



# RICK LAWRENCE SOUTHERN STATES APF/AAPF Powerlifting Meet December 2, 2023



- Meet Director:** Joel Kennedy 727-389-2108 [jkennedy421@gmail.com](mailto:jkennedy421@gmail.com)
- Event Location:** Florida Barbell, 805 Live Oak Street, Tarpon Springs, FL 34689  
727-510-3322
- 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:** Florida Barbell, 805 Live Oak Street, Tarpon Springs, FL 34689  
24-hour weigh-in rule will apply. **NO WEIGH-INS DAY OF MEET**
- Friday, December 1, 2023**      10 am – 11:30 am & 4:00 pm – 5:30 pm
- Event Start Time:**      **Mandatory Rules Meeting**      9:00 a.m.  
   **Saturday, December 2, 2023**      10:00 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](http://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 November 1, 2023. Additional divisions are \$25 each.
- The entry fee must accompany this entry form and be received no later than **November 1, 2023**. NO REFUNDS. **Limit to first 60 entries**. No sign ups the day of the meet. No weigh-ins day of meet.
- Registrations received after **November 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 Rick Lawrence Southern States

Send entry to: Florida Barbell, Joel Kennedy, 805 Live Oak Street, Tarpon Springs FL 34689

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

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

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

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

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

Circle Category:      APF                      AAPF (drug tested)

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    85-89

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 Nov 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 Congress, American Powerlifting Federation, Amateur American Powerlifting Federation (APF/AAPF), Florida Barbell, Joel Kennedy, their representatives, successors and assigns for any and all injuries or bodily harm that I might suffer while completing at the 2023 Rick Lawrence Southern States, during the days of December 1, 2023 and December 2, 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: \_\_\_\_\_