional charge (any donations will go to towards the two organizations we will be working with) to the lifters and spectators, it won't be diet food, so if you're watching calories you should plan for that, water and drinks will be provided as well.
- **PayPal.Me/CrossTrainers1, Venmo-Mike Denmon @crossTrainers1. CashApp-Mike Denmon \$Crosstrainers1. if using this method of payment, email your entry form to Thanh.Denmon@yahoo.com**

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## Dec. 9th, 2023

### Supporting two local children's organizations.

**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): Full Meet Bench Only Deadlift Only  
**Raw/Equipped** (circle one): Classic Raw (Full Meet Only) Raw Equipped Single-Ply  
**Division Entered** (circle all that apply): Open  
 Police/Fire  
 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)  
 Men: 114 123 132 148 165 181 198 220 242 275 308 308+ (SHW)

**Fees & Payment:** Entry fee \$100: \_\_\_\_\_  
**PayPal- [PayPal.Me/CrossTrainers1](https://www.paypal.com)**  
**CASH, CERTIFIED CHECKS, OR MONEY ORDERS ONLY, PLEASE** If after **November 15th, 2023**, add late fee \$25: \_\_\_\_\_  
 Additional divisions \$25 each: \_\_\_\_\_

**Make checks or money orders out to: Mike Denmon**

**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 Texas APF/AAPF, Randy and Liz Nesuda, Mike and Lee Denmon, 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 APF/AAPF Lifting Spirits Strengths Invitational, Dec. 9th, 2023. Also, I 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)

**Return Entry Form to:** **Mike Denmon**  
**PO Box 1422**  
**Mauriceville Tx 77626**