



Crossfit Jaguar Presents APF/AAPF Spring Fling Meet Saturday, April 11, 2026



- Meet Director:** Vaughan DeBarr, 813-763-6911, leglesslifter@gmail.com
- Event Location:** Crossfit Jaguar, 9509 N Trask St, Tampa, FL 33624
(813) 908-6464
- 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 on-site for \$60 (AAPF and APF) or \$50 (APF Only or AAPF Only).
- 9509 N Trask St, Tampa, FL 33624
24-hour weigh-in rule will apply. **NO WEIGH-INS DAY OF MEET**
- Event Start Time:** **WEIGH INS**
Friday, April 10th 2026; 10 am – 11:30 am & 4:00 pm – 5:30 pm
Mandatory Rules Meeting 9 AM, Saturday, April 11, 2026 , Meet Starts at 10 AM
- 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; Unlimited Bench Only; Novice (Beginners)**
- Entry Fee:** **\$100 full meet NO LATE ENRTY**
\$90 bench only; \$90 dead lift only
\$60 add a division
- The entry fee must accompany this entry form and be received no later than **April 1, 2026. NO REFUNDS. Limit to first 60 entries.** No sign ups the day of the meet. No weigh-ins day of meet.
- 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.
- **NOTE:** There will be a \$10 entry fee for spectators to be paid at door.

Crossfit Jaguar Spring Fling Meet

Return Entry Forms to: Vaughan DeBarr, 5290 41st Way N, St. Petersburg, FL 33714

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 90

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:	Full Meet	\$100	\$ _____
	Deadlift Only	\$90	\$ _____
	Bench Only	\$90	\$ _____
	Additional	\$60	\$ _____
	Division 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), Crossfit Jaguar, 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 Spring Fling Meet April 11th 2024. 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: _____