



## WORLD POWERLIFTING CONGRESS

### **2023 AWPC Worlds & AWPC CanAm - Raw & Equipped – August 4-6**

- Meet Director:** Garry Frank 225-453-6073, 15836 Chivre Ave Greenwell Springs LA 70739  
bulldogbr@bellsouth.net
- Events:** Powerlifting (SQ+BP+DL), Bench Press only, Deadlift only
- Official Hotel & Meet Venue:** Embassy Suites Baton Rouge - 4914 Constitution Ave, Baton Rouge LA (225) 924-6566  
**Call for Special Rate of \$120/night, mention AWPC Worlds** (225) 924-6566
- Lifting Sessions:** Lifting Sessions start 9:00 a.m. each day. Rules Clinic at 8:00 a.m. each day.  
--> *Days may be split into sessions based on entries after the deadline*  
*Friday, August 4 – Raw Male & Female PL-BP-DL & Special Olympics*  
*Saturday, August 5 – Classic Raw Male & Female PL (no BP-DL)*  
*Sunday, August 6 – Equipped Male & Female (single & multi ply) PL-BP-DL*
- Eligibility:** US Lifters need to have placed 1st -3rd at AAPF Nationals May 26-28 at 2XL Powerlifting in Lombard, IL. US lifters must have current AAPF membership. International lifters need to qualify through their home country WPC Affiliate. Each country will need to provide the WPC Office a team list. See Country team roster.
- Sanction/Rules:** Sanctioned by the Amateur World Powerlifting Congress. Check <http://worldpowerliftingcongress.com/> for official rules.  
**All lifters will be subject to random drug testing (minimum 10% of all lifters).**
- Equipment:** Categories included: *Raw--belt/wrist wraps only, Classic Raw--knee sleeves/wraps included, Equipped Single Ply, and Equipped Multi Ply.*
- Weigh-ins:** *Friday Lifters - Thursday, August 3: 9-11 a.m., 5-6 p.m. - @ Embassy Suites*  
*Saturday Lifters - Friday, August 4: 9-11 a.m., 5-6 p.m. - @ Embassy Suites*  
*Sunday Lifters - Saturday, August 5: 9-11 a.m., 3-4 p.m. - @ Embassy Suites*  
**All lifters must weigh-in the day before they compete--no morning of weigh-ins**
- Entry Fee:** An entry fee of \$125 US is required for all lifters. Lifters wanting to enter multiple divisions will need to pay a \$50 US fee for each additional division.  
*Competitors may have to lift on multiple days if they choose to compete in multiple events and/or divisions. NO REFUNDS.*
- Confirmation & Deadline:** US Lifters must confirm their spot by June 15 with the APF Office. Entry deadline is July 1, 2023. Late entries *that are accepted* will be charged \$25 late fee. International WPC Affiliates need to confirm their team list no later than July 1.
- Awards:** Custom Medals will be given to the first three places in all categories. Best Lifter Awards will be given in categories based on the content of the entries.