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EVENT LOCATION: Veterans Memorial Community Center  
➔ 9000 sq. ft. gym facility!  
8055 Barbara Avenue E.  
Inver Grove Heights, MN 55077  
Spectator meet entry \$5 (free for lifter and one handler)

WEIGH-IN: Friday April 5, 9am-11am, 5pm-7pm  
Location: Twin Cities Barbell  
1959 Shawnee Rd. #155, Eagan, MN  
**NO meet day weigh-ins!!**

EVENT START TIME: Rules: 8:15am, Lifting starts 9:00am SHARP

AWARDS: \$1500 1<sup>st</sup> place man and woman  
\$1000 2<sup>nd</sup> place man and woman  
\$500 3<sup>rd</sup> place man and woman  
Placing determined by Overall coefficient:  
Total x Glossbrenner (weight/age) x gear coeff x drug coeff  
Gear Coefficients:  
MP = 0.81, SP = 0.88, classic raw = 1.0, raw = 1.025  
Drug Coefficient:  
Not tested = 0.91 (APF), tested = 1.0 (AAPF)

ENTRY DEADLINE: PAYPAL before March 15, \$30 late fee after

UNIFORM: Must have 1 piece suit or singlet for each lift, socks up to knees for deadlift.  
Must wear a shirt for squat and bench (bench shirt suffices)  
Must have fully enclosed standard shoes for squats –  
NO Crocs or sandals allowed in the squat  
Must have enclosed foot coverings for deadlift, no socks only

LIFTERS: Max of 50 full power, 5 TOTAL of Bench only, deadlift only, and/or push/pull

EQUIPMENT: 65lb Iron Wolf squat bar, 65lb bars in warmup room  
55lb Bulldog bench bar, 55lb bars in warmup room  
45lb SportKraft deadlift bar (some serious knurling)  
DynaBody Monolift  
Metal Militia bench

RULES: See APOPowerlifting.com for rulebook and records.  
You will be responsible for knowing the records.