



Northwest APA-WPA Spring Powerlifting Championship

Saturday March 31, 2012

At Elite Performance Center

The Northwest's Premier Strength Training Gym
8030 SE Harold St. Portland, OR 97206

Full Power and Bench Only. Drug-Tested or non-Tested. Raw, Equipped or Unlimited Gear. Sanctioned by the American Powerlifting Association (APA). Lifting starts at 10:00AM, Weigh-ins: Friday 4:00PM until 6:00PM or Saturday 8:00AM until 9:00AM. Those arriving to register late or weigh-in on Saturday MUST arrive prior to 9AM for the mandatory briefing or you will not be allowed to lift. You must be an APA member to be eligible. You may purchase membership card at the meet (\$30 adult - \$15 youth or high school student under 18 yrs).

EQUIPMENT MUST MEET APA SPECIFICATIONS!!

APA RULES WILL BE FOLLOWED. If you are not familiar with these rules, see www.apa-wpa.com

Weight Classes Men: 114, 124,123,132,148,165,181,198,220,242,275,308,341,SHW

Weight Classes Women: 97,105,114,123,132,148,165,181,198,SHW

Age Divisions: Open; Sub-Teen: 11-12; Teenager: 13-15,16-17,18-19; Junior:20-23; SubMaster33-39; Master:40-44,45-49,50-54,55-59,60-64,65-69,70-74,75-79,80+

For additional information contact Rudy Kadlub at 503.314.8014 or e-mail: rakadlub@gmail.com



Mail Application to: 8030 SE Harold St Ste B Portland, OR 97206

Name _____

E-Mail address _____

Telephone Number _____

Mailing Address _____

City _____ State _____ Zip _____

Weight Class _____ Age Division _____ Birth Date _____

CHECK appropriate: Full Power \$85 _____ Bench Only \$65 _____

\$30 for additional Divisions

Drug Tested _____ Untested _____

RAW _____ STD EQUIPPED _____ UNL EQUIPPED _____





Portland's *March-Madness Open* **(Unsanctioned*) Olympic Weightlifting Meet**

Saturday, March 2012

At Elite Performance Center

8030 SE Harold St. Portland, OR 97206

Meet Director: Nick Horton, mail: Coach@PDXWeightlifting.com

Weigh-in: 8am - 9am

Lifting Begins: TBA

Entry Fee: \$20 early registration. \$30 at the door.

[Click Here to Register Online](#)

Womens Weight Classes: 43, 48, 53, 58, 63, 69, 75, 75+

Mens Weight Classes: 47, 51, 56, 62, 69, 77, 85, 94, 105, 105+

In consideration of your accepting this entry, I waive and release any and all rights and claims for damages against the Meet Director, PDX Weightlifting, Elite Performance Center, USAW, and/or Oregon LWC. I stipulate that I have trained properly for Olympic Weightlifting & understand the risks inherent in competing in this sport.

**Unsanctioned means that you do NOT need to wear a singlet, nor will your lifts be recorded with USA Weightlifting. However, ALL other standard rules apply.*