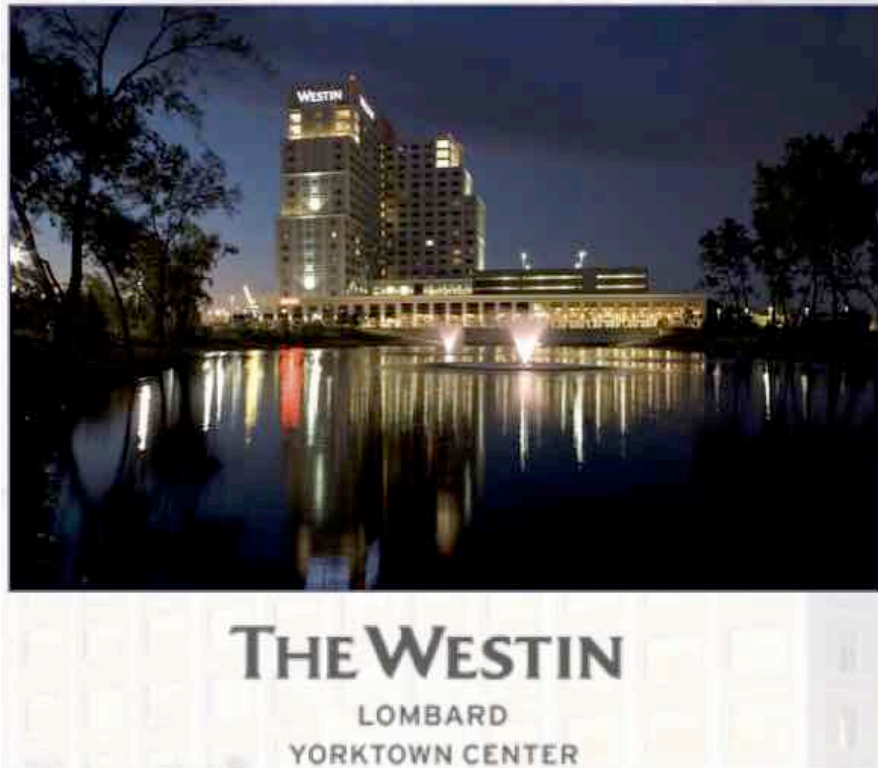




2016 APF RAW Nationals - May 6-8, 2016 in Lombard, IL

- Meet Director:** Eric Stone, 2XL Powerlifting - (630) 677-4358 - estone@2xlpowerlifting.com
- Events:** Powerlifting (SQ+BP+DL), Bench Press only, Deadlift only
- Place:** Westin Lombard Yorktown Center - *Special Rate \$129/night*
70 Yorktown Shopping Center Lombard, IL 60148
- Lifting Sessions:** **Lifting starts at 9:00 a.m on all days**
--> Days may be split into sessions based on entries after deadline
Friday May 6 - All Bench & Deadlift only, All Female Full Power
Saturday May 7 - Male Full Power Teen / Junior / Masters
Sunday May 8 - Male Full Power Submaster / Open
- Sanction/Rules:** Sanctioned by the American Powerlifting Federation (APF). Check www.worldpowerliftingcongress.com for information and rulebook.
- Equipment:** **One piece lifting suit required.** Only equipment allowed is a belt and wrist wraps, no knee supports of any kind (sleeves or wraps) are allowed.
- Weigh-ins:** All weigh-ins at The Westin in Lombard
Friday Lifters - Thursday May 5: 9-11 a.m., 7-9 p.m.
Saturday Lifters - Friday May 6: 9-11 a.m., 7-9 p.m.
Sunday Lifters - Saturday May 7: 9-11 a.m., 7-9 p.m.
All MUST weigh-in the day before they compete - no morning weigh-ins.
- Eligibility:** All lifters must have successfully totaled in an APF Meet within the 2015 or 2016 calendar years. *APF Raw Nationals may NOT be your first APF meet.*
All lifters must be current APF Members. Registration is \$30 per card, \$40 for both APF and AAPF; half price for high school students.
- Entry Fee:** The entry fee is \$100 for the first division, \$50 for each additional division.
Entry fee MUST accompany entry form when mailed. NO REFUNDS.
Competitors may have to lift on multiple days if they choose to compete in multiple events and/or divisions.
- WPC Worlds:** Lifters who place 1st - 3rd in their division qualify for WPC Worlds to take place November, 2016 in Baton Rouge, Louisiana.
- Deadline:** **The entry deadline is April 9** - Postmark mailed entries by April 6. Late entries *that are accepted* will be charged a \$25 late fee.
- Awards:** **Custom** Medals will be given to the first three places in all categories. Best Lifters will be awarded in categories based on the content of the entries.

2016 APF RAW Nationals - Special Event Information



Hotel Room Block:

Special Rate \$129/night @ The Westin - (630) 719-8000

(Normal rate for this hotel is \$180-250/night)

Call and mention APF Raw Nationals to receive rate. Lifters who reserve a room through the APF Raw Nationals block will receive a FREE meet t-shirt.

--> NOTE - Reservation must be made under the APF Raw Nationals block and will need to be confirmed by the hotel to receive a free meet t-shirt. Make sure to mark your size with your entry form.

--> Room block special rate only available until April 5.

Online Registration:

Go to APF-Illinois.com for online registration and a direct link to the hotel booking website.

Airport Info:

Chicago O'Hare International Airport - 17 miles from The Westin Lombard

Chicago Midway International Airport - 24 miles from The Westin Lombard

Neaby Attractions:

- Over 20 restaurants within walking distance of the hotel
- Yorktown Mall on the same property with over 100 stores
- AMC Yorktown Dine-in Movie Theatre is next door
- Downtown Chicago -15 miles away
- Westin will provide shuttle to train station and surrounding areas

For more entry forms, go to APF-Illinois.com

**2016 APF Raw Nationals Entry - Mail this page w/entry fee to:
 2XL Powerlifting - 8 Yorktown Convenience Center Lombard, IL 60148
 Make Checks/Money Orders Payable to: 2XL Powerlifting, LLC**

In consideration of the acceptance of this entry thereby for myself, my heirs, executors, and administrators waive and release any and all claims and damages I may have against the APF/AAPF, 2XL Powerlifting LLC, Eric Stone, Howard Penrose, Ahmad Atef, The Westin Lombard Yorktown Center, their representatives, successors, and assigns for any and all injuries or bodily harm that I may suffer while competing at the 2016 APF Raw Nationals. 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: _____ Date: _____

Parent/Guardian (if under 18): _____ Date: _____

Print Name: _____

Address: _____ City: _____

State: _____ Zip Code: _____ Phone: (_____) _____

Email: _____ Gender: _____

Date of Birth: _____ Age : _____ Gym/Team: _____

Occupation / Interesting Facts: _____

Circle Event(s):

Powerlifting Bench Press only Deadlift only

Circle Weight Class:

Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW
 Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, UNL

Circle Division(s) Entered:

Teen 13-15, 16-17, 18-19, Junior 20-23, Open, Submaster 33-39,
 Master 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Qualifying Meet:

Name of Meet: _____

Date of Meet: _____ Location: _____

Total or Lift Posted in Kilos: _____ kg

Total Amount Enclosed

APF Membership: _____
 (\$30)

Entry Fee: _____
 \$100

Division Crossover: _____
 (\$50)

Official Meet T-shirt _____
 (\$20)

*FREE with Reservation to the
 The Westin Lombard Yorktown
 Reservation #:*

Size: _____

Late Fee: _____
 after 4/6 (\$25)

Total: _____

For more entry forms, go to APF-Illinois.com