

2023 APF River Rumble 3 Meet



MEET LOCATION:
Dedicated Health
1360 Lafayette Ave.
Terre Haute, IN 47804

Meet Date: August 12, 2023

MEET ENTRY FORM

In consideration of your acceptance of this entry please agree to the following statement by signing this entry form.

I hereby intend to legally bound myself, my heirs and assigned, waive and release any and all claims to damage I may have against Josh Riggs, Andrew Ponsler, Doug Ponsler, Dedicated Health, West Indy Lifting Co., American Powerlifting Federation, American Amateur Powerlifting Federation, and all their heirs, employees or volunteers, all lesser, all lessees of the property located at 5925 W 71st ST Indianapolis IN 46278 and 1360 Lafayette Ave, Terre Haute IN 47804 from injury that may result from my participation in this competition or any other lifting on the premises.

Category & Equipment:

RAW = SINGLET, T-SHIRT, **NON-PADDED/NON-VELCRO BELT**, **KNEE-HIGH SOCKS**, SHOES, WRIST WRAPS

CLASSIC RAW = SINGLET, T-SHIRT, **NON-PADDED/NON-VELCRO BELT**, **KNEE-HIGH SOCKS**, SHOES, WRIST WRAPS, KNEE WRAPS OR KNEE SLEEVES

SINGLE PLY = LIFTING SUIT, T-SHIRT, BENCH SHIRT, **NON-PADDED/NON-VELCRO BELT**, **KNEE-HIGH SOCKS**, SHOES, WRIST WRAPS, KNEE WRAPS OR KNEE SLEEVES

MULTI PLY = LIFTING SUIT, T-SHIRT, BENCH SHIRT, **NON-PADDED/NON-VELCRO BELT**, **KNEE-HIGH SOCKS**, SHOES, WRIST WRAPS, KNEE WRAPS OR KNEE SLEEVES

APF or AAPF Card Number: _____

MEET SHIRT PREORDER \$20

Competitor's Name: _____

(CIRCLE)

Address: _____

S M L XL 2XL 3XL 4XL 5XL

Phone #: _____

MAIL ENTRY FORM and \$90 to:

5925 W 71st ST

Legible EMAIL address: _____

Indianapolis, IN 46278

Birth Day: _____ **Weight:** _____ **lb**

(Circle which selection meets your competition status)

Event: Full Power Push/Pull Only Deadlift Only Bench Only

Equipment: Raw Classic Raw (knee wrap) Single-ply Multi-ply

Division: Open Masters 1 2 3 4 or 5 Sub-Masters Junior Teen 1 2 or 3

TIMES:

- Weigh-Ins: 10:00 AM – 1Pm & 4 PM – 7:00 PM on Friday, **August 11th, 2023 at Dedicated Health**
- Rules/Q&A: 9:00 AM Day of the Meet; Meet Starts at 10:00 AM

AWARDS & RULES:

- Sanctioned by the APF and AAPF. **Must have an APF card (available at meet).**

Need to become an APF member? worldpowerliftingcongress.com (become a member)

AS NOTED ABOVE: A one piece lifting suit is required along with knee-high deadlift socks, a non padded, non-velcro weight belt, AND standard, non-compression underwear.

Trophies will be given for 1ST place in all weight classes and divisions.

DEADLINES:

- T-Shirt orders must be received within 14 days of competition.

ENTRY FEES:

- Make all checks and money orders payable to: West Indy Lifting Co.

If you use PayPal select “Friends and Family” as the method of payment

- **\$90.00** for Meet Entry, (Check each box on entry form that applies)
- **\$50.00** for each additional division
- **\$20.00** Meet T-shirts **must pre-order on entry page and include payment**
- **\$35.00** fee on all returned checks
- **\$10.00** Spectator admission fee, 12 and under free (Pay at door)

THERE ARE NO REFUNDS.

FAQ:

- Meet will be ran in Pounds (LBS) NOT Kilograms(Kg)
- No world records can be broken in this meet.
- 4th attempts will not be allowed for records
- Any national records set in pounds (LBS) must be rounded down to the nearest 2.5 Kilogram (Kg)