

APF PATRIOT GAMES POWERLIFTING COMPETITION

Saturday, MAY 16th, 2015

Push-Pull and Strict Curl



SPONSORED BY:	C.O.P.S.
EVENT LOCATION:	Buellton Community Recreation Center 301 Second Street, Buellton, CA 93427
ELIGIBILITY:	APF/AAPF-registered athletes *Current Membership with APF
WEIGH-IN:	24-hour weigh-in rule will apply. Friday, May 15 th , 2015, 10:00 A.M. to 11:30 A.m. and 6:00 P.M. to 7:30 P.M. Saturday, May 16th, 2015, 08:00 A.M. to 09:00 A.M.
COMPETITION:	Competitors may lift, equipped or raw, bench-only, deadlift-only or push-pull for total. Mandatory rules briefing, Saturday, May 16th st , 2015, at 9:30 a.m.
LIFTING SCHEDULE:	Saturday, May 16 th , 2015, 10:00 a.m. The meet will begin with the Bench Press at 10:00 a.m.
UNIFORM:	Singlet or one-piece lifting suit mandatory. APF rules apply.
ENTRY FEES:	Push-Pull: \$75 Military with ID \$50.00 Bench-only: \$75 Military with ID \$50.00 Deadlift-only: \$75 Military with ID \$50.00 Strict Curl: \$75 Military with ID \$50.00 Each additional division entry: \$25.00 (including team) note: \$25.00 entry is for entire team. Entry fee to be included on team captain's entry form. T-Shirt add \$15.00 to entry Note Military is separate division from regular divisions with separate awards.
DEADLINE:	Entries must be postmarked on or before May 1 st , 2015 or a \$25 late fee will be charged.
AWARDS:	Trophies or Medals will be awarded for 1 st place, 2 nd and 3 rd place. A team trophy will be awarded for best team.

2015 APF PATRIOT GAMES POWERLIFTING COMPETITION

Saturday, MAY 16th, 2015

Entry Form

Last Name _____ First Name _____ Middle Initial _____

Address _____

City _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____

E-Mail _____ Date of Birth _____

If competing on a team list team name: _____ Team Captain : _____

Wt. Class (Men): ☐ 114 ☐ 123 ☐ 132 ☐ 148 ☐ 165 ☐ 181 ☐ 198 ☐ 220 ☐ 242 ☐ 275 ☐ 308 ☐ SHW (circle one)

Wt. Class (Women): ☐ 97 ☐ 105 ☐ 114 ☐ 123 ☐ 132 ☐ 148 ☐ 165 ☐ 181 ☐ 198 ☐ Unlimited (circle one)

Division/Age Group: ☐ Open ☐ Junior (20-23) ☐ Teen (13-15) ☐ Teen (16-17) ☐ Teen (18-19)

Submaster: ☐ (33-39) Masters: ☐ 40-44 ☐ 45-49 ☐ 50-54 ☐ 55-59 ☐ 60-64 ☐ 65-69 ☐ 70-74 ☐ 75-79 ☐ 80-84 (circle one)

Military/Police/Fire: ☐ Open Sub-master ☐ (33-39) Masters: ☐ 40-44 ☐ 45-49 ☐ 50-54 ☐ 55-59 ☐ 60-64 ☐ 65-69 ☐ 70-74 ☐ 75-79 ☐ 80-84 (circle one)

☐ Push-Pull ☐ Bench-only ☐ Dead-lift-only ☐ Strict Curl ☐ Raw ☐ Equipped ☐ Military
☐ Police/Fire ☐ Multiple Divisions

APF Membership #: _____

Expiration Date: _____

Non-APF lifters may purchase memberships at the Meet-

(\$30 for APF or AAPF or \$40 for both)

*APF is non-tested membership

*AAPF is drug tested membership

Records are separated by APF/AAPF

Push-Pull Entry Fee=\$75

Bench-only Entry Fee=\$75

Deadlift-only Entry Fee=\$75

Multiple divisions =\$25 each

Additional division entered

Military/Police and Fire Fee any event =\$50

T-shirt \$15.00

Membership: Please circle- APF/AAPF/Both

Late fee after March 7th, 2015=\$25

Team entry:

Total Amount Enclosed:

☐ Check payment enclosed

☐ Money order payment enclosed

T-Shirt Size: ☐ Small ☐ Med. ☐ Large ☐ XL ☐ 2XL ☐ 3XL ☐ 4XL

(* Please do not send cash in mail*)

Make checks or money orders payable to: C.O.P.S.

Note: Each athlete **MUST** show his/her APF membership card at weigh-in. If he/she cannot, then they will have to buy one and their membership will be extended a year. AAPF athletes **MUST** also have an APF membership to compete in this meet.

Waiver: In consideration of the acceptance of this entry, I hereby for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the APF, C.O.P.S. and City of Buellton, their representatives, successors, and assigns for any and all injuries or bodily harm that I might suffer while competing at the APF Patriot Games on Saturday, May 16th, 2015.

Signature of Competitor

Signature of Parent/Legal Guardian if Competitor is under 18 years of age

Mail entries to:
C.O.P.S.
P.O. Box 865,
Buellton, CA 93427

**The Pea Soup Andersen's Inn 51 E. Hwy 246. Buellton, Ca.
93427 tel. (800) Pea-Soup
<http://www.peasoupandersens.com/>**



DIRECTIONS

Los Angeles:

- US-101 N 137 mi
- Slight right onto the CA-246 ramp to Lompoc/Solvang 0.2 mi
- Turn left at CA-246 W Destination will be on the right 0.2 mi
- Formerly Best Western Pea Soup Andersen's 51 E Highway 246 Buellton, CA 93427-9723

San Francisco:

- US-101 S 294 mi
- Take the CA-246 ramp to Solvang/Lompoc 0.1 mi
- Turn right at CA-246 W Destination will be on the right 404 ft
- Formerly Best Western Pea Soup Andersen's 51 E Highway 246 Buellton, CA 93427-9723

Alternate hotels-

Days Inn Buellton - Solvang

114 East Highway 246, Hwy 101 N & 246 E, Buellton, CA 93427

(805) 688-8448



<http://www.daysinnbuellton.com/>

Directions: Very easy to find just west of Pea Soups on highway 246 on the left just after the highway 101 S/B on-ramp



Motel 6 Buellton - Solvang Area #62

333 McMurray Road

US 101 at SR 246

Buellton CA 93427

Phone: (805) 688-7797

FAX: (805) 686-0297