



## **Strength & Fitness Fest**

### **APF/AAPF PL, BP, DL**

### **June 21, 2025**

- MEET DIRECTORS:** Jayden & Ashley Chase  
j.chase.bb@gmail.com (208) 530-3696
- STATE CHAIR:** Linda Higgins (208) 528-0444; snakeriverpl@cs.com
- SANCTIONED BY:** APF/AAPF
- EVENT LOCATION:** Mountain View Event Center  
1567 Way to Grace Ave.  
Pocatello, ID 83201
- ELIGIBILITY:** Lifters must be an APF/AAPF registered athlete by the time of the meet. You can renew or get your new membership at [World Powerlifting Congress](#). No cards will be sold at weigh-ins; must purchase online.
- WEIGH-IN:** Friday, June 20, 2024: 10:00am – 12:00pm and 2:00pm – 4:00pm  
Conducted at Iron Dynasty Gym, Chubbuck, ID  
12679 Go Way Ave. Pocatello, ID 83202
- EVENT:** Check in at the Score Table  
MANDATORY RULES BRIEFING: Saturday June 21, at 9:00am  
Lifting starts at 10am
- UNIFORM:** One-piece lifting suit or wrestling suit is MANDATORY.
- CONTEST LIFTS:** Full Power, Bench Only, and Deadlift Only
- RECORDS:** APF/AAPF Idaho and Montana State and National Records can be set or broken.
- ENTRY FEE:** Meet entry fee is \$100 if received on or prior to **May 21, 2025**. If received after this date, there's an additional \$25 late fee. Additional divisions are \$50 each. PayPal, Venmo, certified check, money order, or cash only, please. Make checks payable to **Iron Dynasty Gym LLC**.  
\*Limited to the first 60 lifters accepted.  
\*No sign ups the day of the meet. No weigh-ins day of meet.
- SPECTATOR FEE** \$10 Entry into Strength & Fitness Fest. NO ADDITIONAL ENTRY for the Powerlifting Meet.
- RULES** See [World Powerlifting Congress](#) for rulebook and records.
- NOTES** No refunds.
- AWARDS** 1st-3<sup>rd</sup> place and Best Lifter based on number of entries. Cash prizes will be awarded to OPEN Division Best Lifters.

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**Please Print Legibly**

Full name: \_\_\_\_\_ Sex (circle one): Male Female  
 Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ e-mail \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Phone Number \_\_\_\_\_ Alternate Phone Number \_\_\_\_\_  
 Current APF/AAPF card (circle one): No Yes If so, card number is \_\_\_\_\_

### APF AAPF (circle one)

**Event Entered** (circle all that apply): Full Power Raw/Equipped (circle one): Raw  
**Division Entered** (circle all that apply):

	Bench Only	Unlimited Bench Only	Deadlift Only
	Classic Raw	Equipped (Single Ply)	Equipped (Multi-Ply)
Open			
Police/Fire/Military/First Responders		Special Olympics	Disabled
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+	

**Weight Class** (circle one):

Women:	97	105	114	123	132	148	165	181	198	220	242	242+ (UNL)
Kilos	44	48	52	56	60	67.5	75	82.5	90	100	110	110+
Men:	114	123	132	148	165	181	198	220	242	275	308	308+ (SHW)
Kilos	52	56	60	67.5	75	82.5	90	100	110	125	140	140+

**Fees & Payment: PayPal, Venmo, Cash, Certified Checks, or Money Orders Only, Please**

Entry fee \$100: \_\_\_\_\_

If after **May 21, 2025**, add late fee \$25: \_\_\_\_\_

Additional divisions \$50 each: \_\_\_\_\_

T-shirt size \_\_\_\_\_ \$25 each: \_\_\_\_\_

(Sizes: Small-3X)

**TOTAL DUE:** \_\_\_\_\_

**Make checks payable to:**

**Iron Dynasty Gym LLC    PayPal: jaydenachase    Venmo: IronDynastyGym**

**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 Idaho APF/AAPF, Jayden and Ashley Chase, Iron Dynasty Gym LLC, Strength & Fitness Fest, 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 S&FF APF/AAPF June 21, 2025. 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.

Print Full Name \_\_\_\_\_

\_\_\_\_\_  
Lifter's signature

(Parent must sign if Lifter is under 18 years of age)

**Mail or Email Form to: Jayden Chase**

**12683 Go Wy Ave. Pocatello, ID 83202**

**[j.chase.bb@gmail.com](mailto:j.chase.bb@gmail.com)**