## South Dakota APF/AAPF State Powerlifting Championships

**February 4, 2017** 

SPONSORED BY: RIVER CITY FITNESS

**MEET DIRECTORS:** 

Chamberlain, SD | Ph: (605) 234-1018

J.R. Bolger, SD APF State Co-Chairman

Ph: 605-222-8640

Email: powerlifter6662000@yahoo.com

**RIVER CITY FITNESS 2** 

Pierre, SD | Ph: (605) 224-1425 & (605) 494-1425

John Lenz, SD APF State Co-Chairman

River City Fitness

Email: <u>rivercityfitness@hotmail.com</u>
Web: www.rivercityfitness.com

**MEET UPDATES:** Visit the meet website at: http://www.rivercityfitness.com/APF/SDstateMeet-Feb2016/ or

Find the "2017 SD State APF/AAPF Powerlifting Championships" event page on FACEBOOK.

**SANCTIONED BY:** The American Powerlifting Federation (APF)

Check www.worldpowerliftingcongress.com for rules.

PLACE: AmericInn® Lodge & Suites Chamberlain - Conference Center

Address: 1981 E King Ave, Chamberlain, SD 57325

**Phone:** (605) 734-0985

**ELIGIBILITY:** Open to qualified APF registered athletes. All athletes must have a current APF registration card

or purchase one at the meet. Athletes may register online www.worldpowerliftingcongress.com or at the

meet before weigh-in time with J.R. Bolger, State Chairman. (APF registration fee \$30.00)

\*Make APF registration checks/money orders out to the APF, NOT THE MEET DIRECTOR

**WEIGH-IN:** Friday-February 3, 2017: 9:00 AM – 12:00 PM & 4:00 PM – 6:00 PM

\*THERE WILL BE NO WEIGH-INS ON DAY OF MEET!

LIFTING SESSIONS: Saturday-February 4, 2017: 9:00 AM

Rules briefing will be at 8:00 AM

**UNIFORM:** Must have one piece lifting suit or wrestling suit. (Mandatory)

**ENTRY FEE:** All entry fees must accompany this entry form, to the meet director, no later than **January 13, 2017.** 

A late fee of \$50 will be applied to all entries received **POST MARKED** after this date.

NO ENTRIES allowed after January 20, 2017! Entry Fee is Non-Refundable.

\*Make Checks payable to: John Lenz

**WEIGHT CLASSES**: Men's Open 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, and SHW

Women's Open 97, 105, 114, 123, 132, 148, 165, 181, 198, and SHW

RAW division is for State Records ONLY

**AWARDS:** Awards will be given to the first three places in each men and women's division.

There will be "BEST LIFTER" awards as followed by formula:

APF – One Man and One Woman (The type of awards may vary, depending upon the number of entries)

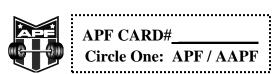
EQUIPMENT: Elitefts Monolift & Elitefts Bench, Bulldog Texas Squat & Bench Barbells, Okie Deadlift Bar.







## 2017 SD STATE MEET ENTRY FORM



Name:		First Name		MI
		This i value		
Residence:Street		City	State	
Street		City	State	Zip
Telephone:		E-mail address:		
Date of Birth:		Age (day of med	et):	
☐ EQUIPPED (squat suit, bench shirts, deadlift suits	s)	Classic Raw (singlet and knee	wraps only)	RAW (singlet only)
Men's Full Meet	\$75	Weight Class	Age	
Women's Full Meet	\$75	Weight Class	Age	
Men's Bench Press/Deadlift	\$75	Weight Class	Age	
Men's Bench Press	\$75	Weight Class	Age	
Men's Deadlift	\$75	Weight Class	Age	
Women's Bench Press/Deadlift	\$75	Weight Class	Age	
Women's Bench Press	\$75	Weight Class	Age	
Women's Deadlift	\$75	Weight Class	Age	
Meet T-Shirts: \$20 ea. Siz			XL2	XL3XL
**ENTRY FEES & APF CARD FEES ARE TO BE PAID SEPARATELY, NOT TOGETHER** ***FEES are NON-Refundable***		•	ors must add ai	n additional \$10 for testing.
		<u>TOTAL</u> amou	nt enclosed: §	<u> </u>
AG In consideration of the acceptance of this entrany and all rights and claims for damages I m Lenz, their representatives, successors and as at the SD APF/AAPF State Powerlifting Chaphotographer may be used for advertisement	ry I hero nay hav signs fo mpionsl	e against the AmericInn or any and all injuries or nips. I also agree that al	, executors, and a , APF, River City bodily harm that	Fitness, John R. Bolger, John I might suffer while competing
Signature in full			Date	
Davant's signature if under 19.				
Parent's signature if under 18:				

608 S. Main St – Kimball, SD 57355