



2011 APA River Rat Classic



September 24, 2011 at Bodybuilders Gym, 4200 N. Bicentennial Drive, McAllen, Texas
Weigh-ins: Friday 6PM until 7:30PM or Saturday 7:30AM until 8:30AM (Lifting starts at 9:30am)

Meet Director: Robert Jackson 956-342-2257 jacksonflxm@aol.com

MAIL ENTRY FORM & MAKE CHECK PAYABLE TO: ROBERT JACKSON 4300 BICENTENIAL DRIVE, MCALLEN, TEXAS 78501

Entry Deadline is September 10, 2011. Entries after this date and walk-in registrations must include a \$20 late fee! Walk-in registrations the day of the meet must make payment in cash! Checks not accepted the day of the meet! Note: Entry fees are not refundable

Sanctioned by the American Powerlifting Association. You must be a member to be eligible. If you are not a member yet you may purchase an APA membership card at the meet (\$30 yr. adult or \$15 high school student). Membership required to compete. Online rulebook and equipment regulations can be found on the APA website <http://www.apa-wpa.com>

SELECT CATEGORY YOU CHOSE TO COMPETE IN. ONLY ONE SELECTION IS ALLOWED

- Raw: No supportive gear except wraps and belt. If squatting and deadlifting a wrestling singlet is required. If only benching you have the option of singlet or spandex material bike shorts.
- Standard Gear: Lifting suit allowed (polyester up to 2 ply and bench shirt up to double ply Polyester or Denim allowed) Standard Cut groove briefs allowed (briefs up to belly and briefs with legs are not allowed)
- Unlimited Gear: Any material and thickness of gear, powerpants, non-standard cut groove briefs ect allowed

CHECK CONTEST(S) ENTERING

<input type="checkbox"/> (Powerlifting) - 1 Division \$60.00	<input type="checkbox"/> (Powerlifting) - 2 Divisions \$90.00	<input type="checkbox"/> (Powerlifting) - 3 Divisions \$120.00
<input type="checkbox"/> (Push-Pull) - 1 Division \$60.00	<input type="checkbox"/> (Push-Pull) - 2 Divisions \$90.00	<input type="checkbox"/> (Push-Pull) - 3 Divisions \$120.00
<input type="checkbox"/> (Bench Only) - 1 Division \$60.00	<input type="checkbox"/> (Bench Only) - 2 Divisions \$90.00	<input type="checkbox"/> (Bench Only) - 3 Divisions \$120.00
<input type="checkbox"/> (Deadlift Only) - 1 Division \$60.00	<input type="checkbox"/> (Deadlift Only) - 2 Divisions \$90.00	<input type="checkbox"/> (Deadlift Only) - 3 Divisions \$120.00

CHECK DIVISION(S) ENTERING:

<input type="checkbox"/> Open (includes all ages)	<input type="checkbox"/> Youth 8-10	<input type="checkbox"/> Youth 10 -11
<input type="checkbox"/> Youth 11-12	<input type="checkbox"/> Teenage 13-15	<input type="checkbox"/> Teenage 16-17
<input type="checkbox"/> Teenage 18-19	<input type="checkbox"/> Junior (20-23)	<input type="checkbox"/> Master (50-59)
<input type="checkbox"/> Submasters(33-39)	<input type="checkbox"/> Master (40-49)	
<input type="checkbox"/> Master (60-69)	<input type="checkbox"/> Master (70-79)	

Official Entry Form – 2011 APA River Rat Classic -Applicant Information

Name:		
Date of birth:	Email:	Phone:
Current address:		
City:	State:	ZIP Code:
<input type="checkbox"/> I have a current APA Membership Card	<input type="checkbox"/> My membership card expired. I will renew at the meet	Age: