



2026 APF/AAPF Michigan State Championships

TWO DAY EVENT

SESSION ONE, SATURDAY, MARCH 28, 2026:

All female full power competitors + male competitors up to 82.5kg bodyweight

SESSION TWO, SATURDAY, MARCH 28, 2026 – AFTERNOON:

Male and Female Bench only, Deadlift only, and Push-Pull

SESSION THREE, SUNDAY, MARCH 29:

Male full power competitors 90kg weight class and above

LOCATION: F3 Fitness, 22385 Ecorse Rd., Taylor, MI 48180

Meet Directors: Stacia Proefrock and Garrin Clark

Registration opens Saturday, December 6 at 9:00 AM – registration link below:

Registration link: f3fitness.com/events

We are excited to raise the bar and present the first APF/AAPF Michigan State Championship to be hosted at the new F3 Fitness location in Taylor, Michigan. Come join us for a high-energy, high-quality event experience at Michigan's premier powerlifting gym.

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 purchase or renew your membership at <https://worldpowerliftingcongress.com>. No memberships will be sold at weigh-ins; must purchase online.

REGISTRATION: All participants must register online via the link.

Early-bird registration before December 31:

First Division + T-shirt: \$110

Additional Divisions: \$30

Late registration after January 1:

First Division+ T-shirt \$140

Additional Divisions \$40

****NO REFUNDS OR CREDITS, NO EXCEPTIONS****

DIVISIONS: The age divisions offered for this meet will be Teen (13-19), Junior (20-23), Open, Sub-Masters (33-39) and Masters (40+).

Lifters are able to enter more than one division (i.e., Junior and Open). Registering in the Open class is recommended for those who want to have more competitors in their division as junior or masters divisions may be quite small.

EVENTS: 3-Lift (Full Power), Bench and Deadlift (Push Pull), Bench Only, and Deadlift Only divisions will be available. The cost of each first division is \$140 (\$110 early registration), regardless of whether it is one, two, or three lifts. You may lift in either the raw, classic raw with wraps or knee sleeves, equipped (single-ply) or equipped (multi-ply) divisions. Any questions about divisions can be directed to events@f3fitness.com. Participants will need to also choose whether to sign up for the APF (untested) or AAPF (amateur drug-tested) divisions. For uniform rules see worldpowerliftingcongress.com.

WEIGH-IN: 24 hour weigh-ins at F3 Fitness – schedule details announced in lifter email. No weigh-ins on the day of the meet.

AWARDS: Medals will be given to 1st through 3rd place in each weight class in each division. There will also be best lifter cash awards in the Open Male and Female Divisions. Best lifter award for Bench only, Junior and Masters Divisions will be given if there are 5+ registrants in that division.

SPECTATOR & COACH PASSES: Admission for spectators is \$15. Coach passes are \$25 and allow access into the warm-up area with the lifters. Tickets are non-refundable.

MORE INFORMATION: Questions about meet details or registration can be directed to events@f3fitness.com. Check out the events page on f3fitness.com for more meets and follow us on instagram for more updates.