

# SPORT INFORMATION SHEET



Year: 2017 SPORT: Powerlifting

Event Date(s): February 25, 2017

EVENT(S): Single Competition for Men  
Single Competition for Women

National  
Qualifying  
Year?  
No

Check-in Time: 11:00 a.m. Event Start Time: 11:30 a.m. On-Site Registration: Yes

LOCATION (Venue): Body Technologies Gym  
9171 East Bell Road #109  
Scottsdale, AZ 85260

## AMMENITIES

- ☒ Restrooms  
☒ Water  
☐ Food

Early Bird Registration Fee(s): \$35 registration all inclusive Regular Registration Fee(s): \$40 registration all inclusive

Early Bird Deadline: 1-07-2017 **NO REFUNDS** Registration Closing Date: 2-10-2017

ENTRY REQUIREMENTS: Weight lifting experience and training required.  
Lifters must bring their own belts and are expected to wear clothing appropriate to the sport.  
Competition is in 5 year age groups: 50-54, 55-59, etc. Age is determined as of 12-31-2017. Age groups may be combined for competition and a sole competitor in an age group will compete in the next lower age group. Awards are by age.

FORMAT: Competition includes: Squat, Bench Press and Bent Legged Dead Lift.  
Each athlete must compete in all three segments.

RULES: Events will run in accordance with APF rules.  
Total scores for all three events will determine the winner in each age group.  
A formula based on age, weight and poundage will be used for scoring. This is called the Wilks Score.

ADDITIONAL INFORMATION: Sport Commissioner: Tom Stillwell  
Phone #: 602-692-3957 E-mail: thomas.stillwell@azbar.org  
Vice-Commissioner & Head Official: Tom Jackson 602-367-2183