Iron Reign Strength Presents

APF/AAPF Rick Lawrence Southern States Memorial Meet

December 5th 2026

Meet Directors: Amy Jackson, amyljackson@aol.com 630-896-7309
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Event Location: Southside Barbell, 4226 Old Rd 37, Lakeland, FL 33813

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: Southside Barbell, 4226 Old Rd 37, Lakeland, FL 33813
24-hour weigh-in rule will apply. NO WEIGH-INS DAY OF MEET

Friday, December 4h 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.

Return Entry Forms to: APF 505 Westgate Drive, Aurora IL 60506 630-896-7309

APF-AAPF Rick Lawrence Southern States Memorial Meet

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, Southside Barbell, 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: _____