

2012 APF NEW YORK STATE FULL POWER CHAMPIONSHIPS

March 24TH, 2012



SPONSORED BY: SHAWNA MENDELSON & TEAM BLUE COLLAR BARBELL

EVENT LOCATION:

**ALL NATURAL GYM
163 SOUTH 11TH STREET
LINDENHURST, NY
631-957-7373**

ELIGIBILITY:

Open to all APF registered athletes.

WEIGH-IN:

ALL NATURAL GYM

24 hour weigh in rule will apply.

Friday - March 23rd 11:00am - 4:00 pm

Saturday March 24th 9:00 am – 10:00am

Meet will be Raw and Equipped!

COMPETITION:

Mandatory rules briefing Saturday at 10:30 am

LIFTING SCHEDULE:

Saturday March 24th. Meet will Start at 11am Sharp!

UNIFORM:

Mandatory - Must have one piece lifting suit or wrestling singlet.
APF Rules apply.

CONTEST LIFTS:

Squat - Bench Press – Deadlift and/or Bench Press Only

ENTRY FEE:

\$100 for the full meet, \$80 for Push/Pull, \$60.00 Bench only!
MARCH 19TH, 2012. \$20.00 late fee for any entries allowed in after the deadline.

AWARDS:

1-3rd place and Best Lifter in each category based on content of entries.

**2012 APF NEW YORK STATE RECORD BREAKER
FULL POWER CHAMPIONSHIPS
March 24th 2012**

Entry Form



Competitor:

Last Name _____ First Name _____ MI _____
Address _____
City _____ State _____ Zip Code _____
Home Phone _____ Work Phone _____ Age _____
e-mail _____ Date of Birth _____

Division Entered: Open Junior 20-23 Teen13-15 16-17 18-19 Submaster 33-39
Masters 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84
 Police/Fire/Military

Class Entered Men: 114 123 132 148 165 181 198 220 242 275 308 SHW
Class Entered Women: 97 105 114 123 132 148 165 181 198 Unl
Men Women Wt Class _____ Powerlifting Bench Press Push/Pull (must lift in both)

Raw , Single Ply, Multiply Please circle!

Fees & Payment:

Late fee after 3/19/2012 \$20 \$

AAPF# _____ Exp. Date _____

Entry fee Powerlifting \$100 \$ _____

Entry Fee Push/ Pull \$80 \$ _____

Entry Fee Bench Only \$ 60 \$ _____

TOTAL DUE \$ _____

Paid: Cash Money Order/Cashiers Check

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, AAPF, Shawna Mendelson, ALL NATURAL GYM, their representatives, successors, and assigns for any and all injuries or bodily harm that I might suffer while competing at the 2012 APF NY State Championships, MARCH 24TH, 2012. SIGN HERE X

**RETURN ENTRY FORMS TO: MAKE CHECKS PAYABLE TO SHAWNA MENDELSON
ALL NATURAL GYM 163 SOUTH 11TH STREET LINDENHURST, NY (631) 957-7373
Thenewqym@gmail.com**