



Next Level Fitness Group has paired with the
American Powerlifting Association and
PROUDLY ANNOUNCES
the

HOOSIER STATE OPEN POWERLIFTING CONTEST SEPTEMBER 20, 2008 NEXT LEVEL FITNESS GROUP GYM

EVENTS:

PL = Squat, Bench, Deadlift
BP = Bench Only
DL = Deadlift Only
PP = Bench, Deadlift

REGISTRATION:

Register online at: www.apa-wpa.com/entryforms.htm
Before September 6 - \$60 BP, DL, PP - \$35 Each Additional Division
\$70 PL - \$40 Each Additional Division
After September 6 - \$15 Additional

SCHEDULE:

Weigh-in: 6pm – 7pm Friday Sep. 19
8:30am – 11am Saturday Sep. 20
Contest: Lifting Starts at Noon

WEIGHT CLASSES:

WOMEN - 97LB, 105LB, 114LB, 123LB, 132LB, 148LB, 165LB, 181LB, 198LB, 220LB, UNLIMITED
MEN - 97LB, 105LB, 114LB, 123LB, 132LB, 148LB, 165LB, 181LB, 198LB, 220LB, 242LB, 275LB,
308LB, SHW

PRIZES:

Trophies will be given out in all weight classes to:

MALE BEST LIFTER – FULL POWER
FEMALE BEST LIFTER – FULL POWER
MALE BEST LIFTER – PUSH / PULL
FEMALE BEST LIFTER – PUSH / PULL
RAW BEST LIFTER – BENCH PRESS
BEST LIFTER – BENCH PRESS
MALE BEST LIFTER – DEADLIFT
FEMALE BEST LIFTER – DEADLIFT

ADDITIONAL INFO:

This meet is sanctioned by the American Powerlifting Association (APA)
Meet results will be published in [Powerlifting USA](http://PowerliftingUSA.com) and posted on-line at www.apa-wpa.com
Each contestant must be a member of the APA to be eligible to compete
Membership cards may be purchased the day of the meet (\$30 Adult - \$15 High School Student)

Next Level Fitness Group
4620 S CO RD 600E Suite 300
Plainfield, IN 46168
317-839-2546
nlfg@att.net



IF YOU DON'T POWERLIFT YOU DON'T KNOW SQUAT!

SQUAT * BENCH * DEAD * SQUAT * BENCH * DEAD