



Rocky IV
Don Rockenbach Memorial State Meet

Saturday September 24th 2011
Osage Community Center
1625 N Kingshighway
Cape Girardeau, MO 63701

Full Power, Singles Event, and RAW Championships

Teen (14-15,16-17,18-19) **Juniors** (20-23) **Open Submasters** 33-39 **Masters** (all age div) **Special Olympian**
Non-tested and Drug Tested Divisions Records Mo and American/World Records

Weigh-ins will be Friday 5:00 PM to 7:30 PM
Saturday Morning 8:00 AM to 9:00 AM
Rules Meeting at 9:30 AM
Lifting Starts at 10:00 AM

The Don Rockenbach Scholarship recipient will be announced for the 2011 2012
School Year. Last year's recipient was Tommy Meyer

Must Have A Current APA Card \$30 Adult \$15 Teen
Special Olympian Entry and APA Card will be purchased for them by the Rocky Foundation

ENTRY Is Post Marked By September 9th Cost 45.00 Adult 25.00 High School

Entry Posted Marked After September 9th 60.00 Adult 35.00 High School

Entry At the Door During Registration 75.00 Adult 50.00 High School

Rodney Wood
Phone 417 293 6717 email rodwood1967@yahoo.com
Rule Book and Meet information can be found at www.apa-wpa.co

RULES:

CURRENT APA RULES. One-piece singlet must be worn as a minimum, unless your are a high school athlete then shorts and T Shirt will be allowed, but National and World records cannot be set. Double Ply Power Suit and Jockey Style Briefs can be used, briefs with no leg, poly suits, no canvas or denim. Bench Shirts double ply poly or denim. In the Deadlift long socks that cover the calf must be worn Raw division only allows one piece singlet, 4 inch belt, wrist-wraps and knee wraps.

All Rules are available at www.apa-wpa.com

This meet will be run with squat jacks No Monolift

Entries Mailed To Rodney Wood 6888 State Rt. BB West Plains, MO 65775

Checks made out to Irontown USA Productions

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Entry At the Door During Registration 75.00 Adult 50.00 High School

Name: _____ Address _____

City _____ State _____ Zip _____

Weight Class _____ Age: _____ Sex _____

Email Address _____ Phone _____

Nontested or Tested

If entering drug tested division you will be eligible for drug testing by urinalysis

Equipped RAW

Adult High School Special Olympian

Check The Event or Events You Will Be Competing In

Power Meet

Push Pull

Bench

Deadlift

GENERAL RELEASE (Must be signed and returned with entry)

The undersigned seeks to participate in a Powerlifting competition sponsored by the midwest chapter of the American Powerlifting Association (A.P.A.). Participation in this meet is a privilege and all participants must be members in good standing of the American Powerlifting Association. As a condition of participation, the member must agree to the following and execute this General Release. (Any member who does not wish to sign this, shall receive a refund of entry fees.) In consideration of being permitted to participate in the Powerlifting competition being held, the undersigned Lifter, hereby Releases the American Powerlifting Association, Irontown USA Productions LLC, the staff of such organizations, its officers and employees, the sponsor of the event, and all persons associated therewith or rendering service thereto, from any responsibility or liability for any injury to Lifter, including those caused by the negligent act or omission arising out of or connected with my participation in the Powerlifting competition or the use of any equipment at the Powerlifting competition.

In signing this Release form, Lifter acknowledges and represents 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 in the equipment, personnel or event venue.
- 3) Lifter is in excellent health and capable of performing the feats of strength attempted.
- 4) Lifter is the sole decider of the amount of weight to be lifted. Lifter will act in a reasonable manner at all times and not lift weights beyond a safe and prudent level.
- 5) Lifter has the right to bring his/her own spotters and assistants. If Lifter does not do so, Lifter may use such spotters as provided by the A.P.A., solely as a courtesy to Lifter.
- 6) Neither the A.P.A., nor any subdivision thereof, nor any agent, servant or employee of the A.P.A., nor any other competitor shall be liable to Lifter for any harm or damage to Lifter, unless such harm 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 for negligent entrustment shall exist.
- 7) Lifter will be responsible for his/her behavior and acts and those of his/her guests. If Lifter does not act in accord with the rules of the A.P.A. for competition or behavior, he/she may be asked to leave the event immediately by an event director and will do so voluntarily and shall forfeit all fees paid. In the event litigation should occur, Lifter shall be responsible for payment of the reasonable attorney's fees of the successful party.
- 8) This Release is reasonable, executed freely, without duress or undue influence, and after opportunity for careful and independent review.

I HEREBY REPRESENT AND WARRANT THAT I HAVE READ, REVIEWED AND COMPLETED THE ABOVE WAIVER CONSENT FORM.

Signature of Participating Lifter _____

Parent or Guardian's Signature (If Lifter is under 18) _____