

NORTH GEORGIA BARBELL

Presents

2023 APF BENCHPRESS/DEADLIFT SUMMER CLASSIC

****RAW & EQUIPPED DIVISIONS****

SATURDAY JUNE 24, 2023

GEORGIA STRENGTH COMPOUND, 2403 OLD CONCORD RD, SMYRNA, GA 30080

JON GROVE, JON@PREMIERFITNESSSOURCE.COM, 404-618-7428

MEET DETAILS:

- LIFTERS MUST WEAR A 1 PIECE LIFTING SINGLET. ALL APF APPROVED BENCHPRESS SHIRTS AND DEADLIFT SUITS ALLOWED IN EQUIPPED
- MEET LIMITED TO 50 COMPETITORS. SEPARATE FLIGHTS FOR RAW & EQUIPPED
- ENTRY FEE \$125 FOR 1 DIVISION, \$40 FOR ADDITIONAL DIVISION
MAKE PAYMENT ON WWW.APF-GEORGIA.COM WEBSITE
- ENTRY DEADLINE FRIDAY, JUNE 23, 2023 (IF NOT ALREADY FULL)
- WEIGH-INS ON FRIDAY, JUNE 23 2023 @ THE GEORGIA STRENGTH COMPOUND
EARLY WEIGH-IN: 9 AM-12 PM EVENING WEIGH-IN: 4 PM-8 PM
- LIFTER MUST HAVE A CURRENT APF REGISTRATION CARD. THIS CAN BE PURCHASED AT WWW.WORLDPowerLIFTINGCONGRESS.COM
- DIVISIONS: MEN'S PUSH/PULL, MEN'S BENCH, MEN'S DEADLIFT
WOMEN'S PUSH/PULL, WOMEN'S BENCH, WOMEN'S DEADLIFT
MASTERS PUSH/PULL, MASTERS BENCH, MASTERS DEADLIFT
TEENAGE PUSH/PULL, TEENAGE BENCH, TEENAGE DEADLIFT
PLEASE SPECIFY RAW OR EQUIPPED
- AWARDS: 1ST-3RD EACH DIVISION. BEST LIFTER AWARDS FOR EACH DIVISION
(MINIMUM 5 LIFTERS /CATEGORY REQUIRED FOR BEST LIFTER AWARD)