

**APA GREEN MOUNTAIN FALL CLASSIC**

**FULL POWER, IRONMAN,  
BENCH ONLY, DEADLIFT ONLY, BODY WEIGHT FOR REPS**

**OCTOBER 3RD AT FAIR HAVEN FITNESS**

WEIGH-INS: SATURDAY 6-8PM OR SUNDAY 8AM-10AM

RULES AT 10:30AM AND LIFTING STARTS AT 11AM

**EVENTS INCLUDE:** \$75 PER EVENT AND \$40 PER SUBDIVISION  
( PLEASE CHECK OFF CONTESTS YOU WOULD LIKE TO ENTER)

FULL POWER \_\_\_\_\_ IRONMAN \_\_\_\_\_  
BENCH ONLY \_\_\_\_\_ DEADLIFT ONLY \_\_\_\_\_

TESTED \_\_\_\_\_ NON -TESTED \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

**AGE CLASSES INCLUDE**

YOUTH 12 AND UNDER \_\_\_\_\_ 13-15 \_\_\_\_\_ 16-17 \_\_\_\_\_ 18-19 \_\_\_\_\_ JUN 20-23 \_\_\_\_\_  
OPEN \_\_\_\_\_ SUBS 33-39 \_\_\_\_\_ MAST 40-44 \_\_\_\_\_ MAST 45-49 \_\_\_\_\_ MAST 50-54 \_\_\_\_\_ MAST 55-59 \_\_\_\_\_  
MAST 60-64 \_\_\_\_\_ MAST 65-69 \_\_\_\_\_ MAST 70-74 \_\_\_\_\_ MAST 75-79 \_\_\_\_\_

**WEIGHT CLASSES MEN** 114,123,132,148,165,181,198,220,242,275,308,341,SUPER HVY  
**WOMEN** 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, UNLIMITED

**RAW** \_\_\_\_\_  
**STANDARD** \_\_\_\_\_  
**UNLIMITED** \_\_\_\_\_

SANCTIONED BY THE AMERICAN POWERLIFTING ASSOCIATION - ALL COMPETITORS MUST HAVE A CURRENT APA CARD. APA CARDS CAN BE PURCHASED AT THE MEET.

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AGE \_\_\_\_\_ APPROX BDY WT \_\_\_\_\_ PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

DEADLINE IS **SEPTEMBER 17TH** ALL LATE ENTRIES PAY AN ADDITIONAL \$15 NO EXCEPTIONS!!

**PLEASE SEND ALL ENTRIES TO:**

**FAIR HAVEN FITNESS ATTENTION JAMIE  
8 MAIN ST.  
FAIR HAVEN, VT 05743**

**ALL QUESTIONS? ASK FOR JAMIE 802-265-3470**