

The Hero Gym  
Presents the  
**South Dakota APF/AAPF  
State Powerlifting Championships**  
**February 16, 2019**

**SPONSORED BY:** THE HERO GYM (605) 224-1425

**MEET DIRECTORS:** J.R. & Brianna Bolger, Meet Directors  
SD APF State Chairman  
605-222-8640  
[pierreherogym@gmail.com](mailto:pierreherogym@gmail.com)

**SANCTIONED BY:** The American Powerlifting Federation (APF)

**MEET VENUE:** Pat Duffy Community Center  
**Address:** 19 E. Main, Ft. Pierre, SD 57532

**Hotel:** Ramkota Hotel, (605) 224-6877  
920 W. Sioux Ave., Pierre, SD 57501  
\$99.00 Ask for the South Dakota State Powerlifting Championships  
(40 rooms blocked off)

**ELIGIBILITY:** Open to qualified APF/AAPF registered athletes. All athletes must have a current registration card or purchase one at the meet. Athletes may register at the meet or before weigh-in time.  
\*Registration fee is \$30.00 per card. \*  
**Make APF/AAPF registration checks/money orders out to the APF  
NOT THE MEET DIRECTOR**

**WEIGH-IN:** Friday February 15, 2019 9 AM – 11 AM and 4 PM - 6 PM CST

**LIFTING SESSIONS:** Saturday February 16, 2019 9:00 AM CST  
**Rules briefing will be at 8:00 AM CST**

**UNIFORM:** Must have a one-piece lifting suit or wrestling suit. (Mandatory) **Raw is belt and singlet ONLY**

**ENTRY FEE:** All entry fees must accompany this entry form to the meet director no later than **January 16, 2019**.  
A late fee of \$30 will be applied to all entries RECEIVED OR POST MARKED after this date.  
**Entry fees can be mailed or paid via PayPal to PayPal.Me/theherogym (reference the meet)**

**WEIGHT CLASSES:** Men's 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, and SHW  
Women's 97, 105, 114, 123, 132, 148, 165, 181, 198, and SHW

**AWARDS:** Awards will be given to the first three places, men and women's division.  
BEST LIFTER awards as follows by formula: Men's & Women APF/AAPF Equipped and Raw

# ENTRY FORM

Name: \_\_\_\_\_  
Last Name
First Name
MI

Residence: \_\_\_\_\_  
Street
city
state
zip

Telephone: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ APF CARD# \_\_\_\_\_

_____ Men’s Full Meet	\$75	Weight Class	_____	Age	_____
_____ Women’s Full Meet	\$75	Weight Class	_____	Age	_____
_____ Men’s Bench Press/Deadlift	\$65	Weight Class	_____	Age	_____
_____ Men’s Bench Press	\$55	Weight Class	_____	Age	_____
_____ Men’s Deadlift	\$55	Weight Class	_____	Age	_____
_____ Women’s Bench Press/Deadlift	\$65	Weight Class	_____	Age	_____
_____ Women’s Bench Press	\$55	Weight Class	_____	Age	_____
_____ Women’s Deadlift	\$55	Weight Class	_____	Age	_____

Circle Classification  RAW  CLASSIC RAW  SINGLE PLY  MULTI-PLY

*\*Entry fee must be paid for EACH division and classification entered*

Meet T-Shirts- \$25 Size- S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ 2XL \_\_\_ 3XL \_\_\_

Total amount enclosed: \$ \_\_\_\_\_

**(ENTRY FEES AND CARDS FEES ARE TO BE PAID SEPARATELY, NOT TOGETHER)**

### AGREEMENT, WAIVER AND RELEASE

In consideration of the acceptance of this entry I hereby for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the Pat Duffy Community Center, APF/AAPF, The Hero Gym, LLC., River City Fitness, their representatives, successors and assigns for any and all injuries or bodily harm that I might suffer while competing at the South Dakota APF/AAPF State Powerlifting Championships. I also agree that all pictures and video taken by the designated meet photographer may be used for advertisement and in sports publications.

Signature in full \_\_\_\_\_ Printed Name \_\_\_\_\_

Date \_\_\_\_\_ Parent’s signature if under 18: \_\_\_\_\_

**Make Meet Check Payable To: The Hero Gym**  
**1515 E. Sioux Ave., Suite B**  
**Pierre, SD 57501**