

METROFLEX'S APF

SHOW OF STRENGTH

JUNE 5 2010

SANCTIONED BY:
APF / WPC

LOCATION

Plano Centre – 2000 East Spring
Creek Parkway; Plano, TX 75074

HOTEL

Southfork Hotel; 1600 North Central
Expressway; Plano, TX 75074-5798
southforkhotel.com
877.386.4383 or 972.578.8555

** Mention "Lonestar Classic" to get
the special rate.

SCHEDULE

WEIGH-IN: Friday, June 4, 2010:
12:00 – 6:00 p.m. Metroflex of
Plano: 2700 K Avenue, #200
Plano, TX 75074

Saturday, June 5, 2010: 8:00 –
10:00 a.m. Plano Centre: 2000 E.
Spring Creek Parkway
Plano, TX 75074

MANDATORY RULES

BRIEFING: Saturday, June 5,
2010, at 10:00 a.m.

**Lifting starts Saturday, June 5,
2010, at 11:00 a.m.** This meet is
being run in conjunction with the
NPC Lonestar Classic, an amateur
bodybuilding competition.

ELIGIBILITY: Lifters must be an APF
registered athlete by the time of the
meet.

You can renew or get your new
membership at weigh-ins or at
www.worldpowerliftingcongress.com.

UNIFORM: One piece lifting suit or
wrestling suit is MANDATORY.

CONTEST LIFTS: Full Meet (Squat/
Bench/Deadlift), Bench Only and
Deadlift Only

ENTRY FEE: Meet entry fee is
\$65 if received on or prior to the
DEADLINE, May 29, 2010. If
received after May 29, 2010, there's
an additional \$25 late fee. Additional
divisions are \$30 each. Certified
checks, money orders and cash only,
please. Make checks payable to
Greg McCoy.

SPECTATOR FEE: There is a \$15
spectator fee. Competitors get in
free.

**LIMITED TO THE FIRST
50 LIFTERS WITH
COMPLETED ENTRY
FORMS**



Order this Electric Deadlift T
at www.houseofpain.com!

