

APF The Legendary Push/Pull Meet December 16th 2017



- MEET DIRECTORS:** Joe & Lori Ladnier, theladx2@gmail.com 1-228-447-8857
- EVENT LOCATION:** Legendary Athletic Development Fitness Center, 21175 Hwy 613, Moss Point MS 39562
- ELIGIBILITY:** Lifters must be an APF registered athlete by the time of the meet. You can renew membership online at www.worldpowerliftingcongress.com.
- WEIGH-IN:**
Friday December 15th 2017: 9 am – 6 pm
Saturday December 16th 7am-8am
- EVENT:** **MANDATORY RULES BRIEFING: 1 hour prior to start of meet**
Saturday December 16th lifting will begin at 9am
- EQUIPMENT:** **Raw, Classic Raw, Single Ply, Multi Ply**
Raw is belt, wrist wraps only, Classic Raw is belt, wrist wraps, knee wraps or knee sleeves. Single Ply is single-ply polyester only, no velcro. Equipped is standard APF/WPC equipment rules.
- UNIFORM:** One-piece lifting suit or wrestling suit is MANDATORY.
- CONTEST LIFTS:** Push/Pull (Bench & Deadlift) Bench Only, Deadlift Only
- ENTRY FEE:** Entry fee is \$75 Push/Pull \$50 Bench Only/Deadlift Only if received on or prior to the **DEADLINE, November 30, 2017**. Late entries *that are accepted* will be charged a \$10 late fee. Additional divisions are \$30 each. Checks or money orders make payable to **Legendary Athletic Development Fitness Center. NO REFUNDS**
- AWARDS:** Medals will be given to the first three places in categories. Best Lifters will be awarded in categories based on the content of the entries. Awards are guaranteed only those that pre register.

