

2018 POWERLIFTING

EVENT(s)

Single Competition for Men
Single Competition for Women

DATE

Saturday, February 24, 2018

TIME

Check in/Weigh in 11:00 am Competition starts..... 11:30 am On-site registration: Yes

SITE

Body Technologies Gym
9171 East Bell Road #109
Scottsdale, AZ 85260

AMENITIES

Restrooms: **Yes** Phones: **Yes** Food: **No** Water: **Yes**
Limited seating will be available for guests.

ON-SITE AND MAIL-IN FEES

\$25 Registration fee + \$10 Sport Fee per event if registering between November 6 and December 15.
\$30 Late Registration fee + \$10 Sport Fee per event if registering December 16 thru February 8.
Paper registration is available but will incur a \$5. Data Entry fee and must be postmarked by Dec. 15.
Registration fee is charged one time only per person.
On-site registration accepted and \$5 Data entry fee will apply. Payment can be made by check or credit card (VISA, MasterCard or Discover)

REGISTRATION DEADLINE

February 8, 2018

ENTRY REQUIREMENTS

1. Weight lifting experience and training required.
2. Lifters must bring their own belts and are expected to wear clothing appropriate to the sport.
3. Competition is in 5 year age groups: 50-54, 55-59 etc. Age is determined as of 12/31/18. Age Groups may be combined for competition and a sole competitor in age group will compete in the next lower age group. Awards remain by age.

FORMAT

Competition includes: Squat, Bench Press and Bent Legged Dead Lift. Each athlete must compete in all three events. Athletes will get three attempts in each event, but must successfully complete a weight chosen before attempting a higher weight.

SPORT RULES

1. Events will be run in accordance with APF rules.
2. Best lift in each of the three events will be totaled for overall total weight lifted.
3. A formula based on gender and body weight (Wilkes Coefficient) will be used for scoring.

SPORT COMMISSIONER

Tom Stillwell 602-692-3957

VICE COMMISSIONER AND HEAD OFFICIAL

Tom Jackson 602-367-2183