

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



MEET LOCATION:
21811 C.R. 151
West Lafayette, Ohio 43845

Meet Date: July 20, 2024



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

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

NAME:		AGE:	
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ADDRESS:	

PHONE #:		EMAIL:	
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Gym / Club Name:		APF Card #:	
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Signature:	Date:
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*** 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