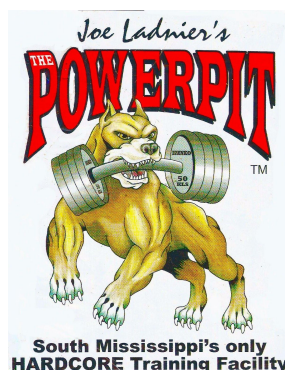


## APF – AAPF Mississippi Ironman Powerlifting Meet January 26<sup>th</sup> 2019



- MEET DIRECTORS:** Joe & Lori Ladnier, [theladx2@gmail.com](mailto:theladx2@gmail.com) 1-228-447-8857  
Legendary Athletic Development Fitness Center, 21175 Hwy 613, Hurley MS 39555
- EVENT LOCATION:** **Legendary Athletic Development Fitness Center** 21175 Hwy 613, Hurley MS 39555
- ELIGIBILITY:** Lifters must be an APF or AAPF registered athlete by the time of the meet. You can renew membership online at [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com).
- WEIGH-IN:** Friday January 25<sup>th</sup> 9 am – 6 pm  
Saturday January 26<sup>th</sup> 7am-8am
- EVENT:** **MANDATORY RULES BRIEFING: 1 hour prior to start of meet**  
**Saturday January 26<sup>th</sup> 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:** Powerlifting (squat, bench, deadlift) Push/Pull (Bench & Deadlift) Bench Only, Deadlift Only
- ENTRY FEE:** Entry fee is \$90 Powerlifting, \$75 Push/Pull \$50 Bench Only/Deadlift Only. 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.





