

# TWINCITIESBARBELL

Presents

## American Powerlifting Organization

### TCBB Spring Showdown III

# April 6, 2024

#### Entry Form

Last Name _____	First Name _____	Middle Initial _____
Address _____		
City _____	State _____	Zip Code _____
Phone _____	APO Card Number _____	
E-Mail _____	Age on Meet Day _____	Date of Birth _____

**Wt. Class (Men):** CIRCLE ONE – 114 123 132 148 165 181 198 220 242 275 308 SHW

**Wt. Class (Women):** CIRCLE ONE – 97 105 114 123 132 148 165 181 198 220 242 275 308 SHW

**Division/Age Group:** CIRCLE ONE -- OPEN Teen (13-15) (16-17) (18-19) Junior (20-23) Sub master (33-39)  
Masters: (40-44) (45-49) (50-54) (55-59) (60-64) (65-69) (70-74) (75-79) (80+)

**CHECK ONE --**  Full Meet **OR**  Bench Only **OR**  Deadlift Only Push/pull is Bench+Dead Only

**CHECK ONE --**  RAW **OR**  Classic RAW **OR**  Single Ply  Multi-Ply

**CHECK ONE --**  Not Tested **OR**  Steroid Tested

Full Meet Fee - \$50

Bench or Pull only - \$50 EACH  
(required for single lift records)

NO REFUNDS!

MUST SHOW PROOF OF APO CARD AT WEIGH-IN  
APO CARDS MUST BE PURCHASED AHEAD OF TIME  
NO CARDS WILL BE SOLD AT WEIGH-INS!  
**PURCHASE APO CARDS WITH PAYPAL \$50 at:**  
americanpowerliftingorg@gmail.com

THERE WILL BE A STRICT LIMIT OF 50 FULL POWER LIFTERS FOR 3 FLIGHTS. PLUS 5 SPOTS FOR BENCH ONLY OR DEADLIFT ONLY. CUTOFF WILL DETERMINED BY PAYPAL DATE/TIME. **THIS MEET SOLD OUT 1 MONTH EARLY IN 2023...DON'T DELAY!**

Meet entry payment must be made by **PAYPAL ONLY**, to [twincitiesbarbell@gmail.com](mailto:twincitiesbarbell@gmail.com) – use “sending to a friend”. Entry Forms MUST ALSO BE **EMAILED ONLY**, to [twincitiesbarbell@gmail.com](mailto:twincitiesbarbell@gmail.com)

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 APO, WPO, or, Twin Cities Barbell, Veterans Memorial Community Center, Debbie and Gregg Damminga, their representatives, successors, and assigns for any and all injuries or bodily harm that I might suffer while competing at the TCBB Holiday Throwdown IX on October 28, 2023.

\_\_\_\_\_  
Signature of Competitor  
(and also need Parent/Legal Guardian if Competitor is under 18 years of age)