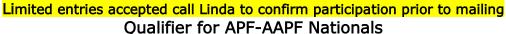


AAPF-APF Snake River & ChaseStrong, Powerlift, Bench Press & Deadlift Championships March 30th 2024

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





CONTACT: Linda Higgins PO Box 51433, Idaho Falls, ID 83405 1-208-528-0444 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 1/2 price for

teenage. Sign up online via website: worldpowerliftingcongress.com

LIFTING SCHEDULE: Saturday March 30th 10:00 am. Mandatory Rules Meeting 9:00 am

WEIGH-IN: Weigh-ins 24-hour weigh in rule will apply. Friday March 29th 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

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 4th

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: 1-3rd 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
empirestrengthandfitness@gmail.com
<a href="mailto:mail

In Pocatello, ID contact Coach Chase at 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.

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Limited entries accepted call Linda 208-528-0444 to confirm participation prior to mailing March 30th 2024

Name						
Address						
City			_State	Zip Cod	de	
Date of Birth					Age	
Phone #				_Cell#		
E-mail						
Gender: Men□	Women□				(non tested)	
Event Entered (circle all that apply): F		Full Meet	Bench Only	Unlimited Bench	n <mark>Onl</mark> y Dea	dlift Only
Raw/CR/MP (multi ply) / SP (single ply Division Entered (circle all that apply):		y) : Raw Open	MP (multi ply)	SP (single ply)	CR (classic ra	aw full PL only)
		Teen: Junior: Submaster: Master:	13-15 16-17 20-23 33-39 40-44 45-49 75-79 80+	18-19 50-54 55-59	60-64 65-6	59 70-74
Police/Fire/Militar	ry /First responders	s (AAPF/APF)	Special Olymp	ics Disabled	Youth parent su	ıpervised
WEIGHT CLASSES: Raw (belt, singlet, wrist wraps extend 4" above top groin), be complete rules Classic Raw (Kilos 52 56 Women 97, 105 Kilos 44 48 s) <u>Single Ply</u> (belt, kench shirt single ply	60 67.5 75 8 1, 114, 123, 132, 1 52 56 60 6 10 10 10 10 10 10 10 10 10 10 10 10 10 1	31, 198, 220, 242, 32.5 90 100 110 48, 165, 181, 198 7.5 75 82.5 90 singlet or single ply po Velcro or open ba	125 140 140+ , 220, 242, UNL 100 110 110+ polyester squat suit	(no velcro), single ww.worldpowerlif	e ply briefs not to tingcongress.com for
Fees & Payment: Make checks payable to Snake River Powerlift	:	Entry F Addition	ee after 2/4/24 posee ee nal division(s) parent supervised	\$90 \$ \$40 \$		
T-Shirts S-XL \$25 2x and up \$30 Hoodies contact Linda Higgins			12 and under River Novice Entry			
SM_L_XL	_2X3X	1 st time	Student AAPF-API	F \$55 \$		
		T-Shirt	size\$2	25-\$30 \$		
		Team E	Entry (limit 11 lifter	s) \$80 \$		
			TOTAL DUE	\$		
I, THE UNDERSIGNED, AGREE TO W AGAINST Snake River Powerlifting, Lir ASSOCIATED WITH 2024 AAPF-APF ATHLETE'S SIGNATURE	nda Higgins Amy Jackson	Empire Strength and Fitne	ss, Bishop Barbell, Curtis E lift Championships.	Bishop, AAPF-APF AND A		S, ITS STAFF AND ANYONE