



## Powerlifting

### Bullhead Health Club

2350 S. Miracle Mile Unit 370,  
Bullhead City, AZ 86442

FRIDAY, JANUARY 17, 2020:

Bench Press, Deadlift, and Squat

CHECK IN: 8:00AM

EVENT START: 9:00AM

#### FEES:

→ MANDATORY, ONE-TIME ATHLETE FEE: \$30.00

(Includes official athlete t-shirt and swag bag complete with vendor samples and exclusive coupons, as well as entrance to athlete mixer, and athlete refreshments at each event.)

→ BENCH PRESS FEE: \$10.00

→ DEADLIFT EVENT FEE: \$10.00

→ SQUAT EVENT FEE: \$10.00

→ OVERALL EVENT FEE (ALL THREE): \$25.00

#### DIVISIONS:

→ 5-Year Age Brackets: Age is determined as of December, 31, 2019.

→ Game officials reserve the right to cancel any event or combine age divisions due to insufficient entries.

#### IMPORTANT INFORMATION:

→ Socks, tape or plastic shin guards are required on the deadlift competition.

#### RULES / FORMAT:

→ AFP Rules will be followed except for those differing for the WPC.

→ Equipment will be provided and will follow authorized specifications.

→ All rules of performance will be discussed prior to event start.