

APF CALIFORNIA STATE POWERLIFTING CHAMPIONSHIPS

Saturday, March 21st, 2015



- 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, March 20th, 2015, 10:00 A.M. to 11:30 A.m. and
6:00 P.M. to 7:30 P.M.
Saturday, March 21st, 2015, 08:00 A.M. to 09:00 A.M.
- COMPETITION:** Competitors may lift, equipped or raw, in the full meet,
bench-only, or deadlift-only. Mandatory rules briefing,
Saturday, March 21st, 2015, at 9:30 a.m.
- LIFTING SCHEDULE:** Saturday, March 21st, 2015, 10:00 a.m.
The meet will begin with the squat at 10:00 a.m.
- UNIFORM:** Singlet or one-piece lifting suit mandatory.
APF rules apply.
- ENTRY FEES:** Full Meet: \$75
Bench-only: \$75
Deadlift-only: \$75
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
- DEADLINE:** Entries must be postmarked on or before March 7th, or a
\$25 late fee will be charged.
- AWARDS:** Trophies or Medals will be awarded for 1st place, 2nd and
3rd place. A team trophy will be awarded for best team.

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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)

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

☐ Full Meet ☐ Bench-only ☐ Deadlift-only ☐ Raw ☐ Police/Fire ☐ Multiple Divisions

APF Membership #: _____

Expiration Date _____

Non-APF lifters may purchase memberships at the meet (\$30 for APF or \$40 for APF/AAPF)

Full Meet Entry Fee=\$75	
Bench-only Entry Fee=\$75	
Deadlift-only Entry Fee=\$75	
Multiple divisions =\$25 each	
Additional division entered	
Police and Fire Fee only=\$65	
T-shirt \$15.00	
Membership (\$30 for APF, \$40 for APF/AAPF)	
Late fee after March 7 th , 2015=\$25	
Team entry:	
Total Amount Enclosed:	

☐ Check payment enclosed

☐ Money order payment enclosed T-Shirt Size: ☐ XS ☐ Small ☐ Med. ☐ Large ☐ XL ☐ 2XL ☐ 3XL

(* 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 State Championships on Saturday, March 21st, 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