



APF Southern Steel Barbell Push/Pull

Oct. 9, 2010

Entry Form

- SPONSORED BY:** Paul Key & Southern Steel Barbell
www.EastTNSportsExpo.com
- EVENT LOCATION:** Oak Ridge High School
1450 Oak Ridge Turnpike
Oak Ridge, TN. 37830
- ELIGIBILITY:** Qualified APF registered athletes only.
- SPONSOR HOTEL:** Staybridge Suites
420 South Illinois Ave.
Oak Ridge, Tn. 37830
(865) 298-0050
- WEIGH-IN:** 24 hour weigh in rule will apply.
- | | | |
|-----------|--------------------------------|-------------------------------|
| 10AM-11AM | Friday, Oct 8 th | Early weigh-in at hotel lobby |
| 8AM-9AM | Saturday, Oct. 9 th | Weigh-in day of meet |
- COMPETITION:** 9AM Saturday, Oct. 9th Mandatory rules briefing
- 10AM Saturday, Oct. 9th Meet starts
- LIFTING SCHEDULE:** All APF divisions will be contested. Men and Women's Open, Sub-masters, Masters, and Teen Divisions
- UNIFORM:** Mandatory - Must have one piece lifting suit or wrestling suit. APF rules apply.
- CONTEST LIFTS:** Push/Pull, Bench Only or Deadlift Only
- ENTRY FEE:** A fee of \$60 for Push/Pull and \$50 for Bench and Deadlift Only for Men & Women competitors must accompany this entry form and be received no later than Sept. 25, 2010. Teen Lifters: A fee of \$25 must accompany this entry form and be received no later than Sept. 25, 2010.
- APF membership cards are \$30 for Men & Women. Special discount applies for APF Membership cards for Teens only. Membership cards for Teens are \$15. Cards for all competitors can be purchased with meet Entry or at meet site. \$10.00 late fee for any entries received after the deadline.
- AWARDS:** 1-3rd place in each weight class and Best Lifter for Men, Women, and Teen. Best Lifter will be determined using the Glossbrenner Formula.



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Competitor:

Last Name _____ First Name _____ MI _____
 Address _____
 City _____ State _____ Zip Code _____
 Home Phone _____ Work Phone _____ Age _____
 E-mail _____ Date of Birth _____

Class Entered Men: 114 123 132 148 165 181 198 220 242 275 308 SHW

Class Entered Women: 97 105 114 123 132 148 165 181 198 Unl

Weight Class: _____ Push/Pull Bench Only Deadlift Only

Fees & Payment:

Late fee after 9/25/10	\$10	\$ _____
Entry Fee Push/Pull	\$60	\$ _____
Entry Fee Bench	\$50	\$ _____
Entry Fee Dead	\$50	\$ _____
APF Card Fee	\$30/\$15	\$ _____
TOTAL DUE		\$ _____

Waiver:

In consideration of the acceptance of this entry, I hereby for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the APF, Mr. Paul Key, Southern Steel Barbell or their representatives, successors, and assigns for any and all injuries or bodily harm that I might suffer while competing at the APF Southern Steel Barbell Push/Pull Oct. 9, 2010.

Signature

Return Entry Form to:

Make checks payable to: Paul Key

Paul Key
1108 Bob White Ln.
Mount Juliet, TN. 37122
paulgkey@gmail.com
(615)-448-5297