



Littlestown YMCA/APA

Howl at the Moon Power Lifting Competition

Date: Saturday October 23rd 2010. Entry Deadline: 10/10/10

Time: Lifting Commences at 12:00 am

Location: Littlestown YMCA, 95 Keystone St, Littlestown, PA 17340

Weigh-ins: Littlestown YMCA, Friday, October 22nd 8:00-8:30 am, Saturday, October, 10:30-11:00 am

Mandatory Rules Briefing 11:00 am

You must be a member of the APA to be eligible for competition. Membership cards to be purchased meet day. APA membership is \$30. High School student membership is \$15. Please do not send in money for membership with entry fee. (This is separate of entry fee. Cash Only)

Equipment must meet APA Specifications. APA rules will be followed.

See www.apa-wpa.com for rule book

Weight Classes Men: 114, 124,123,132,148,165,181,198,220,242,275,308,341,SHW

Weight Classes Women: 97,105,114,123,132,148,165,181,198,220,SHW

Age Divisions: Open,Sub,Teen: Teenager: 13-15,16-17,18-19 Junior:20-23 SubMast33-39

Master:40-44,45-49,50-54,55-59,60-64,65-69,70-74,75-79,80+

For specific information regarding the event please contact APA representative Scott Yard at 717-465-2255 or by e-mail at ronaldyard@hotmail.com. For any information regarding the Littlestown YMCA please contact George O'Brien III, Operations Director at gobrien@hanoverymca.org



Name _____
E-Mail address _____
Mailing Address _____
City _____ State _____ Zip _____
Weight Class _____ Age Division _____ Birth Date _____

CHECK appropriate: (If No show, Meet fee is non refundable)

Full Power \$75_____

Bench Max Only \$75_____

\$25 for additional Divisions (Example: If you are "Submaster" and want "Open" as well)

Late Fee if received after 10/20/10: \$15

Drug Tested_____ Untested_____

RAW_____ EQUIPPED/Standard _____ EQUIPPED/Unlimited _____

**Send checks payable to the Littlestown YMCA at:
95 Keystone Street, Attn: George O'Brien/Powerlifting, Littlestown, PA 17340**



Please read and sign waiver in order to compete. Return with registration form and payment.

In consideration of being permitted to participate in powerlifting competition sanctioned by the American Powerlifting Association, I hereby release Scott Taylor, R Scott Yard, the American Powerlifting Association, all American Powerlifting Association meet directors, their assistants and/or employees, the Hanover Area YMCA Association, and it's directors, board of directors, volunteers, etc., and all persons associated with rendering service there to from any responsibility or liability for any injury or loss to personal loss to myself, including those caused by negligent act or omission arising out of or connected with my participation in American Powerlifting Association competitions or the use of any equipment at the Powerlifting competitions. In signing this release form, I acknowledge and request the following:

1. Powerlifting is a strenuous athletic event. As a sport, accidents can and do happen periodically as a result of the normal danger involved.
2. There is a risk of participation. Lifter recognizes this risk and accepts it. Lifter shall have the duty to examine all equipment prior to use and immediately inform the proper people of any dangerous condition observed with the equipment, personnel or event venue. The lifter has sole responsibility of the condition of his personal lifting gear i.e. bench press shirts, lifting suits, belts, wraps, and other lifting gear and it is the responsibility of the lifter to wear such gear in a manner that is safe and at least likely to result in injury. The American Powerlifting Association and its meet directors and employees are not responsible for lifting gear blowouts, tears or any defects in lifting gear.
3. I am in excellent health and capable of performing the feats of strength attempted.
4. I am the sole decider of the amount of weight to be lifted. Lifter will react in a reasonable matter at all times and not lift weights beyond the safe and prudent level.
5. I have the right to bring my own spotters and assistants. If I do not do so, I may use such spotters as provided by the meet director, solely as a courtesy to the lifter.
6. Neither the American Powerlifting Association nor any subdivision thereof, nor any agent, servant or employee of the American Powerlifting Association nor any other competitor shall be liable to me for any harm or damage to me, unless such is the result of the intentional or reckless conduct of such person, which conduct shall not be imputed to any other person or organization. No action of negligent entrustment shall exist.
7. I will be responsible for my behavior and acts and those of my guests. If I do not act in accord with the rules of the American Powerlifting Association for competition or behavior, I may be asked to leave the event immediately by an event director and will do so voluntarily and shall forfeit all fees paid to the meet director. In the event litigations shall occur, I shall be responsible for payment of reasonable attorney fees to the prevailing party.
8. This Release is reasonable, executed freely, without duress and undue influence and after opportunity for careful and independent review.

In Consideration of acceptance of my entry form in this powerlifting competition, I intend to be legally bound for not only myself, but also for my heirs, executors, and administrators. In signing this release from liability, I waive and release everyone connected with this competition from any and all liability and negligence which may rise from it.

NAME _____ AGE _____ PHONE _____

MAILING ADDRESS _____

Email Address _____

SIGNATURE (Signature of guardian if under 18) _____