



Florida Barbell Presents

APF/AAPF Rick Lawrence Southern States Memorial Meet December 5th 2026



- Meet Director:** Amy Jackson, amyliackson@aol.com 630-896-7309
- 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, December 4^h 2026** 10 am – 11:30 am & 4:00 pm – 5:30 pm
- Event Start Time:** **Mandatory Rules Meeting** 9:00 a.m.
Saturday, December 5th 2026 10:00 a.m.
- 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 for rules.
- Contest Lifts:** Full Meet (Squat/Bench/Deadlift), Bench Only or Deadlift Only
- NOVICE DIVISION:** **We offer a novice category for first time competitors getting into the sport**
- Entry Fee:** Entry fee for the Full Meet, Bench only or Deadlift only meet is \$85 if received prior to November 1st. Additional divisions are \$40 each.
- The entry fee must accompany this entry form and be received no later than **November 1, 2026**. NO REFUNDS. **Limit to first 60 entries**. No sign ups the day of the meet. No weigh-ins day of meet.
- Registrations received after **November 1, 2026** that are accepted will be at a \$50 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.

