2020 POWERLIFTING

EVENTS
Single Competition for Men
Single Competition for Women

DATE
Saturday, February 15, 2020

TIME
Check in/Weigh in.........11:00 AM  Competition starts........11:30 AM

SITE:  Body Technologies Gym
6917 East Bell Road #109
Scottsdale AZ 85260

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

FEES
Early Bird Registration: $30.00 (Thru Nov. 8, 2019)
Registration: $35.00 (Nov. 9, 2019-Jan. 26, 2020)
Sport Fee: $10.00
Mail In: Must be Postmarked by 1/05/2020.
Payment can be made by check or credit card (VISA, MasterCard or Discover).

REGISTRATION DEADLINE
Sunday, January 26, 2020

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 12/31/20.
   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  trstillwell@gmail.com

VICE COMMISSIONER AND HEAD OFFICIAL
Tom Jackson  Tjacksonjr55@yahoo.com