

ASPF

-||| RAW POWERLIFTING |||-

POWERLIFTING



This meet will be a sanctioned powerlifting contest and will adhere to all rules set forth by the ASPF Powerlifting rulebook. All entrants must have a valid ASPF membership card at time of contest.

MEET DIRECTOR: John Payette (johnjpayette@aol.com)
PHONE: 518.433.1703
PLACE: Albany Strength Gym
527 Central Ave Albany NY 12206
TIME: Saturday November 17th at 10:00am
Weigh-in: Friday 5:00pm - 7:00pm &
Saturday 7:00am - 9:30am
Lifting begins at 10:00am
ENTRY FEE: \$50.00 for meet.
Membership Cards, Free

ALL ENTRIES MUST BE Postmarked by Wednesday November 7th 2018.

\$10 LATE FEE AFTER November 7TH.

WEIGHT CLASSES:

MEN	132	148	165	181	198	220	242	275	SHW
WOMEN	105	114	123	132	148	165	181	198	SHW

Raw Lifting Only. No Bench Only

NAME (PLEASE PRINT): _____

AGE: _____ WEIGHT CLASS: _____ SEX: _____

PHONE: _____

EMAIL: _____

SIGNATURE: _____ DATE: _____

