

727-743-1515



www.lionheartgym.com

## 2010 APA ST Pete Open Bench Press Meet

Saturday, Aug. 28, 2010, 11:00 am  
at LION HEART GYM

11203 49th Street North • Clearwater, FL 33782  
Raw (no special gear).

**Information:** Stephen Byer 727-743-1515  
lionheartgym@tampabay.rr.com

Weigh-ins: Friday 6:00PM until 7:00PM or Saturday 8:30AM until 10:00AM  
(Lifting starts at 11:00AM)

Sanctioned by the **American Powerlifting Association (APA)**. You must be a member to be eligible.  
You may purchase membership card at the meet  
(\$30 adult - \$15 High School Student).

SEND ALL ENTRIES AND MAKE CHECK PAYABLE TO:  
Steve Byer, 11203 49th Street N, Clearwater, FL 33762

**ENTRY FEE: \$55.00 one division and  
\$30.00 each additional division  
Entry Deadline is August 15, 2010.**

\$10.00 Late Fee

Register early to assure your entry is accepted.  
Register in advance please!

**RAW** = No bench shirt and no supportive suit. Wrestling singlet is required or Spandex bike shorts may be worn as a substitute during the bench press. Underwear must be BVD style (otherwise known as tidy whitey). You may NOT wear spandex shorts or boxer shorts under a singlet nor may you wear boxer shorts under a singlet. Wrist wraps and belts are allowed.

Lifting gloves are not allowed.

