

## Return this page with your money

Name: \_\_\_\_\_

Address: \_\_\_\_\_ amount enclosed \$ \_\_\_\_\_

I need an APF card\_\_\_\_ Please add \$30 to the amount for your one year APF enrollment.

Phone \_\_\_\_\_ Birthdate : \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_ (day of meet)

T-shirts: \$15 (please indicate quantity of order)

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

- 1) Male or Female (circle one)
- 2) Wt. Class 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, Super (circle one)
- 3) APF or AAPF (tested) (circle one)
- 4) Gear or Raw (circle one)
- 5) Category (circle one or more)
  - a. Open
  - b. Master...40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80&over
  - c. Sub Master 33-39
  - d. Junior 20-23
  - e. Teen 13-15, 16-17, 18-19
- 6) Full power, bench, dead (circle one)

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

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

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

(Ex. Bench and Dead)

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

Please return to Don Bell, 3673 Wishkah Rd., Aberdeen, WA 98520

Don Bell: 360-581-5118 or 360-533-6620 or flex @techline.com

For APF Washington State Records, log onto [www.washingtonstateapf.com](http://www.washingtonstateapf.com)

Disclaimer: I understand that power lifting can be a dangerous sport. I know the risks involved at a power lifting meet. I understand there is a chance for permanent injury or even death. I hereby release Don Bell, Brent Mikesell, Irongladiators.com, APF and all other sponsors and personnel associated with this contest from any claims for damages or injuries that may occur to me at this contest.

\_\_\_\_\_  
(If under 18, parent's signature required). Lifters Signature.