



APF Pillars of Strength December 2nd 2023

- Sponsored By: Hardcore Barbell South, Central, LA.
- Meet Director: Garry Frank-15836 Chivre Avenue
Greenwell Springs, LA. 70739
- Sanctioned By: APF – American Powerlifting Federation
- Eligibility: Lifters must be APF registered you can register online
www.worldpowerliftingcongress.com
- Meet Site: Iron Empire, 700 Poinciano, Mamou LA 70554
- Lifting Session: Saturday December 2nd 10:00 am All lifters
- Weigh-in: At Meet Venue Friday December 1st
10 am to noon, 6pm to 8pm
Saturday December 2nd 8:00am to 9:00am
- Contest Lifts: Squat, Bench Press, & Dead Lift or
Bench Press Only or Dead Lift Only
- Entry Fee: \$90 full meet \$100 late entry \$90 bench only
\$60 add a division \$90 dead lift only
\$80 team (11 lifters) \$40 APF card \$20 teen APF card
- Entry Deadline: Entries must be received by November 1st to avoid late fee
- Weight Classes: Men: 114,123,132,148,165,181,198,220,242,275,308,SHW
Women: 97, 105, 114,123, 132, 148, 165, 181, 198, 220, 242, UNL
- Awards: 1st -3rd per weight class (open, teen, women, novice, junior (20-23), Masters (40-44), (45-49), etc...
- Best Lifter Awards for Open, Master, Bench Only and Women
- Glossbrenner Formula used to determine best lifter.



*Make checks payable to Garry Frank 15836 Chivre Avenue,
Greenwell Springs, LA. 70739
Call 225-453-6073*

NAME: _____

Address: _____

City: _____ State: _____ Zip: _____

Date of birth: _____ Age: _____

APF card #: _____ Expiration Date: _____

Phone #: _____ Email: _____

Entry Fee Required For Each Division Entered

Equipped Single Ply Classic Raw Raw

Weight Class _____ Male Female

Full meet Bench only Dead lift only

Masters _____ Open _____ Teen _____ Jr _____

WAIVER

In consideration of the 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 APF, WPC, Garry Frank, Hardcore Barbell South, Iron Empire their representatives, successors and assigns for any and all injuries or bodily harm that I may suffer while competing at the 2023 APF Pillars of Strength.

Please sign first and last name here
(Parent signature required if athlete under age 18)