

# 2012 APA Raw National Championships

*CLASSIC Powerlifting at it's best!*

<http://aparawnationals.webs.com/>

April 21,2012 at Conference Center 361 N. 10<sup>th</sup> Street Defuniak Springs, FL. 32433

Weigh-ins: Friday April 20, 2012 - 4:00pm until

8:00pm

Meet will start at 9:00 am

Sanctioned by the American Powerlifting Association (APA). You must be a member to be eligible. You may purchase membership card at the meet (\$30 adult - \$15 High School Student).

**SEND ALL ENTRIES AND MAKE MONEY ORDER PAYABLE TO:**

**Bobby Myers, 1022 Harrell Rd. Defuniak Springs, FL. 32435**

**Entry Deadline is April 7, 2012** entries received after this date must include a \$20 late fee!

**NO**, walk in registrations day of the meet. Checks not accepted the day of the meet!

**Contact info: Bobby Myers 850-974-2880 [alagua-pits@netzero.net](mailto:alagua-pits@netzero.net)**

**John Micka [jgmicka@aol.com](mailto:jgmicka@aol.com)**

***\*Note: Entry fees are not refundable!***

**NOTICE:** ONLY SELECT THE ONES THAT PERTAIN TO THE EVENTS YOU ARE ENTERING.

**Raw powerlifting**\_\_\_\_\_ **Raw Bench Press**\_\_\_\_\_ **Raw Deadlift**\_\_\_\_\_

(The only gear allowed is knee wraps and/or lifting belt)

You can enter more than one event if you would like, just check the events you want to enter

And send the appropriate fees according to the contest you are entering.

**What Divisions are you entering?**

*Women's Open*\_\_\_\_\_ *Men's Open*\_\_\_\_\_

*Teen Men Lt.(148 under by co-ef)*\_\_\_\_\_ *Teen Men Mid.(198 under by coef)*\_\_\_\_\_

*Teen Men Hvy. (199 and up by co-ef)*\_\_\_\_\_

*Teen women (148 and under co-ef)*\_\_\_\_\_ *Teen women (149 and over by co-ef)*\_\_\_\_\_

*Men's Masters (under 198)*\_\_\_\_\_ *Men's Masters (199 and up)*\_\_\_\_\_

*Women's Masters (under 148)*\_\_\_\_\_ *Women's Masters (over 149)*\_\_\_\_\_

*5 Member team*\_\_\_\_\_ *Name of team*\_\_\_\_\_

For record information -APA website ([www.apa-wpa.com](http://www.apa-wpa.com))

What Weight Class are you entering? If you don't make weight, you go to the one you do make.

**Men's Wt. Class:**

114\_\_\_\_123\_\_\_\_132\_\_\_\_148\_\_\_\_165\_\_\_\_181\_\_\_\_198\_\_\_\_220\_\_\_\_242\_\_\_\_275\_\_\_\_308\_\_\_\_

Super Heavy\_\_\_\_

**Women's Wt. Class:**

97\_\_\_\_105\_\_\_\_114\_\_\_\_123\_\_\_\_132\_\_\_\_148\_\_\_\_165\_\_\_\_181\_\_\_\_198\_\_\_\_Unlimited\_\_\_\_

**Entry Fees:**

**Powerlifting Meet \$65 one division & \$35 each additional division.**

**Bench Press Only \$65 one division & \$35 each additional division.**

**Deadlift Only \$65 one division & \$35 each additional division.**

**Teams of 5 lifters each \$50**

*Send the amount as advertised for each event. If you are a member of the APA you will need to bring your membership card to the meet as proof or receipt of online membership purchase. If you are not a member you must purchase a membership card at the meet.*

**RAW** = No bench shirt and no supportive suit. Belt, Knee & Wrist wraps are allowed if you wish to wear them. **SINGLETs** are **REQUIRED** for squat, bench and, deadlift. **All Squats are walk out!**

NAME\_\_\_\_\_AGE\_\_\_\_\_PHONE\_\_\_\_\_

ADDRESS\_\_\_\_\_

CITY\_\_\_\_\_STATE\_\_\_\_\_ZIP CODE\_\_\_\_\_

EMAIL\_\_\_\_\_RING SIZE\_\_\_\_\_

**SPORTS RINGS** are for Best lifter awards only! Open classes only! Full power, Bench, & Deadlift divisions. Men & Women. You can only win 1 ring! If you enter and win 3 divisions, and win BL in each, you will only receive 1 Best lifter ring, not 3 rings! There will be a minimum number of lifters in each division to qualify.

**Meet Hotel**

**Comfort Inn & Suites**

**326 Coy Burgess Loop**

**Defuniak Springs, Fl. 32435**

**850-951-2225**

**\$42.99 per night**

*This is a new property, very nice! Reserve under APA Raw Nationals for this rate.*

**Sponsored By:**

**TITAN Support Systems, MaxFit Sports Nutrition, Boad Apparel, Rock Solid Barbell, No Holds Barred Gym**

