

**ORLANDO BARBELL APF FLORIDA STATE CHAMPIONSHIP**  
**FEBRUARY 18<sup>TH</sup>, 2017**

- Meet Director:** Brian Schwab  
PH-407-678-2447  
Email: lightweightpower@aol.com
- Date:** Saturday, February 18th, beginning at 10:00 AM
- Location:** Hagerty High School Gym  
3225 Lockwood Blvd.  
Oviedo, FL 32765  
(You must park and enter behind the school off of Old Lockwood/Tanner)
- Nearby Hotels:**
- | <b>Holiday Inn</b>   | <b>LaQuinta Inn</b>   |
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| 12250 East Colonial Drive<br>Orlando, FL 32826<br>1-888-465-4329 | 11805 Research Parkway<br>Orlando, FL 32826<br>407-737-6075 |
- Sanctioned By:** American Powerlifting Federation
- Eligibility:** Open to APF registered athletes. All athletes are required to have a valid APF registration card which must be purchased in advance on the WPC website here:  
<http://membership.worldpowerliftingcongress.com/register.php>
- Contests:** **Equipped, Single Ply, Raw (Wrist wraps and belt only)** - Full Power, **Bench only, Deadlift only, Ironman** (combined weight of best bench and deadlift).  
**Classic Raw (with knee sleeves or wraps)**- Full Power
- Divisions:** Teen (13-15, 16-17, 18-19), Junior (20-23), Open, Submasters (33- 39), Master (40-44, 45-49, 50-54, 55-59, 60-64, 65+)
- Weight Classes:** Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW  
Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, SHW
- Entry Fee:** \$75 per division/contest  
\$35 for each additional division/contest  
Make checks payable to: Orlando Barbell  
Entry must be received by Friday, January 20<sup>th</sup>, 2017.  
Late entries will incur a \$25 late fee.  
(The earlier you get your entry form in, the more likely you are to make it into the meet. Our meets usually fill up before the late fee date. Please do not ask to get in the meet after we've met our cap).
- Awards:** Top 3 per weight class in each division
- Weigh-Ins:** **(There will be no same day weigh-ins. You only have to attend one weigh in).**  
Friday, February 17<sup>th</sup> 10:00 am – 12:00 pm at **Orlando Barbell**  
Friday, February 17<sup>th</sup> 3:00 pm – 5:00 pm at **Orlando Barbell**  
Friday, February 17<sup>th</sup> 6:00 pm – 8:00 pm at **Hagerty High**
- Rules:** American Powerlifting Federation rules apply.  
One piece lifting suits (i.e. singlets) must be worn.  
Rules meeting will be at 9:00am.
- Spectator Fees:** \$10.00 (including coaches); children under the age of 10 get in free.