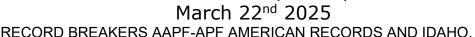
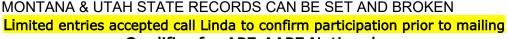


AAPF-APF Snake River Powerlift, Bench Press & **Deadlift Championships**







Qualifier for APF-AAPF Nationals

CONTACT: Linda Higgins PO Box 51433, Idaho Falls, ID 83405 1-208-521-3434 snakeriverpl@cs.com

EVENT LOCATION: Empire Strength and Fitness, 1539 Piper Street, Idaho Falls, ID 83401

Monolift, Forza Bench with safety, Sportkraft squat, bench and deadlift bars **EQUIPMENT:**

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 \$50 or \$60 for AAPF-APF ½ price for

teenage. Sign up online via website: worldpowerliftingcongress.com

Saturday March 22nd 10:00 am. Mandatory Rules Meeting 9:00 am LIFTING SCHEDULE:

WEIGH-IN: Weigh-ins 24-hour weigh in rule will apply. Friday March 21st 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

A fee of \$90 must accompany this entry form and be received no later than February 4th **ENTRY FEE:**

> 2025. 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

1-3rd place and Best Lifter based on number of entries. AWARDS:

> 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 or Utah, we highly recommend these locations.

In Idaho Falls, contact head coach Garet Butikofer garetbutikofer@gmail.com empirestrengthandfitness@gmail.com manager and co-owner of Empire Strength and Fitness or Curtis Bishop bishopbarbell@gmail.com co-owner Empire Strength and Fitness 208-681-2765 www.empirestrengthandfitness.com 208-569-9362 www.bishopbarbell.com

In Pocatello, ID contact Coach Chase at j.chase.bb@gmail.com Jayden Chase, Owner & Head Coach In American Falls, ID contact Colosseum Gym LLC, Luis Villa 208-339-8074 In Utah Lion's Pride Barbell, Doug Van Tassell, Layton, UT apfutahcomps@gmail.com, www.lionspridebarbell.com All 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.

AAPF-APF Snake River Powerlift, Bench & Deadlift Championships RECORD BREAKERS AAPF-APF AMERICAN RECORDS AND IDAHO, MONTANA & UTAH STATE RECORDS CAN BE SET AND BROKEN

Limited entries accepted call Linda 208-528-0444 to confirm participation prior to mailing March 22nd 2025

Name							
Address							
City			_State	Zip Code			
Date of Birth						_Age	
Phone #				_Cell#			
E-mail							
Gender: Men□	Women□		ry: AAPF (tested)	☐ APF□	APF□ (non tested)		
Event Entered (circle all that apply): F		Full Meet Bench Only		Unlimited Bench Only		Deadlift Only	
Raw/CR/MP (multi ply) / SP (single ply)		y) : Raw	MP (multi ply)	SP (single ply)	CR (cla	ssic raw f	ull PL only)
Division Entered (circle	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/Militar	y /First responder	s (AAPF/APF)	Special Olymp	ics Disabled	Youth par	ent super	vised
WEIGHT CLASSES:	Men 114, 123, Kilos 52 56	132, 148, 165, 18 60 67.5 75	31, 198, 220, 242, 32.5 90 100 110	275, 308, SHW 125 140 140+			
			48, 165, 181, 198 7.5 75 82.5 90		+		
<u>Raw (</u> belt, singlet, wrist wraps extend 4" above top groin), be complete rules <u>Classic Raw</u> (ench shirt single ply	polyester pullover (n	singlet or single ply ր o Velcro or open ba	polyester squat sui ck), <u>Multi Ply</u> , see	t (no velcro) www.worldp	, single ply owerlifting	briefs not to congress.com for
Fees & Payment: Make checks payable to: Snake River Powerlift Call for Venmo or Zelle 1-208-521-3434		Late Fe	e after 2/4/25 pos	t marked \$40	\$		
		Entry F	ee	\$90 \$			
		,	Additional division		\$		
		Youth (parent supervised) \$25 \$			
T-Shirts S-XL \$25 2x and up \$30 Hoodies contact Linda Higgins		12 and under Snake River Novice Entry \$40 \$					
S M L XL			Student AAPF-API				
3W_L^L	_2\3\						
			size\$2				
		l eam E	Entry (limit 11 lifter	s) \$80 \$			
			TOTAL DUE	\$			
I, THE UNDERSIGNED, AGREE TO W AGAINST Snake River Powerlifting, Lin ASSOCIATED WITH 2025 AAPF-APF ATHLETE'S SIGNATURE	nda Higgins Amy Jackson	Empire Strength and Fitne	ss, Bishop Barbell, Curtis E ps.	Bishop, AAPF-APF AND		OFFICIALS, IT	S STAFF AND ANYONE
			(Parent's Sign	nature 11 under 18)			