

# 2010 APA EMERALD COAST CLASSIC/EXPO

Saturday August 28, 2010 at the Emerald Coast Conference Center, Fort Walton Bch, Fl.

Featuring: Fitness Model Contest, APA Powerlifting, NAS Strongman, Arm wrestling, USA Wrestling, and Grappling

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 9 AM at ECCC, Weigh-ins will be Friday 4:00 PM to 8:00 PM at Hampton Inn on the beach.

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 Aug. 21, 2010. Entries after this date and walk-in registrations must include a \$20 late fee!

Walk-in registrations will be allowed on Friday Aug.27th, but not on Saturday Aug. 28th!

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 - Powerlifting \_\_\_\_\_ Raw Powerlifting \_\_\_\_\_

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!

1<sup>st</sup> Division is \$60, each additional Division is \$40 each.

What Divisions are you entering?

Teenage \_\_\_\_\_ Lt. Wt \_\_\_\_\_ Mid. Wt. \_\_\_\_\_ Hvy. Wt. \_\_\_\_\_ by co-eff.

Masters Men Lt. Wt. (Under 198) \_\_\_\_\_ Hvy. Wt (Over 198) \_\_\_\_\_ by co-eff.

Masters Women Lt. Wt. (Under 148) \_\_\_\_\_ Hvy. Wt (Over 149) \_\_\_\_\_ 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 \_\_\_\_\_