



Big Apple Powerlifting Championship



Saturday, May 19 2012

Weigh in: 10:00 AM

Start Time: 11:30 AM

@ Astral Fitness :5500 Broadway, Bronx, New York

For questions Call: #718=561-2200

or email: astralfitness@aol.com / visit: www.astralfitness.net

Register by April 20, 2012: \$49. Registration

Register after April 20, 2012: \$65.

Open admission to public \$4. Ticket Fee in advance.

\$10. Ticket Fee day of event

***call for group rates**

***Fees are non refundable.**

Checks, Cash and Credit Cards Accepted

Checks payable to Matt Johnson

Attire Requirements: Lifters are required: Lifting Singlet (Available as "wrestling suit / singlet" /one piece suit, available at most major sports retailers and in limited quantity at Astral Fitness) No Gloves allowed, Lifting Belts, suits and wraps are allowed.

***Weight Classes as follows:**

Men: (= or > 148 lbs.), (= or > 165 lbs.), (= or > 181 lbs.),
(= or > 198 lbs.), (= or > 225 lbs.), (= or > 242 lbs.), (242 lbs+)

***Women:** (= or > 95 lbs.), (= or > 126 lbs.),
(= or > 159 lbs) (= or > 185 lbs) (over 186 unlimited)

***Top three competitors in each class will receive award trophies / plaques.**

*** Astral Fitness, its assigns, employees and affiliates will not be responsible for any injuries sustained during the time of the meet.**