



**Michigan APF Presents**  
**Alter Ego Fitness Push/ Pull Meet**  
**November 11, 2017 9:00AM**  
**MANDATORY ATHLETE MEETING 8:00AM**

### **MEET INFORMATION**

Venue: Hilton Embassy Suites  
28100 Franklin Road  
Southfield Michigan 48034  
In the Cass Meeting Room

### **FEDERATIONS**

APF and AAPF

### **DIVISIONS**

Raw, Classic Raw, Equipped Singleply  
And Multiply

### **AGE DIVISIONS**

Teen, Junior, Open, Submaster, Master

### **EVENTS**

Bench Only, Deadlift Only Push-Pull

### **REQUIREMENTS**

**Attire:** One piece lifting suit and shoes are Required for all Events. Undersirt is required for benchpress and optional For deadlift, and cannot be a tanktop. Knee socks required for deadlift

**Membership:** A current APF membership is required to compete. Cost is \$30 for APF or \$40 for APF/AAPF. Cards may be purchased at weigh-in using cash or check or online at [www.worldpowerliftingcongress.com/membership](http://www.worldpowerliftingcongress.com/membership)

**Assistants:** Each lifter is allowed on coach/ helper only

**Qualification:** Open to all APF/ AAPF competitors; Michigan residency is not required. Qualifier for all national meets in Bench Only, Deadlift Only and Push-Pull

**Classic Raw:** All rules and lifts are identical to Raw. All Classic Records are maintained seperately from Raw; you cannot set Raw Records in Classic Raw

### **PROMOTER**

Jermichael Pratt/ Alter Ego Fitness  
Website: [www.1fitjoker.com](http://www.1fitjoker.com)  
Email: [1fitjoker@gmail.com](mailto:1fitjoker@gmail.com)  
Phone: 248/ 632-4218

### **FEES**

Entry Fee \$85  
Additional Division or Event \$40  
Late Entry \$35  
Spectators \$10 (all ages)

### **ENTRY DEADLINE NOVEMBER 1, 2017**

Please mail form to:

Alter Ego Fitness PO BOX 243 Hazel Park MI 48030

**SIZE CAP IS 80 ATHLETES**

### **WEIGH-IN**

Friday 9am-12pm and Friday 430-900pm  
**WEIGH IN NOT PERMITTED THE DAY OF MEET**

### **WEIGHT CLASSES**

Men (kg) 52, 56, 60, 67.5, 75, 82.5, 90, 100, 110, 125,  
140, 140+  
Women (kg) 44, 48, 52, 56, 60, 67.5, 75, 82.5, 90, 90+

### **STATE RECORDS**

State records may be set in the state in which you reside  
National records cannot be set in push-pull; if national records are desired, bench only or deadlift only must be selected at time of entry

### **Awards**

1<sup>st</sup>-3<sup>rd</sup> place in all weight classes and awards to best lifters in Bench Only, Deadlift Only and Push-Pull

### **Official Rules**

[www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)



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**Entry Form (Please Print Legibly)**

Full Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Postal Code \_\_\_\_\_ Phone Number \_\_\_\_\_ Alternate Phone \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age At Time of Meet \_\_\_\_\_ Gender (Check One) \_\_\_\_\_ Male \_\_\_\_\_ Female

Please see [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com) for complete rules

APF CARD# (if you are already a member) \_\_\_\_\_ Expiration Date \_\_\_\_\_

Will purchase/ Renew APF Card at Meet or Online (Check YES if this is your intention) YES \_\_\_\_\_

**MEET INFORMATION (Check all that apply if entering multiple divisions)**

Divisions \_\_\_\_\_ Raw \_\_\_\_\_ Classic Raw \_\_\_\_\_ Equipped (Single-Ply) \_\_\_\_\_ Equipped (Multiply) \_\_\_\_\_

**Age Division**

\_\_\_\_ Teen 1 (13-15) \_\_\_\_ Teen 2 (16-17) \_\_\_\_ Teen 3 (18-19) \_\_\_\_ Junior (20-23) \_\_\_\_ Open \_\_\_\_ Sub-Master (33-39) \_\_\_\_ Master 1 (40-44)  
 \_\_\_\_ Master 2 (45-49) \_\_\_\_ Master 3 (50-54) \_\_\_\_ Master 4 (55-59) \_\_\_\_ Master 5 (60-64) \_\_\_\_ Master 6 (65-69) \_\_\_\_ Master 7 (70-74)  
 \_\_\_\_ Master 8 (75-79) \_\_\_\_ Master 9 (80+)

**Weight Class (Please Check Your Respective Weight in Kilograms)**

Men \_\_\_\_ 52 \_\_\_\_ 56 \_\_\_\_ 60 \_\_\_\_ 67.5 \_\_\_\_ 75 \_\_\_\_ 82.5 \_\_\_\_ 90 \_\_\_\_ 100 \_\_\_\_ 110 \_\_\_\_ 125 \_\_\_\_ 140 \_\_\_\_ 140+

Women \_\_\_\_ 44 \_\_\_\_ 48 \_\_\_\_ 52 \_\_\_\_ 60 \_\_\_\_ 67.5 \_\_\_\_ 75 \_\_\_\_ 82.5 \_\_\_\_ 90 \_\_\_\_ 90+

**Event**

\_\_\_\_ Push-Pull \_\_\_\_ Bench Only \_\_\_\_ Deadlift Only \_\_\_\_

Team Name (Optional) \_\_\_\_\_

**Payment Information (All Entry Fees US Dollars) PLEASE MAKE CHECK OR MONEY ORDER PAYABLE TO ALTER EGO FITNESS LLC**

- Meet Entry: \$85.00
- Additional Federation/ Division/ Event/ Age: &40.00 per additional category
- Late Entry Fee \$35
- APF Membership Card: If you need an APF Membership Card you may purchase one at weigh-in using cash or check, or online at <http://worldpowerliftingcongress.com/membership>
- APF or AAPF Membership Card \$30 Dual APF/ AAPF Membership Card \$40

**PLEASE NOTE: THERE ARE ABSOLUTELY NO REFUNDS**

**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, APF/AAPF, Jermichael Pratt, Alter Ego Fitness, the Hilton Embassy Suites, any judge or volunteer and all of their representatives, successors, and assigns for any and all injuries or bodily harm that I might suffer while competing at the Alter Ego Fitness Push/ Pull Meet on 11 November 2017.

Lifter's Signature \_\_\_\_\_

Parent (If Lifter is Under 18 Years of Age) \_\_\_\_\_

**PLEASE MAIL ENTRIES TO: ALTER EGO FITNESS PO BOX 243 Hazel Park Michigan 48030**

