2024 A.P.F. Summer Heat Push/Pull Meet

**MEET LOCATION:** **Meet Date: July 20, 2024**

21811 C.R. 151

West Lafayette, Ohio 43845

**APF**

**Ohio**

**DIVISIONS & WEIGHT CLASSES:**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **OPEN** | 114 | 123 | 132 | 148 | 165 | 181 | 198 | 220 | 242 | 275 | 308 | SHW |
| **JUNIOR** (20 – 23) | 114 | 123 | 132 | 148 | 165 | 181 | 198 | 220 | 242 | 275 | 308 | SHW |
| **TEENAGER** (13 – 15) | 114 | 123 | 132 | 148 | 165 | 181 | 198 | 220 | 242 | 275 | 308 | SHW |
| **TEENAGER** (16 – 17) | 114 | 123 | 132 | 148 | 165 | 181 | 198 | 220 | 242 | 275 | 308 | SHW |
| **TEENAGER** (18 – 19) | 114 | 123 | 132 | 148 | 165 | 181 | 198 | 220 | 242 | 275 | 308 | SHW |
| **SUB-MASTERS** (33 – 39) | 114 | 123 | 132 | 148 | 165 | 181 | 198 | 220 | 242 | 275 | 308 | SHW |
| **MASTERS** (40+ In 5yr increments) | 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 |

**TIMES:**

* **Early Weigh-Ins:** 11:00 AM– 12:30 PM & 6:00 PM – 7:30 PM on Friday, July 19, 2024
* **Weigh-Ins:** 8:30 AM – 10 AM Saturday, July 20, 2024
* **Rules** **Clinic / Q&A:** 10 AM Day of the Meet; Meet Starts at 11AM

**AWARDS & RULES:**

* Sanctioned by the APF. Must have an APF card. A one piece lifting suit is required. Trophies will be given for **1ST – 5th** places in all weight classes and divisions.

**DEADLINES:**

* All entries must be received by July 17, 2024
* Entries will also be accepted the day of the meet with a $10 late entry fee (Cash).

**ENTRY FEES:**

* Make all checks and money orders payable to: **John Blackstone**
* $60.00 Bench Only
* $60.00 Deadlift Only
* $85.00 Ironman (Bench & Deadlift)
* $10.00 late fee on all entries received the day of the meet (Cash)
* $20.00 fee on all returned checks
* $10.00 admission fee for the public

**MAIL ENTRY FORM TO:**

John Blackstone

21811 C.R. 151

West Lafayette, OH 43845

**If you have any questions please contact:**

John Blackstone (740) 502-4964; blackstonesgym@gmail.com

2024 A.P.F. Summer Heat Push/Pull Meet

**July 20, 2024**

**MEET ENTRY FORM**

In consideration of your acceptance of this entry please agree to the following statement by signing this entry form. I hereby intend to legally bound myself, my heirs and assigned, waive and release any and all claims to damage I may have against John Blackstone, Blackstone’s Gym, American Powerlifting Federation and all their heirs, employees or volunteers, all lesser, all lessees of the property located at 21811 C.R. 151 West Lafayette, OH 43845 from injury that may result from my participation in this competition or any other lifting on the premises.

**\*\*\* PLEASE CHECK ALL THAT APPLY \*\*\***

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Bench** |  | **Raw** |  | **Women** |  | **Sub Master 33-39** |  | **Master 65-69** |  |
| **Deadlift** |  | **Single Ply** |  | **Open** |  | **Master 40-44** |  | **Master 70-74** |  |
| **Ironman** |  | **Multi Ply** |  | **Junior 20-23** |  | **Master 45-49** |  | **Master 75-79** |  |
|  |  | **Unlimited (Band)** |  | **Teenage 13-15** |  | **Master 50-54** |  | **Master 80-Up** |  |
|  |  |  |  | **Teenage 16-17** |  | **Master 55-59** |  |  | |
|  |  | **Youth Division** |  | **Teenage 18-19** |  | **Master 60-64** |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **NAME:** |  | **AGE:** |  |

|  |  |
| --- | --- |
| **ADDRESS:** |  |
|  | |

|  |  |  |  |
| --- | --- | --- | --- |
| **PHONE #:** |  | **EMAIL:** |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Gym / Club Name:** |  | **APF Card #:** |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Signature:** |  | **Date:** |  |

**\*\*\* NOTE: Your parent or guardian must sign if you are under 18 years of age \*\*\***

**MAIL THIS ENTRY FORM TO:** John Blackstone

21811 C.R. 151

West Lafayette, OH 43845