



UFC GYM Presents

APF/AAPF Beast of the Bench Press / Rise of the Deadlift October 18th 2025



- Meet Director:** Vaughan DeBarr, 813-763-6911, leglesslifter@gmail.com
- Sanctioned By:** APF/AAPF
- Event Location:** UFC GYM - Largo, 1111 Missouri Ave N, Largo, FL 33770
727-496-8322
- Eligibility:** Open to APF/AAPF registered athletes. All athletes are required to have a valid membership card and must show it at weigh-in. You can renew or get your membership at <https://worldpowerliftingcongress.com>. No card will be sold at weigh-ins; must purchase online.
- Weigh-In:** **Friday, October 17, 2025: 10:00-12:00pm & 4:00 – 6:00 pm** at 24-hour weigh-in rule will apply. **NO WEIGH-INS DAY OF MEET**
UFC GYM - Largo, 1111 Missouri Ave N, Largo, FL 33770
727-496-8322
- Event Start Time:** **Mandatory Rules Meeting** 9:00 a.m.
Saturday, December 14th 2024 10:00 a.m.
- Uniform:** Mandatory – Must have one piece lifting suit or wrestling suit. Raw only Singlet, Belt, wrist 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:** Push/Pull (Bench and Deadlift), Bench Only, or Deadlift Only
- Entry Fee:** Entry fee for Push/Pull is \$100, Bench Only or Deadlift Only \$50. if received prior to October 3, 2025. Additional divisions are \$50 each.
- The entry fee must accompany this entry form and be received no later than **October 3, 2025**. NO REFUNDS. **Limit to first 60 entries**. No sign up on the day of the meet. No weigh-ins day of meet.
- Registrations received after **October 3, 2025**, 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: Leglesslifter@gmail.com, Vaughan DeBarr – 813-763-6911

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Send entry to: Vaughan DeBarr – 813-763-6911, leglesslifter@gmail.com

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: Push/Pull (Bench & Deadlift) 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 Push/Pull	\$100	\$ _____
	Bench Only	\$50	\$ _____
	Deadlift Only	\$50	\$ _____
	Late Fee after 10/ 3	\$30	\$ _____
	Additional Division	\$50	\$ _____
	Meet Shirt	\$30	\$ _____ S M L XL
		\$35	\$ _____ 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), UFC Gym, Vaughan DeBarr, their representatives, successors and assigns for any, and all injuries or bodily harm that I might suffer while completing at the APF-AAPF Beast of the Bench Press/Rise of the Deadlift, October 18th, 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: _____