



# AAPF-APF Snake River & ChaseStrong, Powerlift, Bench Press & Deadlift Championships March 30<sup>th</sup> 2024



RECORD BREAKERS AAPF-APF AMERICAN RECORDS AND IDAHO,  
MONTANA & UTAH STATE RECORDS CAN BE SET AND BROKEN

**Limited entries accepted call Linda to confirm participation prior to mailing**  
**Qualifier for APF-AAPF Nationals**

- CONTACT:** Linda Higgins PO Box 51433, Idaho Falls, ID 83405 1-208-528-0444 [snakeriverpl@cs.com](mailto: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](http://worldpowerliftingcongress.com)
- LIFTING SCHEDULE:** Saturday March 30<sup>th</sup> 10:00 am. Mandatory Rules Meeting 9:00 am
- WEIGH-IN:** Weigh-ins 24-hour weigh in rule will apply. Friday March 29<sup>th</sup> 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](http://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 4<sup>th</sup> 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:** 1-3<sup>rd</sup> place and Best Lifter based on number of entries.  
**CASH AWARDS FOR POLICE/FIRE/MILITARY/FIRST RESPONDERS**  
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 [garetbutikofer@gmail.com](mailto:garetbutikofer@gmail.com)  
[empirestrengthandfitness@gmail.com](mailto:empirestrengthandfitness@gmail.com) manager and co-owner of Empire Strength and Fitness or Curtis Bishop [bishopbarbell@gmail.com](mailto:bishopbarbell@gmail.com) co-owner Empire Strength and Fitness 208-681-2765  
[www.empirestrengthandfitness.com](http://www.empirestrengthandfitness.com) 208-569-9362 [www.bishopbarbell.com](http://www.bishopbarbell.com)

In Pocatello, ID contact Coach Chase at [j.chase.bb@gmail.com](mailto:j.chase.bb@gmail.com) 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.

Mail Entry To: Linda Higgins PO Box 51433, Idaho Falls, Idaho 83405 USA 1 (208) 528-0444 [snakeriverpl@cs.com](mailto:snakeriverpl@cs.com)

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STATE RECORDS CAN BE SET AND BROKEN

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March 30<sup>th</sup> 2024

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Phone # \_\_\_\_\_ Cell# \_\_\_\_\_

E-mail \_\_\_\_\_

Gender: Men ☐

Women ☐

Category: AAPF (tested) ☐

APF ☐ (non tested)

Event Entered (circle all that apply):

Full Meet

Bench Only

Unlimited Bench Only

Deadlift Only

Raw/CR/MP (multi ply) / SP (single ply):

Raw

MP (multi ply)

SP (single ply)

CR (classic 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/Military /First responders (AAPF/APF)

Special Olympics

Disabled

Youth parent supervised

WEIGHT CLASSES:

Men 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW

Kilos 52 56 60 67.5 75 82.5 90 100 110 125 140 140+

Women 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, UNL

Kilos 44 48 52 56 60 67.5 75 82.5 90 100 110 110+

Raw (belt, singlet, wrist wraps) Single Ply (belt, knee & wrist wraps, singlet or single ply polyester squat suit (no velcro), single ply briefs not to extend 4" above top groin), bench shirt single ply polyester pullover (no Velcro or open back), Multi Ply, see [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com) for complete rules Classic Raw (raw with knee wraps or knee sleeves)

Fees & Payment:

Late Fee after 2/4/24 post marked \$40 \$ \_\_\_\_\_

Make checks payable to:  
Snake River Powerlift

Entry Fee \$90 \$ \_\_\_\_\_

Additional division(s) \$40 \$ \_\_\_\_\_

Youth (parent supervised) \$25 \$ \_\_\_\_\_  
12 and under

T-Shirts S-XL \$25 2x and up \$30

Hoodies contact Linda Higgins

Snake River Novice Entry \$40 \$ \_\_\_\_\_

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ 2X \_\_\_\_\_ 3X \_\_\_\_\_

1<sup>st</sup> time Student AAPF-APF \$55 \$ \_\_\_\_\_

T-Shirt size \_\_\_\_\_ \$25-\$30 \$ \_\_\_\_\_

Team Entry (limit 11 lifters) \$80 \$ \_\_\_\_\_

TOTAL DUE \$ \_\_\_\_\_

I, THE UNDERSIGNED, AGREE TO WAIVE AND RELEASE ANY AND ALL RIGHTS FOR DAMAGES OR INJURIES OF ANY KIND SUFFERED BY ME IN ANY WAY DUE TO THIS CONTEST AGAINST Snake River Powerlifting, Linda Higgins, Amy Jackson, Empire Strength and Fitness, Bishop Barbell, Curtis Bishop, AAPF-APF AND ANY AND ALL OFFICIALS, ITS STAFF AND ANYONE ASSOCIATED WITH 2024 AAPF-APF Snake River & ChaseStrong Powerlift, Bench & Deadlift Championships.

ATHLETE'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

(Parent's Signature if under 18)

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