

2011 APA IRONFEST CHALLENGE

Powerlifting & Strongman

www.apa-wpa.com

November 5, 2011 at Conference Center 361 N. 10th Street Defuniak Spr. FL. 32433

Weigh-ins: Friday Nov. 4 - 5:00pm until 8:00pm

Meet will start at 10:00 am

Sanctioned by the American Powerlifting Association (APA). You must be a member to be eligible. You may purchase membership card at the meet (\$30 adult - \$15 High School Student).

SEND ALL ENTRIES AND MAKE MONEY ORDER PAYABLE TO:

Bobby Myers 1022 Harrell Road Defuniak Springs, FL. 32435

Entry Deadline is October 29, 2011 entries received after this date must include a \$20 late fee!

NO ENTRIES accepted the day of the meet!

Contact info:

Bobby Myers (meet director) (850)974-2880 alaqua-pits@netzero.net

***Note: Entry fees are not refundable!**

NOTICE: ONLY SELECT THE ONES THAT PERTAIN TO THE EVENTS YOU ARE ENTERING.

Equip powerlifting ___ Equip Bench Press ___ Equip Deadlift Only ___

Raw powerlifting ___ Raw Bench Press ___ Raw Deadlift Only ___

You can enter more than one event if you would like, just check the events you want to enter

And send the appropriate fees according to the contest you are entering.

What Divisions are you entering?

Women's Open ___ Men's Open ___

Teen Men Lt.(148 under by co-ef) ___ Teen Men Mid.(198 under by coef) ___ Teen Men

Hvy. (199 and up by co-ef) ___

Teen women (148 and under co-ef) ___ Teen women (over 148 by co-ef) ___

Men's Masters (under 198) ___ Men's Masters (over 198) ___

Women's Masters (under 148) ___ Women's Masters (over 148) ___

(You will still be able to set individual age and weight class, National and World records, in all teen/masters classes! For record information -APA website www.apa-wpa.com)

What Weight Class are you entering? If you don't make weight, you go to the one you do make.

Men's Wt. Class:

114 ___ 123 ___ 132 ___ 148 ___ 165 ___ 181 ___ 198 ___ 220 ___ 242 ___ 275 ___ 308 ___ Super ___

Women's Wt. Class:

97 ___ 105 ___ 114 ___ 123 ___ 132 ___ 148 ___ 165 ___ 181 ___ 198 ___ Unlimited ___

Entry Fees:

Powerlifting Meet \$65 one division & \$35 each additional division.

Bench Press Meet \$65 one division & \$35 each additional division.

Deadlift Meet \$65 one division & \$35 each additional division.

NAME _____ AGE _____

PHONE _____

ADDRESS _____

CITY _____ STATE _____ ZIPCODE _____

EMAIL ADDRESS _____ RING SIZE _____

Will be giving SPECIAL Best Lifter Awards this year, along with other surprises!

Best lifter awards are Open class only, and there must be at least 10 men or 5 women in the division to be awarded a Best lifter award! ONLY one BEST LIFTER Ring per Lifter!

As usual there will be pizza, doughnuts, and drinks for lifters, spotters/loaders, & judges!

Meet Hotel

Comfort Inn & Suites

326 Coy Burgess Loop

Defuniak Springs, Fl. 32435

850-951-2225

\$45.00 per night

This is a new property, very nice! Reserve under APA Ironfest for this rate.

This meet is a Last chance qualifier for Raw 504 – 2011 Clash for Cash!