



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, wrist 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.

Return Entry Forms to: 3329 Whispering Dr N Largo, FL 33771
For online submittal, contact Mackenzie directly.

**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: _____