

**APA FAIR HAVEN FITNESS 2011 WINTER POWER WARS
FULL POWER, IRONMAN,
BENCH ONLY, DEADLIFT ONLY, BODY WEIGHT FOR REPS**

DECEMBER 3RD AT FAIR HAVEN FITNESS

WEIGH-INS
FRIDAY 6-8PM OR SATURDAY 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 NOVEMBER 25TH 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