



Iron Reign Strength Presents

APF/AAPF Rick Lawrence Southern States Memorial Meet

December 5th 2026

- Meet Directors:** Amy Jackson, amyliackson@aol.com 630-896-7309
Ayecia Bryant ayecia83@gmail.com Tara Castaneda tcastaneda_1301@yahoo.com
- Event Location:** Iron Reign Strength, 800 N Charleston Ave, Fort Meade FL 33841 863-670-6950
- 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:** Iron Reign Strength 800 N Charleston Ave Fort Meade FL 33841
24-hour weigh-in rule will apply. **NO WEIGH-INS DAY OF MEET**
- Friday, December 4th 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, writs 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.

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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) NOVICE (first time competing) P/F/M Special Olympics

Circle Event Entered: Full Meet Bench Only Unlimited 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: Police, Fire, Military Special Olympics
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 after	\$85	\$ _____
	Late Fee after 11/ 1	\$50	\$ _____
	Additional Division	\$50	\$ _____
	Meet Shirt	\$30	\$ _____ S M L XL 2XL
	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, Iron Reign Strength, Ayecia Bryant, Tara Castaneda, their representatives, successors and assigns for any and all injuries or bodily harm that I might suffer while completing at the APF-AAPF Rick Lawrence Southern States Memorial Meet December 5th 2026. 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: _____