



## **APF/AAPF Mississippi State Championship November 11, 2023**

**MEET DIRECTOR and STATE CHAIRS:** Kyle Davis (904)613-5775 & Deana Tollefson(847)209-2689  
apfmississippi@gmail.com

**SANCTIONED BY:** APF/AAPF

**EVENT LOCATION:** Wyatt's Gym, 3520 Manor Drive, Vicksburg, MS, 39180. Meet will take place indoors, in the large building furthest back from the parking lot entry (behind the main gym and behind the women's gym).

**ELIGIBILITY:** Lifters must be an APF/AAPF registered athlete by the time of the meet. You can renew or get your new membership at <https://worldpowerliftingcongress.com/#> No cards will be sold at weigh-ins; must purchase online.

**WEIGH-IN:** Friday, November 10, 2023: 9:00am – 1:00pm and 4:00pm – 7:00pm  
Conducted at Wyatt's Gym, 3520 Manor Drive, Vicksburg, MS, 39180

**EVENT: MANDATORY RULES BRIEFING: Saturday November 11, at 8:00am**

**Lifting starts at 9am**

**UNIFORM:** One-piece lifting suit or wrestling suit is MANDATORY.

**CONTEST LIFTS:** Full Meet (Squat/Bench/Deadlift), Bench Only, and Deadlift Only.

**EQUIPMENT:**

Squat: Texas Strength Systems monolift on platform using a 65lb Sportkraft squat bar/two TSS monolifts provided in warm up room and two 65 lb squat bars provided in warm up room

Bench: Texas Strength Systems bench on platform using a 55lb Sportkraft bench bar/two TSS benches provided in warm up room and two 55lb bench bars provided in warm up room

Deadlift: 45 lb Sportkraft deadlift bar will be used on platform/two 45 lb deadlift bars will be provided in warm up room

**ENTRY FEE:** Meet entry fee is \$75 (\$50 for highschool students with ID). Each additional division/event is \$50. If received after **November 1, 2023** there's an additional \$25 late fee. Please pay via PayPal (@deanatollefson87), Venmo (@Deana Dandrea), or cash.

**SPECTATOR FEE: None**

**RULES:** See [World Powerlifting Congress](https://worldpowerliftingcongress.com/#) for rulebook and records.

**NOTES:** No refunds

# APF/AAPF Mississippi State Championships-November 11, 2023

## ENTRY FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ APF CARD# \_\_\_\_\_

<b>APF or AAPF</b> (circle one)	<b>Weight class</b> (circle one): Men's 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, and SHW  Women's 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, and UNL	<b>Style</b> (circle one): RAW CLASSIC RAW SINGLE PLY MULTI PLY
<b>Meet T-Shirts-</b> <b>\$20</b> (circle one:) S M L XL 2XL 3XL	<b>Division</b> (circle one): Open/Teen 13-15/Teen 16-17/Teen 18-19/Junior 20-23/Sub Master 33-39/Master 40-44/Master 45-49/ Master 50-54/Master 55-59/Master 60-64/ Master 65-69/Master 70-74/Master 75-79/ Master 80+	<b>Event</b> (circle all that apply): Full Meet Bench Only Deadlift Only

Total amount due: \$ \_\_\_\_\_

**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 Mississippi APF/AAPF, Kyle Davis, Deana Tollefson, Wyatt's Gym, Hardcore Barbell LLC. 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 Mississippi State Championships, November 11, 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.

Signature in full \_\_\_\_\_ Date \_\_\_\_\_

Parent's signature (if under 18) \_\_\_\_\_

**Return Entry Form to:** [apfmississippi@gmail.com](mailto:apfmississippi@gmail.com) you will receive an email confirmation