



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

March 21st 2026

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 1-208-521-3434 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 \$50 or \$60 for AAPF-APF ½ price for teenage. Sign up online via website: worldpowerliftingcongress.com
- LIFTING SCHEDULE:** Saturday March 21st 10:00 am. Mandatory Rules Meeting 9:00 am
- WEIGH-IN:** Weigh-ins 24-hour weigh in rule will apply. Friday March 20th 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 1st 2026. 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
- AWARDS:** 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.
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. IronDynasty has multiple certified APF judges who train at IronDynasty who can help you familiarize yourself with the rules.

Mail Entry To: Linda Higgins PO Box 51433, Idaho Falls, Idaho 83405 USA 1 (208) 521-3434 snakeriverpl@cs.com

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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 21st 2026

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 for complete rules Classic Raw (raw with knee wraps or knee sleeves)

Fees & Payment: **Late Fee after 2/4/25** post marked \$40 \$ _____
Make checks payable to: Snake River Powerlift
 Call for Venmo or Zelle 1-208-521-3434
 Entry Fee \$90 \$ _____
 Additional division(s) \$40 \$ _____
 Youth (parent supervised) \$25 \$ _____
 12 and under
 T-Shirts S-XL \$25 2x and up \$30 Snake River Novice Entry \$40 \$ _____
 Hoodies contact Linda Higgins
 S ___ M ___ L ___ XL ___ 2X ___ 3X ___ 1st time Student AAPF-APF \$55 \$ _____
 T-Shirt size _____ \$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, APF-AAPF, Amy Jackson, Empire Strength and Fitness, Bishop Barbell, Curtis Bishop, AAPF-APF AND ANY AND ALL OFFICIALS, ITS STAFF AND ANYONE ASSOCIATED WITH 2026 AAPF-APF Snake River Powerlift, Bench & Deadlift Championships. I am aware that this event could be live streamed.

ATHLETE'S SIGNATURE _____ DATE _____
 (Parent's Signature if under 18)

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