

# 2013 APF NEW YORK STATE SPRING IRON FRENZY!

APRIL 13TH, 2013

WHICH TEAM WILL CONQUER AND GAIN BRAGGING RIGHTS TO LONG ISLAND?  
TEAM MENDELSON OR TEAM BERNOR? SHOW UP TO FIND OUT!



SPONSORED BY: SHAWNA MENDELSON , JON BERNOR AND BLUE COLLAR BARBELL

**EVENT LOCATION:** ALL NATURAL GYM  
163 South 11th Street, Lindenhurst, NY 11757  
(631) 957-7373

**ELIGIBILITY:** Open to all APF & SSA Registered Athletes.

**WEIGH-IN:** ALL NATURAL GYM  
24 hour weigh in rule will apply.  
Friday – APRIL 12<sup>th</sup> 11:00am - 6:00 pm  
Saturday – APRIL 13<sup>th</sup> 8:30 am – 9:00am  
**Meet will be Raw and Equipped- Single and Multiply!**

**COMPETITION:** Mandatory rules briefing Saturday at 9:30 am

**LIFTING SCHEDULE:** Saturday APRIL 13th. Meet will Start at 11am Sharp!

**UNIFORM:** Mandatory - Must have one piece lifting suit or wrestling singlet.  
APF Rules apply.

**CONTEST LIFTS:** Squat - Bench Press – Deadlift and/or Bench Press Only

**ENTRY FEE:** \$100.00 Full Meet, Push Pull \$80.00, \$60.00 Bench only!  
**APRIL 6th, 2013. \$20.00 late fee for any entries allowed in after the deadline.**

**AWARDS:** 1-3<sup>rd</sup> place and Best Lifter in each category based on content of entries.

**2013 APF NEW YORK STATE SPRING IRON FRENZY!  
APRIL 13TH, 2013**

**Entry Form**



**Competitor:**

---

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Age \_\_\_\_\_

e-mail \_\_\_\_\_ Date of Birth \_\_\_\_\_

Division Entered: Open Junior 20-23 Teen13-15 16-17 18-19 Submaster 33-39  
Masters 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84  
Police/Fire/Military

**Class Entered Men:** 114 123 132 148 165 181 198 220 242 275 308 SHW

**Class Entered Women:** 97 105 114 123 132 148 165 181 198 Unl

Men  Women  Wt Class \_\_\_\_\_ Powerlifting Bench Press Push/Pull (must lift in both)

**Raw , Multiply Please circle!**

**Fees & Payment:**

**Late fee after 04/06/2013 \$20 \$**

APF# \_\_\_\_\_ Exp. Date \_\_\_\_\_

Entry fee Powerlifting \$100 \$ \_\_\_\_\_

Entry Fee Push/ Pull \$80 \$ \_\_\_\_\_

Entry Fee Bench Only \$ 60 \$ \_\_\_\_\_

**TOTAL DUE** \$ \_\_\_\_\_

**Paid:** Cash Money Order/Cashiers Check

**Waiver:**

In consideration of the acceptance of this entry, I hereby for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the APF, AAPF, Shawna Mendelson, All Natural Gym, their representatives, successors, and assigns for any and all injuries or bodily harm that I might suffer while competing at the 2013 APF Iron Frenzy Championships, April 13TH, 2013. SIGN HERE X

---

**PLEASE MAKE CHECKS FOR THE MEET PAYABLE DIRECTLY TO: BLUE COLLAR BARBELL**

**ALL APF CARDS PLEASE MAKE OUT A SEPARATE CHECK DIRECTLY TO: AMERICAN POWERLIFTING FEDERATION.**

**PERSONAL CHECKS WILL NOT BE ACCEPTED FOR THE POWERLIFTING MEET. MUST BE CASH, MONEY ORDER, OR CASHIERS.**

**SEND ALL ENTRIES TO: ALL NATURAL GYM 163 SOUTH 11<sup>TH</sup> STREET LINDENHURST, NY 11757 ATTN: SHAWNA MENDELSON OR PAY ONLINE THROUGH PAYPAL. [BLUECOLLARBARBELL@AOL.COM](mailto:BLUECOLLARBARBELL@AOL.COM) [THENEWGYM@GMAIL.COM](mailto:THENEWGYM@GMAIL.COM), [WWW.SHAWNAMENDELSON.COM](http://WWW.SHAWNAMENDELSON.COM), [WWW.BLUECOLLARBARBELL.COM](http://WWW.BLUECOLLARBARBELL.COM)**