



Florida Barbell Presents

APF/AAPF Back to School Bench Off

July 20th 2024

- Meet Director:** Joel Kennedy 727-389-2108 apf.florida@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 \$60 (AAPF and APF) or \$50 (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, July 19th 2024** 10 am – 11:30 am & 4:00 pm – 5:30 pm
- Event Start Time:**
- | | |
|--|------------|
| Mandatory Rules Meeting | 9:00 a.m. |
| Saturday, July 20th 2024 | 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 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 June 1st. Additional divisions are \$25 each.
- The entry fee must accompany this entry form and be received no later than **June 1, 2024**. NO REFUNDS. **Limit to first 60 entries**. No sign ups the day of the meet. No weigh-ins day of meet.
- Registrations received after **June 1, 2024** 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: Florida Barbell, Joel Kennedy 805 Live Oak Street, Tarpon Springs, FL 34689

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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: Bench Only Unlimited 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 after

\$85

\$ _____

Late Fee after June 1

\$30

\$ _____

Additional Division

\$25

\$ _____

Meet Shirt

\$25

\$ _____ S M L XL

\$30

\$ _____ 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 APF-AAPF Back to School Bench Off July 20th 2024. 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: _____