



## Strength & Fitness Fest APF/AAPF PL, BP, DL June 22, 2024

- MEET DIRECTORS:** Jayden & Ashley Chase  
j.chase.bb@gmail.com (208) 530-3696
- STATE CHAIR:** Linda Higgins (208) 528-0444; snakeriverpl@cs.com
- SANCTIONED BY:** APF/AAPF
- EVENT LOCATION:** Mountain View Event Center  
1567 Way to Grace Ave.  
Pocatello, ID 83201
- 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, June 21, 2024: 10:00am – 12:00pm and 2:00pm – 4:00pm  
Conducted at ChaseStrong, Pocatello, ID  
450 E Day St. suite E. Pocatello, ID 83201
- EVENT:** Check in at the Score Table  
MANDATORY RULES BRIEFING: Saturday June 22, at 9:00am  
Lifting starts at 10am
- UNIFORM:** One-piece lifting suit or wrestling suit is MANDATORY.
- CONTEST LIFTS:** Full Power, Bench Only, and Deadlift Only
- RECORDS:** APF/AAPF Idaho and Montana State and National Records can be set or broken.
- ENTRY FEE:** Meet entry fee is \$100 if received on or prior to **May 21, 2024**. If received after this date, there's an additional \$25 late fee. Additional divisions are \$40 each. PayPal, Venmo, certified check, money order, or cash only, please. Make checks payable to **ChaseStrong LLC**.  
\*Limited to the first 60 lifters accepted.  
\*No sign ups the day of the meet. No weigh-ins day of meet.
- SPECTATOR FEE** \$10 Entry into Strength & Fitness Fest. NO ADDITIONAL ENTRY for the Powerlifting Meet.
- RULES** See [World Powerlifting Congress](#) for rulebook and records.
- NOTES** No refunds.
- AWARDS** 1st-3<sup>rd</sup> place and Best Lifter based on number of entries. **Cash prizes** will be awarded to OPEN Division Best Lifters.

# Strength & Fitness Fest

## APF/AAPF PL, BP, DL

### 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 Power Bench Only Unlimited Bench Only Deadlift Only

**Raw/Equipped** (circle one): Raw Classic Raw Equipped (Single Ply) Equipped (Multi-Ply)

**Division Entered** (circle all that apply):

Open

Police/Fire/Military/First Responders

Special Olympics

Disabled

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)

Kilos

44

48

52

56

60

67.5

75

82.5

90

100

110

110+

Men:

114

123

132

148

165

181

198

220

242

275

308

308+ (SHW)

Kilos

52

56

60

67.5

75

82.5

90

100

110

125

140

140+

### Fees & Payment:

PayPal, Venmo

Cash, Certified Checks, or  
Money Orders Only, Please

Entry fee \$100: \_\_\_\_\_

If after **May 21, 2024**, add late fee \$25: \_\_\_\_\_

Additional divisions \$50 each: \_\_\_\_\_

T-shirt size \_\_\_\_\_ \$25 each: \_\_\_\_\_  
(Sizes: Small-3X)

**TOTAL DUE:** \_\_\_\_\_

### Make checks payable to:

ChaseStrong LLC

PayPal: jaydenachase

Venmo: ChaseStrong

**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 Idaho APF/AAPF, Jayden and Ashley Chase, ChaseStrong LLC, Strength & Fitness Fest, 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 S&FF APF/AAPF Push/Pull, June 17, 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.

Print Full Name

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

Mail or Email Form to: Jayden Chase

450 E Day St. suit E Pocatello, ID 83201

[j.chase.bb@gmail.com](mailto:j.chase.bb@gmail.com)