



# Florida Barbell Presents

## APF/AAPF Spring Bash Powerlifting Meet

### May 3<sup>rd</sup> 2025



- Meet Director:** Amy Jackson 630-896-7309 [amyjackson@aol.com](mailto:amyjackson@aol.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, May 2<sup>nd</sup> 10 am – 11:30 am & 4:00 pm – 5:30 pm**
- Event Start Time:**
- |  |                   |
|--|-------------------|
| <b>Mandatory Rules Meeting</b>           | <b>9:00 a.m.</b>  |
| <b>Saturday, May 3<sup>rd</sup> 2025</b> | <b>10:00 a.m.</b> |
- Uniform:** Mandatory – Must have one piece lifting suit or wrestling suit. Raw only Singlet, Belt, wrists 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 April 1<sup>st</sup>. Additional divisions are \$25 each.
- The entry fee must accompany this entry form and be received no later than **April 1, 2025**. NO REFUNDS. **Limit to first 60 entries**. No sign ups the day of the meet. No weigh-ins day of meet.
- Registrations received after **April 1, 2024** that are accepted will be at a \$40 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.

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Send entry to: APF 505 Westgate Drive, Aurora IL 60506

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 April 1                      \$40    \$ \_\_\_\_\_  
    Additional Division                      \$25    \$ \_\_\_\_\_  
    Meet Shirt                      \$30    \$ \_\_\_\_\_ S M L XL 2X  
    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), Amy Jackson, Florida Barbell, their representatives, successors and assigns for any and all injuries or bodily harm that I might suffer while completing at the APF-AAPF Spring Bash Powerlifting Meet, May 3<sup>rd</sup> 2025. 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: \_\_\_\_\_