



MICHIGAN APF PRESENTS

ALTER EGO FITNESS PUSH/ PULL MEET

SATURDAY NOVEMBER 11, 2017 9:00 A.M. MANDATORY ATHLETE MEETING 8:00 A.M.

INFORMATION

Embassy Suites by Hilton
28100 Franklin Road
Southfield MI 48034
Cass Ballroom

EVENTS

Deadlift Only
Bench Press Only
Push/ Pull

DIVISIONS

Raw and Equipped (Single-Ply and Multi-Ply)

SIZE CAP

80 Athletes

WEIGH-IN/ EMBASSY SUITES BY HILTON

Friday November 10, 2017
9:00 am-Noon and 4:30pm-9pm
Weigh-In must take place on Friday

REQUIREMENTS

Attire: One piece lifting suit and shoes are required. Undershirt is required for bench press and optional for deadlift, and cannot be a tank top. Knee socks are required for deadlift

Membership: A current APF membership is required to compete. Cost is \$30 for APF and \$40 for APF/AAPF. Cards may be purchased at weigh-in using cash or check or online www.worldpowerliftingcongress.com/membership

Qualifications: Open to all APF/AAPF competitors: residency not required

ENTRY DEADLINE NOVEMBER 1, 2017

Please mail entry forms to:
Alter Ego Fitness PO Box 243 Hazel Park MI 48030

PROMOTER

Jermichael Pratt
www.1fitjoker.com
1fitjoker@gmail.com
248/632-4218

COSTS

Entry Fee \$85.00 Late Fee \$35.00
Each Additional Division \$40.00
General Admission \$10.00

FEDERATIONS

APF/AAPF

AGE DIVISIONS

Teen, Junior, Open, Submaster, Master

AWARDS

1st-3rd Place in all weight classes.
Best Lifter Award for Bench Only,
Deadlift Only and Push/ Pull

WEIGHT CLASSES

Men (lbs.) 114 123 132 148 165 181 198 220 242 275 308 SHW

Woman (lbs.) 97 105 114 123 132 148 165 181 198 SWH

RECORDS

Bench only and Deadlift only are eligible to set both state and national records. Push/pull: Eligible to set states records ONLY. at If national records are desired, bench only and/ or deadlift only must be selected separately at time of entry. State records may be set in the state in which the athlete resides.

OFFICIAL RULES

www.worldpowerliftingcongress.com



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ALTER EGO FITNESS
PUSH/ PULL MEET
NOVEMBER 11, 2017 AT 9:00 A.M.
MANDATORY ATHLETE MEETING 8:00 A.M.**

OFFICIAL ENTRY FORM (PLEASE PRINT LEGIBLY)

Full Name _____ Email _____

Address _____ City _____

State _____ Postal Code _____ Phone Number _____ Alternate Phone _____

Date of Birth _____ Age at Time of Meet _____ Gender (Check One) _____ Male _____ Female

Please see www.worldpowerliftingcongress.com for complete rules

APF CARD# (if you are already a member) _____ Expiration Date _____

Will purchase/ Renew APF Card at Meet or Online (Check YES if this is your intention) YES _____

MEET INFORMATION (Check all that apply if entering multiple divisions)

Divisions _____ Raw _____ Equipped (Single-Ply) _____ Equipped (Multi-Ply)

Age Division

____ Teen 1 (13-15) ____ Teen 2 (16-17) ____ Teen 3 (18-19) ____ Junior (20-23) ____ Open ____ Sub-Master (33-39) ____ Master 1 (40-44)
____ Master 2 (45-49) ____ Master 3 (50-54) ____ Master 4 (55-59) ____ Master 5 (60-64) ____ Master 6 (65-69) ____ Master 7 (70-74)
____ Master 8 (75-79) ____ Master 9 (80+)

Weight Class (Please Check Your Respective Weight in Pounds)

Men ____ 114 ____ 123 ____ 132 ____ 148 ____ 165 ____ 181 ____ 198 ____ 220 ____ 242 ____ 275 ____ 308 ____ 308+

Women ____ 98 ____ 105 ____ 114 ____ 123 ____ 132 ____ 148 ____ 165 ____ 181 ____ 198 ____ 198+ **Event**

____ Push/Pull ____ Bench Only ____ Deadlift Only

Team Name (Optional) _____

Payment Information (All Entry Fees US Dollars) PLEASE MAKE CHECK OR MONEY ORDER PAYABLE TO ALTER EGO FITNESS LLC

- Meet Entry: \$85.00
- Additional Federation/ Division/ Event/ Age: \$40.00 per additional category
- Late Entry Fee \$35
- APF Membership Card: If you need an APF Membership Card you may purchase one at weigh-in using cash or check, or online at <http://worldpowerliftingcongress.com/membership>
- APF or AAPF Membership Card \$30 Dual APF/ AAPF Membership Card \$40

PLEASE NOTE: THERE ARE ABSOLUTELY NO REFUNDS

Participant Waiver

In consideration of the acceptance of this entry, I hereby for myself, my heirs, executors and administrators waive and release any rights and claims for damages I may have against the APF, APF/AAPF, Jermichael Pratt, Alter Ego Fitness, the Hilton Embassy Suites, any judge or volunteer and all their representatives, successors, and assigns for any and all injuries or bodily harm that I might suffer while competing at the Alter Ego Fitness Push/Pull meet on 11 November 2017.

Lifter's Signature _____

Parent (If Lifter is Under 18 Years of Age) _____

**PLEASE MAIL ENTRIES TO: ALTER EGO FITNESS
PO BOX 243 Hazel Park Michigan 48030**