

2011 APA Rock Solid Benchpress & Deadlift Challenge

Saturday July 23, 2011 at the Emerald Coast Conference Center, Fort Walton Bch, Fl.

Held in conjunction with the Emerald Coast Power Expo

Featuring: NPC Bodybuilding, figure & Bikini, APA Powerlifting, NAS Strongman, Arm wrestling, USA Wrestling, and Grappling, MMA, Run for the Panhandle ending on Okaloosa Island -Crossfit Games

**For more information contact: John Micka at 601-297-5646
jgmicka@aol.com**

Or Bobby Myers at 850-974-2880 alaqua-pits@netzero.net

**Lifting starts at 10:30 AM, Weigh-ins will be Friday 6:00 PM to 8:00 PM
at the luxurious Emerald Coast Convention Center on Okaloosa Island**

Sanctioned by the American Powerlifting Association. You must be a member to be eligible. If you are not a member, you may purchase an APA membership card at the meet (\$30 yr adult or \$15 high school student). Membership required to compete.

Online rulebook and equipment regulations can be found on the APA website <http://www.apa-wpa.com>

MAKE CHECKS PAYABLE TO: John Micka 2 Longstone Hattiesburg, Mississippi 39402

Entry Deadline is July 16, 2011. Entries after this date must include a **\$20 late fee!**
Walk-in registrations will be allowed on Friday July 22nd, but not on Saturday July 23rd! Walk in entries must be payed in cash!
Checks not accepted the weekend of the meet!

**Note: Entry fee's are not refundable*

NO WALK IN'S MORNING OF THE MEET!

***NOTE: WE WILL BE OFFERING "EQUIPPED" AND "RAW CATEGORIES" ONLY.
NOTICE: ONLY SELECT THE ONES THAT PERTAIN TO THE EVENTS YOU ARE ENTERING.**

Equipped – Push/Pull _____ Raw – Push/Pull _____

Equipped – Bench only _____ Raw - Bench only _____

Equipped – Deadlift only _____ Raw - Deadlift only _____

You can enter more than one event if you would like, just check the events you want to enter, and Send the appropriate fees for the division's you are entering, with your entry form!

1st Division is \$60, each additional Division is \$40 each.

What Divisions are you entering?

Teenage - Lt. Wt. _____ Hvy. Wt. _____ by co-eff.

Masters Men Lt. Wt. (198 and Under) _____ Hvy. Wt (Over 198) _____ by co-eff.

Masters Women Lt. Wt. (148 and Under) _____ Hvy. Wt (Over 148) _____ by co-eff.

OPEN _____ Male _____ Female _____

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 _____

RAW = No bench shirt and no supportive suit. Belt and wraps are allowed if you wish to wear them.

Wrestling singlet are required!

NAME _____ AGE _____ PHONE _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

EMAIL ADDRESS _____

Sponsored by:

Rock Solid Barbell of Defuniak Springs, Fl.

No Holds Barred Gym of Hattiesburg, Ms

MaxFit of Fort Walton Beach, Fl.