

2025 APF/AAPF Nationals

PRESENTED BY

MICHIGAN APF

MEET INFORMATION

Date	June 12-15, 2025
Venue	Royal Oak Gym 1600 N. Stephenson Hwy., Royal Oak, MI 48067
Promoters	Arthur Little and Matt Brimer
Federations	APF and AAPF
Divisions	Raw Classic Raw Equipped Singleply and Multiply
Age Div.	Teen, Junior, Open, Submaster, Master
Events	Day 1 Bench Only, Deadlift Only Day 2-4 Full Power Only
Records	National and World Records May Be Set (State records contact your state chair)
Size Cap	Unlimited

LIFTING SESSIONS

Thursday 6/12	ALL WOMEN AND MEN Bench only and Deadlift only
Friday 6/13	ALL WOMEN and ALL SPECIAL OLYMPIANS Full power
Saturday 6/14	ALL MEN 52-82.5kg Full Power
Sunday 6/15	ALL MEN 90kg to 140+ Full Power

Please Note

Per WPC regulation Deadlift/Bench only may not be double counted on full power days at national meets. You must lift both days if you'd like to attempt both records.



We will be making a charitable donation for breast cancer research from the proceeds of this meet

Scored by Glossbrenner

ENTRY FEES

Entry Fee	\$125 until 3/31/2025 \$150 until 4/30/2025 \$175 until 5/17//2025
Additional Federation/Age	\$50
Meet T-Shirt	\$30
Please Note	Entry fees are nonrefundable
Entry Deadline	May 17, 2025

Spectators	Adults \$10 Children Under 10 Free
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WEIGH-INS

9:00-11:00 a.m.
5:00-7:00 p.m.
Royal Oak Gym
1600 N. Stephenson Hwy.,
Royal Oak, MI 48067

Competitors must weigh-in at any session the day prior to their lifting day.

THERE ARE NO MORNING OF WEIGH-INS!

Rules Meetings 8:10 a.m.
Lifting Starts 9:00 a.m.

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CONTACT

Website

www.michiganapf.com

Email

info@michiganapf.com

REQUIREMENTS

Attire

One piece lifting suit and shoes required for all events. Under-shirt required for squat and bench press; undershirt optional for deadlift. Undershirt may be sleeveless or short-sleeve but cannot be a tank-top (must cover top of shoulder). For deadlift knee high socks are required.

Membership

A current APF membership card is required to compete. \$50 for individual federation cards, \$60 for a combined APF/ AAPF card. Teenagers age 13-19 \$25 for individual federation cards, \$30 for a combined APF/ AAPF card.

Must purchase online at: [APF Membership](#)

Assistants

Each lifter is allowed one coach/helper in the loading area.

Records

National and World Records may be set at this meet. Contact your state chair to

Push-Pull Records

National records cannot be set in push-pull. If bench or deadlift National records are desired, bench/deadlift only must be entered separately instead as there will be no push-pull category.

Classic Raw

Classic Raw allows the use of knee wraps/sleeves in the squat only. All other rules and lifts are identical to Raw. All Classic Raw records are maintained separately from Raw records. You cannot set Raw records in Classic Raw.

WEIGHT CLASSES & AWARDS

Men (kg): 52, 56, 60, 67.5, 75, 82.5, 90, 100, 110, 125, 140, 140+

Women (kg): 44, 48, 52, 56, 60, 67.5, 75, 82.5, 90, 100, 110, 110+

Awards / Best Lifter Awards

Medals for 1st-3rd in all weight classes. Best lifter awards given for women's, men's light weight, and men's heavyweight full power, deadlift-only and bench-only in raw, classic raw, and equipped. (Must be five competitors in qualifying best lifter divisions). Single lift best lifter awards will be awarded if there are over five lifters in that category. Late entrants are not guaranteed an award.

MEDALS WILL NOT BE MAILED.

RESOURCES

[The Sport - Powerlifting Overview](#)

[The Meet - What to Expect at Your First Meet](#)

[WPC/APF FAQ](#)

Official Rules

~~See the official rule book for further details and~~ requirements: [WPC/APF Official Rules](#)