



APF-AAPF National Championships in Honor of John Ewing June 7-9, 2024 Baton Rouge Louisiana

- Sponsored By: Hardcore Barbell South, Central, LA.
- Meet Director: Garry Frank-11490 Joor Road, Baton Rouge LA 70818 225-453-6073
- Sanctioned By: APF – American Powerlifting Federation/AAPF - Amateur American Powerlifting Federation
- Eligibility: Lifters must be APF /AAPF member you can register online
www.worldpowerliftingcongress.com
Check qualifications requirements online
- Meet Site: Holiday Inn, 9990 Airline Hwy, Baton Rouge LA 70816 225-924-7021 or 888-465-44329
Discount rate of \$129 Mention code: APF / American Powerlifting Federation
- Lifting Session: Friday June 7th 10:00 am Men Raw PL-BP-DL
Saturday June 8th 10 am Men Classic Raw PL (note no Classic Raw BP or DL) Special Olympics
Sunday June 9th 10 am Women (all categories/divisions) and Men Equipped PL-BP-DL
- Weigh-in: All weigh-ins will be at the meet venue day before you compete (24 hr. weigh-in rule applies)
Thursday June 6th 10am-11:30 am, 3pm to 5pm
Friday June 7th 10am-11:30 am, 3pm to 5pm
Saturday June 8th 10am-11:30am, 3pm to 5pm
- Contest Lifts: PL: Squat, Bench Press, Deadlift or
BP: Bench Press Only or DL: Deadlift Only
- Entry Fee: \$125 full meet \$125 bench only \$125 deadlift only
\$50 add a division \$50 late entry
\$80 team (11 lifters)
Membership \$50 APF or AAPF \$60 for both Teenage ½ price
- Entry Deadline: Entries must be received by May 1st to avoid late fee
- Weight Classes: Men: 114,123,132,148,165,181,198,220,242,275,308, SHW
Women: 97, 105, 114,123, 132, 148, 165, 181, 198, 220, 242, UNL
- Awards: 1st -3rd per weight class / category
- Best Lifter Awards based on content of entries Glossbrenner Formula used to determine best lifter.
- Top 3 winners APF will qualify for WPC World Championships in IL in November 2024 and
AAPF winners for AWPC Worlds August 29-Sept 1 in Limerick Ireland



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Please Print Legibly

Full name: _____ Gender: (Circle one) Male Female

Age _____ Date of Birth _____ e-mail _____

Address _____ City _____ State _____ Zip Code _____

Phone _____ Alternate Phone Number _____

See www.worldpowerliftingcongress.com for complete rules on raw/classic raw/equip categories

Category Entered (circle all that apply): APF AAPF (tested)

Event Entered (circle all that apply): Full Meet Bench Only Bench Only Unlimited Shirts Deadlift Only

Raw/Classic Raw/Equipped (circle all that apply): Raw Classic Raw Single Ply Multi Ply

Division Entered (circle all that apply): Special Olympics

Police/Fire/Military

Open

Teen: 13-15 16-17 18-19

Junior: 20-23

Submaster: 33-39 (no Submaster at WPC Worlds)

Master: 40-44 45-49 50-54 55-59 60-64 65-69 70-74

75-79 80-84 85-89

Weight Class (circle one): Women: 97 105 114 123 132 148 165 181 198 220 242 Unl

Men: 114 123 132 148 165 181 198 220 242 275 308 308+

Fees & Payment:

Make checks or money orders payable to: Paypal bulldogbr@bellsouth.net

[Garry Frank, 11490 Joor Road](#)

[Baton Rouge LA 70818](#)

Entry fee \$125: _____

If after **May 1, 2024**, add late fee \$50: _____

Additional divisions \$50 each: _____

T-Shirts pre-orders \$25 / \$30 2x and up (\$30-\$35 at the meet) limited

S M L XL 2X 3X (circle order)

T-Shirts \$25 each: _____

TOTAL 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 APF, the WPC, Kieran Kidder, Amy Jackson, Garry Frank, Hardcore Barbell, the APF/APF, the Holiday Inn, their respective officers, directors, employees, agents and shareholders, of and 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 Nationals, June 7-9, 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.

Lifter's signature

(Parent must sign if Lifter is under 18 years of age)