

# 2017 FALL OPEN

PRESENTED BY

## MICHIGAN APF



### CONTACT

Website  
[www.michiganapf.com](http://www.michiganapf.com)

Email  
[ezrasalmon@michiganapf.com](mailto:ezrasalmon@michiganapf.com)

Phone  
616-745-5545

### + MEET INFORMATION

- Date 7-8 October 2017
- Venue DeVos Place Convention Center  
Monroe Meeting Rooms  
303 Monroe Ave NW  
Grand Rapids, MI 49503
- Promoter Ezra Salmon
- Federations APF  
AAPF
- Divisions Raw  
Classic Raw  
Equipped Singleply and Multiply
- Age Div. Teen, Junior, Open, Submaster, Master
- Events Full Power, Bench Only, Deadlift Only  
Push-Pull
- Size Cap 30 Single Lift, 50 Full Power Per Day
- Records State and National Records May Be Set

### + LIFTING SESSIONS

- Saturday 07 Oct PP/BP/DL - Men Heavyweight (100 kg+)  
Lifting Starts 8:00 a.m.  
Rules Meeting 7:00 a.m.  
Full Power - Men Heavyweight (100 kg+)  
Lifting Starts 11:00 a.m.  
Rules Meeting 10:00 a.m.
- Sunday 08 Oct PP/BP/DL - Men Lightweight & All Women  
Lifting Starts 8:00 a.m.  
Rules Meeting 7:00 a.m.  
Full Power - Men Lightweight & All Women  
Lifting Starts 11:00 a.m.  
Rules Meeting 10:00 a.m.

### + ENTRY FEES

- Entry Fee \$85
- Additional Division/Event \$40
- Late Entry Fee \$50
- Entry Deadline 24 Sep 17
- Spectators Adults \$5, Children Free

### + WEIGH-IN

- Friday 06 Oct 8:00-10:00 a.m.  
6:00-8:00 p.m.  
Meet Venue
- Saturday 07 Oct 8:00-10:00 a.m.  
6:00-8:00 p.m.  
Meet Venue

Competitors may weigh-in at any session the day prior to their event. You must weigh in the day before your event.

**THERE ARE NO MORNING OF WEIGH-INS.**



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## + REQUIREMENTS

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### Attire

One piece lifting suit and shoes required for all events. Undershirt required for squat and bench press, undershirt optional for deadlift. Undershirt may be sleeveless or short-sleeve but cannot be a tank-top. For deadlift knee high socks are required.

### Membership

A current APF membership card is required to compete. Cards may be purchased at weigh-in using cash or check. \$30 for individual federation cards, \$40 for a combined APF/AAPF card, or online at: [APF Membership](#)

### Assistants

Each lifter is allowed one coach/helper only.

### Qualification

Open to all APF/AAPF competitors. Michigan State residence not required. Qualifier for all national meets.

### State Records

State records may be set for the state in which you reside.

### Push-Pull Records

National records cannot be set in push-pull. If bench or deadlift National records are desired, bench/deadlift only must be entered separately instead of push-pull.

### Classic Raw

Classic Raw allows the use of knee wraps/sleeves in the squat only. All other rules and lifts are identical to Raw. All Classic Raw records are maintained separately from Raw records. You cannot set Raw records in Classic Raw.

### Official Rules

See the official rule book for further details and requirements: [WPC/APF Official Rules](#)

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## + WEIGHT CLASSES & AWARDS

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Men (kg): 52, 56, 60, 67.5, 75, 82.5, 90, 100, 110, 125, 140, 140+

Women (kg): 44, 48, 52, 56, 60, 67.5, 75, 82.5, 90, 90+

### Awards

1st-3rd in all weight classes. Best lifter awards given for women's, men's light weight, and men's heavyweight full power, bench only, and deadlift only. Late entrants are not guaranteed an award.

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## + RESOURCES

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[The Sport - Powerlifting Overview](#)

[The Meet - What to Expect at Your First Meet](#)

[Michigan APF FAQ](#)

[WPC/APF FAQ](#)

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## + VISIT GRAND RAPIDS

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[DeVos Place Convention Center](#)



[Grand Rapids Visitors Bureau - Experience GR](#)

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RETURN TO

Ezra Salmon  
6633 Rye Grass Ct SE  
Grand Rapids, MI 49508

### + ENTRY FORM

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

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age at Time of Meet: \_\_\_\_\_ Gender: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Team Name (optional): \_\_\_\_\_

APF Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ Will purchase card at meet/online:

*(Select all that apply)*

Federation  APF  AAPF

Division  Raw  Classic Raw  Equipped Singleply  Equipped Multiply

Event  Full Power  Bench Only  Deadlift Only  Push-Pull

Age Division  Teen 1 (13-15)  Teen 2 (16-17)  Teen 3 (18-19)

Junior (20-23)

Open

Submaster (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

Men (kg)  52  56  60  67.5  75  82.5  90  100  110  125  140  140+

Women (kg)  44  48  52  56  60  67.5  75  82.5  90  90+

Fees & Payment	Entry Fee	\$85	Make checks payable to Ezra Salmon <u>Absolutely No Refunds</u>
	Each Additional Division/Event	\$40	
	Late fee after 24 Sep 17	\$50	
	Total Due	\$_____	

APF Membership Cards available for purchase at weigh-in using cash or check, \$30 for single APF or AAPF, \$40 for dual APF & AAPF or online: [http://worldpowerliftingcongress.com/membership\\_page/](http://worldpowerliftingcongress.com/membership_page/)

#### 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, Ezra Salmon, DeVos Place Convention Center, any judge or volunteer and all of their representatives, successors, and assigns for any and all injuries or bodily harm that I might suffer while competing at the 2017 Michigan APF Fall Open 7-8 October 2017.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Parental Signature - If Under 18 \_\_\_\_\_

Date \_\_\_\_\_