

2019 POWERLIFTING

EVENTS

Single Competition for Men
Single Competition for Women

DATE

Saturday, February 23, 2019

TIME

Check in/Weigh in11:00 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.

FEES

Early Bird Reg.: \$28.00 Registration fee + \$10.00 Sport fee per event by December 15, 2018.
Late Reg.: \$35.00 + \$10.00 Sport fee per event from Dec. 16, 2018 thru Jan. 6, 2019.
Mail In: Add \$10.00 (incl. addl. processing fee). **Postmarked by 12/31/18.**
Payment can be made by check or credit card (VISA, MasterCard or Discover).

REGISTRATION DEADLINE

Sunday, January 6, 2019

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 12/31/19. 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