

KO GYM AUTUMN POWERLIFTING BASH
Saturday, October 11, 2014



Website: <http://www.apfcalifornia.proboards.com>
[Check the website for up-to-date state records]

- SPONSORED BY:** Larry Pollock & KO Gym, 20 N. Oak Street,
Ventura, CA 93001, 805.419.0009
- EVENT LOCATION:** Larry Pollock & KO Gym, 20 N. Oak Street,
Ventura, CA 93001, 805.419.0009
- ELIGIBILITY:** Qualified APF/AAPF-registered athletes only
- WEIGH-IN:** 24-hour weigh-in rule will apply.
Friday, October 10, 10:00 a.m.-12:00, 3:00-7:00 p.m.
[at KO Gym, 20 N. Oak Street]
Saturday, October 11, 8:00 a.m.-9:00 a.m.
[at Crown Plaza]
- COMPETITION:** Competitors may lift, equipped or raw, in the full
meet, bench-only, or deadlift-only. Mandatory rules
briefing, Saturday, October 11, at 9:30 a.m.
- LIFTING SCHEDULE:** Saturday, October 11, 10:00 a.m.
The meet will begin with the squat at 10:00 a.m.
- UNIFORM:** Singlet or one-piece lifting suit mandatory.
APF rules apply.
- ENTRY FEES:** Full Meet: \$65
Bench-only: \$40
Deadlift-only: \$40
- DEADLINE:** Entries must be postmarked on or before October 3,
2014, or a \$20 late fee will be charged
- AWARDS:** Medals will be awarded.

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Entry Form

(Please Print Clearly!)

Last Name	First Name	Middle Initial
Address		
City	State	Zip Code
Home Phone	Work Phone	
E-Mail		Date of Birth

Wt. Class (Men): 114 123 132 148 165 181 198 220 242 275 308 SHW (circle one)

Wt. Class (Women): 97 105 114 123 132 148 165 181 198 Unlimited (circle one)

Division/Age Group: Open Junior (20-23) Teen (13-15) Teen (16-17) Teen (18-19)

Submaster (33-39) 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 (circle one)

Full Meet Bench-only Deadlift-only Raw Equipped

APF Membership #: _____

Expiration Date: _____

Non-APF lifters may purchase memberships at the meet (\$30 for APF or \$40 for APF/AAPF)

Full Meet Entry Fee--\$65		
Bench-only Entry Fee--\$40		
Deadlift-only Entry Fee=\$40		
Membership (\$30 for APF, \$40 for APF/AAPF)		
Late fee after October 3=\$20		
Total		

- Cash payment enclosed
- Check payment enclosed
- Money order payment enclosed

Make checks or money orders payable to: KOGYM LLC

Note: Each athlete **MUST** show his/her APF membership card at weigh-in. If he/she cannot, then they will have to buy one and their membership will be extended a year. AAPF athletes **MUST** also have an APF membership to compete in this meet.

Waiver: 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 APF, KO Gym, and Larry Pollock, their representatives, successors, and assigns for any and all injuries or bodily harm that I might suffer while competing at the KO Gym Autumn Powerlifting Bash on Saturday, October 11, 2014.

Mail entries to:

**Larry Pollock
KO Gym
20 N. Oak Street
Ventura, CA 93001**

Signature of Competitor

Signature of Parent/Legal Guardian if
Competitor is under 18 years of age