



APF/AAPF Mississippi State Highschool Powerlifting Championship July 20, 2024

MEET DIRECTOR and STATE CHAIRS: Deana Tollefson (847)209-2689 & Kyle Davis (904)613-5775 or apfmississippi@gmail.com

SANCTIONED BY: APF/AAPF

EVENT LOCATION: Wyatt's Gym, 3520 Manor Drive, Vicksburg, MS, 39180. Meet will take place indoors, in the large building furthest back from the parking lot entry (behind the main gym and behind the women's gym).

ELIGIBILITY: Lifters must be an APF/AAPF registered athlete by the time of the meet. You can renew or get your new membership at <https://worldpowerliftingcongress.com/#> No cards will be sold at weigh-ins; must purchase online.

WEIGH-IN: Friday, July 19, 2024: 9:00am – 11:00pm and 4:00pm – 6:00pm Conducted at Wyatt's Gym, 3520 Manor Drive, Vicksburg, MS, 39180

EVENT July 20, 2024:

MANDATORY RULES BRIEFING: 8:00am

LIFTING STARTS: 9:00am

UNIFORM: One-piece lifting suit or wrestling suit is MANDATORY.

CONTEST LIFTS: Full Meet (Squat/Bench/Deadlift), Bench Only, and Deadlift Only.

EQUIPMENT:

- Squat: Texas Strength Systems monolift on platform using a 65lb Sportkraft squat bar/two TSS monolifts provided in warm up room and two 65lb squat bars provided in warm up room
- Bench: Texas Strength Systems bench on platform using a 55lb Sportkraft bench bar/two TSS benches provided in warm up room and two 55lb bench bars provided in warm up room
- Deadlift: 45lb Sportkraft deadlift bar will be used on platform/two 45lb deadlift bars will be provided in warm up room

ENTRY FEE: Meet entry fee is \$50. Participants must be 18 years of age or younger on day of meet. Each additional division/event is \$50. If received after **June 28, 2024** there's an additional \$25 late fee. All fees will be used to award a scholarship to the best overall male and female lifter via glossbrenner. Other prizes for second and third place as determined by glossbrenner. Please pay via PayPal @HardcorebarbellMS

SPECTATOR FEE: \$5.00 at the door. Fee will go to scholarship prize.

RULES: See [World Powerlifting Congress](https://worldpowerliftingcongress.com/#) for rulebook and records.

NOTES: There will be NO refunds as all fees are going to scholarships for best overall male and female lifer.

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ENTRY FORM

Name: _____

Address: _____

Telephone: _____ E-mail: _____

Date of Birth: _____ APF CARD# _____

APF or AAPF (circle one)	Weight class (circle one): Men's 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, and SHW Women's 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, and UNL	Style¹ (circle one): RAW CLASSIC RAW SINGLE PLY MULTI PLY
Meet T-Shirts- No Fee (circle one:) S M L XL 2XL 3XL	Division (circle one): Open/Teen 13-15/Teen 16-17/Teen 18-19/Junior 20-23/Sub Master 33-39/Master 40-44/Master 45-49/ Master 50-54/Master 55-59/Master 60-64/ Master 65-69/Master 70-74/Master 75-79/ Master 80+	Event (circle all that apply): Full Meet Bench Only Deadlift Only

Total amount due: \$ _____

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 Mississippi APF/AAPF, Kyle Davis, Deana Tollefson, Wyatt's Gym, Hardcore Barbell LLC. 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 APF/AAPF Mississippi State Championships, November 11, 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.

Signature in full _____ Date _____

Parent's signature (if under 18) _____

Return Entry Form to: apfmississippi@gmail.com you will receive an email confirmation

¹ We are not offering the band shirt bench only division.