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## Washington State Full Power and Bench/Dead Lift Championships

April 28, 2012

(free prime rib dinner)

- Sponsored By: Timber Gym Fitness, [timbergym.com](http://timbergym.com), City of Aberdeen, Chiropractic Health Center 360-533-6620
- Meet Director: Don Bell, Washington State Chairman
- Event Location: Sam Benn Gym  
414 N "I" St.  
Aberdeen, WA 98520
- Eligibility: Open to all APF/AAPF members. Lifters may become a member before weighing in, or otherwise must present their card at weigh ins. Registration is \$30 per card, \$40 for both APF/AAPF. (18 & under \$15)
- Weigh in: Friday, April 27<sup>th</sup> 5-9 p.m. at Timber Gym , 500 E. Market, Aberdeen, WA 98520. Sat. morning, April 28<sup>th</sup> 8-9 a.m. at Sam Benn Gym.
- Competition: Mandatory rules briefing Saturday at 8:30 a.m.
- APF/AAPF rules  
Apply: [www.worldpowerliftincongress.com](http://www.worldpowerliftincongress.com)
- Lifting Schedule: Saturday April 28<sup>th</sup>, 2012, meet starts at 9 a.m. SHARP!
- Uniform Must have one piece lifting suit or wrestling suit and long socks
- Entry Fee: The entry fee must accompany this entry form and be received no later than April 18<sup>th</sup>, 2012. A \$30 late fee is required for any received after this date.
- Awards: Records can be set and recorded in all divisions. However, competition will only be scored/awarded 1-3 in each weight division (M/F).
- Best Lifter Award: Best Lifter awards will be created in any category with over 6 lifters in that division. Example if more than 6 masters lifters there will be a Best Lifter Masters Division in addition to the Open class.
- Return Entry to: Checks payable to Don Bell, 3673 Wishkah Road, Aberdeen, WA 985202  
Email: [flex@techline.com](mailto:flex@techline.com) message phone: 360-581-5118