**MAIDENS OF IRON**

APF/AAPF Powerlifting Meet

August 26, 2023

**Meet Director:** Mackenzie Tomasik - (734-770-8627)

Wpcflorida23@gmail.com

**Event Location:** Barbell Barbell 11900 31st Ct N St Petersburg, FL 33716

**Eligibility:** Open to APF/AAPF registered athletes. All athletes are required to have a valid membership card and must show it at weigh-in. If you fail to bring it, you will be required to purchase one onsite for $50 (AAPF and APF) or $40 (APF Only or AAPF Only).

**Weigh-In:** 11900 31st Ct N St Petersburg, FL 33716

 24-hour weigh-in rule will apply. **NO WEIGH-INS DAY OF MEET**

 **Friday, August 25, 2023 9 am – 11am & 4:00 pm – 6:00 pm**

**Event Start Time: Mandatory Rules Meeting 8:00 a.m.**

**Saturday, August 26, 2023 9:00 a.m.**

**Uniform:** Mandatory – Must have one piece lifting suit or wrestling suit. Raw only Singlet, Belt, writs wraps allowed, no knee wraps or knee supports. Classic Raw; Singlet, Belt, Knee Wraps or Sleeves and wrist wraps. Equipped see www.worldpowerliftingcongress.com for rules.

**Contest Lifts:** Full Meet (Squat/Bench/Deadlift), Bench Only or Deadlift Only

**Entry Fee:** Entry fee for the Full Meet, Bench only or Deadlift only meet is $85 if received prior to August 1, 2023. Additional divisions are $25 each.

 The entry fee must accompany this entry form and be received no later than **August 1, 2023**. NO REFUNDS. **Limit to first 45 entries**. No sign ups the day of the meet. No weigh-ins day of meet.

 Registrations received after **August 1, 2023** that are accepted will be at a $30 late fee.

**Awards:** Medals will be given to the first three places in all categories. Best lifter awards will be given in categories based on content of the entries.

**APF/AAPF Maidens of Iron – Mail this page with entry fee to:**

**Mackenzie Tomasik 3329 Whispering Dr N Largo, FL 33771**

**Make checks/money orders payable to: Mackenzie Tomasik**

Full Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Gender (circle one): Male Female

Age:\_\_\_\_\_\_\_\_\_\_ Date of Birth:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-mail:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State:\_\_\_\_\_\_\_\_\_\_ Zip Code:\_\_\_\_\_\_\_\_\_\_\_\_

Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Gym/Team: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Circle Event Entered:** Full Meet Bench Only Deadlift Only

**Circle Category:** Raw (singlet, belt, wrist wraps**)** Classic Raw (Raw w/knee wraps/sleeves)

 Single Ply Multi Ply

**Circle Division Entered:** Open:

 Teen: 13-15 16-17 18-19

 Junior: 20-23

 Masters: 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84

**Circle Weight Class:** Women: 97 105 114 123 132 148 165 181 198 220 242 Unl

 Men: 114 123 132 148 165 181 198 220 242 275 308 SHW

**Awards are guaranteed to those who pre-register only**

**Fees & Payment:**  Entry Fee $85 $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Late Fee after Aug 1 $30 $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Additional Division $25 $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Meet Shirt $20 $\_\_\_\_\_\_\_\_\_\_\_\_S M L XL

 $25 $\_\_\_\_\_\_\_\_\_\_\_\_2XL and up

 Total $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

In consideration of my acceptance of this entry, I hereby for myself, my heirs, executors and administrators waive and

release any and all rights and claims for damages I may have against the World Powerlifting Federation (APF/AAPF),

Mackenzie Tomasik, Barbell Barbell, Full Torque Fitness, their representatives, successors and assigns for any and

all injuries or bodily harm that I might suffer while completing at the 2023 Maidens of Iron during the days of

August 25, 2023 and August 26, 2023. I attest and verify that I have full knowledge of the risks involved with

my participation in this event, and that to the best of my knowledge I am physically fit and able to participate in this

event.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Parent’s Signature if under 18: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_