



## **APF/AAPF Texas Cup April 20, 2024**

**MEET DIRECTOR:** Greg Tillinghast  
gregtillinghast@gmail.com (214) 660-6143

**SANCTIONED BY:** APF/AAPF

**EVENT LOCATION:**

**Love Civic Center  
2025 Collegiate Dr.  
Paris, TX 75462**

**ELIGIBILITY:** Lifters must be an APF/AAPF registered athlete by the time of the meet. You can renew or get your new membership at [World Powerlifting Congress](#). No cards will be sold at weigh-ins; must purchase online.

**WEIGH-IN:** Friday, April 19, 2024: 9:00am – 1:00pm and 4:00pm – 7:00pm  
Conducted at The Gym, Paris, TX  
4625 Lamar Ave, Paris, TX 75462

Saturday, April 20, 2024: 7:00am – 8:00am  
Check in at the Score Table, ALL LIFTERS MUST BE WEIGHED IN BY 8:00am.

**EVENT: MANDATORY RULES BRIEFING: Saturday April 20, 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

**ENTRY FEE:** Meet entry fee is \$100 if received on or prior to **April 20, 2024**. If received after this date, there's an additional \$25 late fee. Additional divisions are \$50 each. PayPal, Venmo, certified check, money order, or cash only, please. Make checks payable to **Greg Tillinghast**.

**SPECTATOR FEE None**

**RULES** See [World Powerlifting Congress](#) for rulebook and records.

**NOTES** No refunds.

# APF/AAPF Texas Cup

## April 20, 2024

### 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 (\*note Full Meet Only) Raw Equipped **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, Venmo**

**Cash, Certified Checks, or If after April 1, 2024, add late fee \$25:** \_\_\_\_\_ **Money Orders Only, Please**  
Additional divisions \$50 each: \_\_\_\_\_

**Make checks or money orders payable to: Greg Tillinghast**

**PayPal: gtillinghast Venmo: GREG-TILLINGHAST**

**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, Greg Tillinghast, The Gym, Paris, Texas 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 Texas Cup, April 20, 2024. 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.

\_\_\_\_\_  
Print Full Name Lifter's signature (Parent must sign if Lifter is under 18 years of age)

**Return Entry Form to: Greg Tillinghast**

**414 CR 42320**

**Paris, Tx 75462**

**You can also print entry form, sign, scan, and return the entry form to [gregtillinghast@gmail.com](mailto:gregtillinghast@gmail.com).**