



AAPF-APF Snake River & ChaseStrong, Powerlift, Bench Press & Deadlift Championships

March 30th 2024

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

Limited entries accepted call Linda to confirm participation prior to mailing



- CONTACT:** Linda Higgins PO Box 51433, Idaho Falls, ID 83405 1-208-528-0444 snakeriverpl@cs.com
- EVENT LOCATION:** Empire Strength and Fitness, 1539 Piper Street, Idaho Falls, ID 83401
- EQUIPMENT:** Monolift, Forza Bench with safety, Sportkraft squat, bench and deadlift bars
- 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. Sign up online via website: worldpowerliftingcongress.com
- LIFTING SCHEDULE:** Saturday March 30th 10:00 am. Mandatory Rules Meeting 9:00 am
- WEIGH-IN:** Weigh-ins 24-hour weigh in rule will apply. Friday March 29th 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:** Powerlifting: (Squat, Bench Press, Deadlift) and/or Bench Press Only or Deadlift Only
- ENTRY FEE:** A fee of \$90 must accompany this entry form and be received no later than February 4th 2023. There will be a \$40.00 late fee for any entries *that are accepted* after the deadline. No refunds. Awards are guaranteed only to those who pre-register. Cross over fee is \$40 each for additional divisions.
- Snake River Novice (first time competing) \$40
Students (first time competing) AAPF-APF \$55
- 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 60 lifters accepted – call Linda to confirm participation

Anyone who is interested in getting Powerlifting coaching in order to prepare for any AAPF-APF upcoming competitions in the area, we highly recommend these two locations.

In Idaho Falls, contact head coach Garet Butikofer manager and co-owner of Empire Strength and Fitness or Curtis Bishop co-owner Empire Strength and Fitness 208-681-2765 www.empirestrengthandfitness.com
208-569-9362 www.bishopbarbell.com

In Pocatello, ID contact Coach Chase at j.chase.bb@gmail.com Jayden Chase, Owner & Head Coach, ChaseStrong LLC

Both facilities include competition equipment, including a monolift and calibrated weights. ChaseStrong has multiple certified APF judges who train at ChaseStrong who can help you familiarize yourself with the rules.

Mail Entry To: Linda Higgins PO Box 51433, Idaho Falls, Idaho 83405 USA 1 (208) 528-0444 snakeriverpl@cs.com

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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): Full Meet Bench Only **Unlimited Bench Only** Deadlift 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 /First responders (AAPF/APF) Special Olympics **Disabled** Youth parent supervised

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: **Late Fee after 2/4/24** \$40 \$ _____
Make checks payable to: Entry Fee \$90 \$ _____
Snake River Powerlift Additional division(s) \$40 \$ _____
 Youth (parent supervised) \$25 \$ _____
 12 and under
 T-Shirts S-XL \$25 2x and up \$30 Snake River Novice Entry \$40 \$ _____
 Hoodies contact Linda Higgins
 S _____ M _____ L _____ XL _____ 2X _____ 3X _____
 1st time Student AAPF-APF \$55 \$ _____
 T-Shirt size _____ \$25-\$30 \$ _____
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, Empire Strength and Fitness, Bishop Barbell, Curtis Bishop, AAPF-APF AND ANY AND ALL OFFICIALS, ITS STAFF AND ANYONE ASSOCIATED WITH 2024 AAPF-APF Snake River & ChaseStrong Powerlift, Bench & Deadlift Championships.

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

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