

2010 Europa Sports Expo
APF Single Ply
Powerlifting & Bench Press Nationals
April 16th & 17th



- MEET DIRECTOR:** Kieran Kidder 1-630-896-7309 ~ 1-866-389-4744
www.worldpowerliftingcongress.com amyjackson@aol.com
- EVENT LOCATION:** Orange County Convention Center, 9800 International Drive, Orlando, FL 32819
- EUROPA INFO:** www.orlandosportsexpo.com
- VENUE INFO:** www.occc.net
- ELIGIBILITY:** Open to APF registered athletes. Must have valid membership card or can purchase one at weigh-ins. If you fail to bring it you will be required to purchase one onsite.
- WEIGH-IN:** 24 hour weigh in rule will apply. Location TBD
- LIFTING SCHEDULE:** **Friday, April 16th All Bench Only Competitors**
Saturday, April 17th All Powerlifting Competitors
- MANDATORY RULES MEETING PRIOR TO LIFTING**
- UNIFORM:** Mandatory - Must have one piece lifting suit or wrestling suit. Single ply gear only for equipment rules go to www.worldpowerliftingcongress.com for rule book.
- CONTEST LIFTS:** Full Meet (Squat/Bench/Deadlift) & Bench Only
- ENTRY FEE:** \$65.00 per division / \$35.00 per each additional division. Make checks payable to the APF.
- The entry fee must accompany this entry form and be received no later than March 15th, 2010. NO REFUNDS.
- Registrations received after 3/15/10 that are accepted will be an additional \$30 late fee.
- AWARDS:** Full Meet/Bench Meet
Men's Open 1st-3rd in each weight class
Men's Junior/Teenage 1st-3rd by formula
Men's Masters 1st - 3rd by formula
Women's Open 1st - 5th by formula
- RECORDS:** This event will establish Single Ply American records.

Return Entry Form to: APF, 505 Westgate Drive, Aurora, IL 60506
Phone (630) 896-7309 1-866-389-4744

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Please Print Legibly

Last Name _____ First Name _____ MI _____

Address _____

City _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____ Age _____

e-mail _____ Date of Birth _____

Event Entered: Full Meet Bench only Meet Both Full Meet and Bench

Division Entered: Men's Open Women's Open Men's Jr. /Teen Men's Masters

Wt Class: 114 123 132 148 165 181 198 220 242 275 308 SHW

Awards are guaranteed to those who pre-register only

Fees & Payment:

Make checks payable to: APF

Late fee after 3/15/10 \$30 \$ _____

Entry fee \$65 \$ _____

Additional Division - \$35 \$ _____

APF # _____

APF Membership Fee \$30 \$ _____

Exp. Date _____

TOTAL DUE \$ _____

Paid: Cash Check

RELEASE FROM LIABILITY:

On behalf of myself, my heirs, executors, administrators and assigns, I hereby irrevocably waiver release and fully discharge the APF, Kieran Kidder, The Orange Country Convention Center, their respective officers, directors, employees, agents and shareholders of and from any and all rights, claims, demands, lawsuits, and causes of action due to or arising from any accident, injury, damage or loss directly, indirectly, or in any way associated with my participation in the powerlifting competition sponsored by the APF.

I represent that I know of no medical reason or condition that would impair my ability to participate in this event, and I hereby assume any and all risk of accidental, medical injury or consequential damages resulting from my participation. I acknowledge, understand and accept the inherent risks of powerlifting. I have read the above release, understand its meaning and consequences, and agree to be legally bound by its terms. I have signed this release freely and voluntarily:

Signature

Signature of parent or guardian
(if applicant is under the age of 18)

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