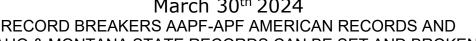


AAPF-APF Snake River & ChaseStrong, Powerlift, Bench Press & Deadlift Championships March 30th 2024





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 <u>j.chase.bb@gmail.com</u> 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.

AAPF-APF Snake River & ChaseStrong Powerlift, Bench & Deadlift Championships RECORD BREAKERS AAPF-APF AMERICAN RECORDS AND IDAHO & MONTANA STATE RECORDS CAN BE SET AND BROKEN

Limited entries accepted call Linda 208-528-0444 to confirm participation prior to mailing March 30th 2024

Name						
Address						
City			_State	Zip Code		
Date of Birth						Age
Phone #				_Cell#		
E-mail						
Gender: Men□	Women□		ory: AAPF (tested)	☐ API	F□ (non tes	ted)
Event Entered (circle all that apply): Full Meet		Bench Only	Unlimited Be	ench Only	Deadlift Only	
Raw/CR/MP (multi ply	/) / SP (single pl	y) : Raw	MP (multi ply)	SP (single p	ly) CR (cla	assic 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/Milita	ry /First responder	s (AAPF/APF)	Special Olymp	ics Disabled	Youth par	rent supervised
WEIGHT CLASSES:	Men 114, 123 Kilos 52 56	, 132, 148, 165, 18 6 60 67.5 75	81, 198, 220, 242, 82.5 90 100 110	275, 308, SH ¹ 125 140 140	W)+	
			148, 165, 181, 198 37.5 75 82.5 90			
Raw (belt, singlet, wrist wrap extend 4" above top groin), b complete rules <u>Classic Raw</u> (ench shirt single ply	polyester pullover (r				
Fees & Payment:		Late Fe	ee after 2/4/24	\$40 \$		
Make checks payable to Snake River Powerlift) :	Entry F	ee	\$90 \$		
		Additio	nal division(s)	\$40 \$		
		Youth (parent supervised) \$25 \$		
T-Shirts S-XL \$25 2x and	up \$30		12 and under	,		
Hoodies contact Linda Hi		Snake I	River Novice Entry	\$40 \$		
SMLXL	_2X3X	1 st time	Student AAPF-AP	F \$55 \$		
		T-Shirt	size\$2	25-\$30 \$		
			TOTAL DUE	\$		
I, THE UNDERSIGNED, AGREE TO V AGAINST Snake River Powerlifting, Li ASSOCIATED WITH 2024 AAPF-APF	inda Higgins, Amy Jackson,	Empire Strength and Fitne	ess, Bishop Barbell, Curtis I	OF ANY KIND SUFFE Bishop, AAPF-APF A	ERED BY ME IN AN ND ANY AND ALL (IY WAY DUE TO THIS CONTEST OFFICIALS, ITS STAFF AND ANYON
ATHLETE'S SIGNATURE					DATE	
			(Parent's Signa	ture if under 18)		