

ALTER EGO PUSH PULL MEET SATURDAY JUNE 30, 2018 9:00AM ATHLETE MEETING 8:00AM



LOCATION: WAYNE STATE UNIVERSITY

St. Andrew's Hall

918 Ludington Mall Detroit MI 48202

SEE ATTACHED FOR DIRECTIONS

PROMOTER: JERMICHAEL PRATT

For questions please email Chris at

alteregomanagement@gmail.com

248/ 632-4218

DIVISIONS

Raw And Equipped (Single Ply & Multi-Ply)

AGE DIVISIONS

Teen/Junior/Open/Master/Sub-Master

SIZE CAP: 75 ATHLETES

WEIGHT CLASSES (POUNDS)

Women 97, 105, 114, 123, 132, 148, 165,

181, 198, SWH

Men 114, 123, 132, 148, 165, 181, 198, 202,

242, 275, 308, SWH

ENTRY DEADLINE: JUNE 23

Mail Entry Forms To:

Alter Ego Fitness

1600 Clay Street

Detroit MI 48211

REQUIREMENTS

Attire: one piece lifting suit and shoes. Undershirt

is required for bench press/ no tank top. Knee socks

are required for deadlift. A current APF/AAPF membership

is mandatory:www.worldpowerliftingcongress.com/membership_page.

Cost is \$30.00 for APF/ \$40.00 APF/AAPF. They will also be available

for purchase at weigh in or on the day of the meet. Open to all

APF/AAPF competitors. Residency not required.

WEIGH IN: ALTER EGO FITNESS

1600 Clay St Detroit MI 48211

Friday 9AM-Noon and 6PM-9PM

Weigh In Must Take Place Friday

COST: \$100.00

Each Crossover \$50.00

Late Entry \$50.000

General Admission \$5.00

EVENTS

Deadlift Only

Bench Press Only

Push Pull

FEDERATION: APF/AAPF

AWARDS

1st-3rd Place in All Weight Classes

Best Lifter Bench Only

Best Lifter Deadlift Only

Push/ Pull

RECORDS

Bench only and deadlift only are eligible for both state and national

records. If national records are

desired bench only or deadlift only

must be selected at time of entry.

State records may be set in the state

in which competitor resides

OFFICIAL RULES:

www.worldpowerliftingcongress.com

THANK YOU SO MUCH FOR YOUR SUPPORT!

Best of luck to all participants

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OFFICIAL 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 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 _____ Equipped (Single-Ply) _____ Equipped (Multi-Ply)

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 Pounds)

Men _____ 114 _____ 123 _____ 132 _____ 148 _____ 165 _____ 181 _____ 198 _____ 220 _____ 242 _____ 275 _____ 308
_____ 308+

Women _____ 98 _____ 105 _____ 114 _____ 123 _____ 132 _____ 148 _____ 165 _____ 181 _____ 198 _____ 198+

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. Please mail to Alter Ego Fitness 1600 Clay Street Detroit MI 48211

- Meet Entry: \$100
- Additional Federation/ Division/ Event/ Age: \$50.00 per additional category
- Late Entry Fee \$50
- 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_page
- APF or AAPF Membership Card \$30 Dual APF/ AAPF Membership Card \$40

PLEASE NOTE: THERE ARE ABSOLUTELY NO REFUNDS

Participant Waiver

In consideration of the acceptance of this entry, I hereby for myself, my heirs, executors and administrators waive and release any rights and claims for damages I may have against the APF, APF/AAPF, Jermichael Pratt, Alter Ego Fitness, Wayne State University, any judge or volunteer and all 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 30 June 2018.

Lifter's Signature _____

Parent Signature (if lifter is under 18 years old) _____



MEET LOCATION:

**Wayne State University/ St. Andrew's Hall
918 Ludington Mall
Detroit Mi 48202
North of Warren and West of Anthony Wayne
Use parking structure #2**

WEIGH IN LOCATION:

**Alter Ego Fitness
Russell Industrial Center
1600 Clay Street
Detroit Mi 48211
Fourth Floor/ Studio 409**

ENTRY FORM MAILING:

**Alter Ego Fitness
1600 Clay Street
Detroit MI 48211**

CONTACT INFORMATION:

**Please Email Chris at
alteregofitnessmanagement@gmail.com
248/632-4218**

OFFICIAL RULES:

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