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Power and Bench/Dead Championships  
April 28, 2012  
Entry Form

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ work phone \_\_\_\_\_ age \_\_\_\_\_

Email \_\_\_\_\_ date of birth \_\_\_\_\_

Divisions: select one of EACH line unless entering multiple divisions

APF Professional  AAPF Amateur (drug tested)

Open/Standard  RAW (wrist wraps and belt)

Open  Junior 20-23  Teen 13-15  16-17  18-19  Submaster 33-39  Masters 40-44

45-49  50-54  55-59  60-64  65-69  70-74  75-79  80-84

Full Power  Bench Press  Deadlift # of Divisions entered \_\_\_\_\_

Wt. Class entered: Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW

Wt. Class entered: Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, UNL

Men  Women Wt. Class \_\_\_\_\_

Fees and Payment:

APF/AAPF # \_\_\_\_\_ Exp. Date \_\_\_\_\_ Late fee \$30 after 4/18 \$ \_\_\_\_\_

Power-lifting \$55 \$ \_\_\_\_\_

Single lift \$55 \$ \_\_\_\_\_

Double lifts \$100 \$ \_\_\_\_\_

(ex. Bench & dead)

Card \$ \_\_\_\_\_

T- shirts \$15

3X \_\_\_ 2X \_\_\_ XL \_\_\_ L \_\_\_ M \_\_\_ S \_\_\_ \$ \_\_\_\_\_

Paid : \_\_\_ cash \_\_\_ check \$ \_\_\_\_\_

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, AAPF, Don Bell, Sam Benn Gym and Timber Gym Fitness, and their representatives, successors, and assigns for any and all injuries or bodily harm that I might suffer while competing at the APF/AAPF Washington State Full Power and Bench/Dead Championships.

SIGNATURE

Return Entry To: Don Bell, 3673 Wishkah Road, Aberdeen, WA 98520

Cash for Strongman fun events at the end of the contest.....NO FEE!!