



July 30-31, 2016 - APF/AAPF *Chicago Summer Bash "13"*

- Meet Directors:** Eric & Jackie Stone – (630) 677-4358 or thestone@chicagopowerlifting.com
- Events:** Powerlifting (SQ+BP+DL), and Bench Press only
- Place:** Rich East High School - 300 Sauk Trail Park Forest, IL 60466
****Enter in the athletic entrance, door 11 on the east side of the building*
- Lifting Sessions:** **9 a.m. start time, mandatory rules clinic @ 8:00 a.m. on both days**
Saturday 7/30: - Bench only lifters (will go first before full power flights)
- Open/"Classic"/Master/Submaster Male Powerlifters
Sunday 7/31: - All Female, and Teen/Junior Male Powerlifters
- Sanction/Rules:** Sanctioned by the American Powerlifting Federation (APF). Check www.worldpowerliftingcongress.com for information and rulebook.
One piece lifting suit required.
- Weigh-ins:** Saturday Lifters: - Friday 7/29 from 9 to 11 a.m., 5 to 7 p.m.
Sunday Lifters: - Saturday 7/30 from 9 to 11 a.m., 5 to 7 p.m.
--> All weigh-ins will take place at Rich East High School
ALL lifters MUST weigh-in the day before they lift--No morning of weigh-ins
- Eligibility:** Open to all APF/AAPF members. **Lifters may become a member before weighing in, or otherwise must present their card at weigh-ins.** Registration is \$30 per card, \$40 for both APF and AAPF; half price for high school students.
- Entry Fee:** The entry fee is \$80 for one division, and \$40 for each additional division. **Entry fee MUST accompany entry form when mailed. NO REFUNDS.** Entries for the team competition are \$60 – need list of 12 lifters at weigh-ins.
- Deadline:** The entry deadline is **July 1** - Postmark mailed entries by **June 29**. Late entries will be charged a **\$20 late fee**, and can be denied—no entries taken at weigh-ins.
--> Only the first 200 lifters will be accepted--30 benchers, and 85 full powerlifters each Saturday and Sunday.
- Awards:** Awards will be given to the first three places in all Mens and Womens Open weight classes. Age divisions will be scored via coefficient (all weight classes in each division against each other). Best Lifter awards will be given in divisions based on the content of the entries.

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Weight Classes: Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW

Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, UNL

Sanctions: APF & AAPF (drug tested) **Equipment:** Raw & Equipped

Divisions: Teen 13-15, 16-17, 18-19, Junior 20-23, Open, "Classic Raw," Submaster 33-39, Master 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

--> *NOTE: "Classic" Raw is raw + knee wraps/sleeves, and ONLY an Open division is offered for the "Classic" division.*

How to Register

1. Go to APF-Illinois.com and follow the instructions to register online.
2. Call Eric Stone at (630) 677-4358 and register over the phone.
3. Mail a check or money order to the address below. Make sure to include an email address. After your payment has been recieved, you will recieve an email with an online form to fill out to complete your registration.

Summer Bash 13 Registration

Mail this half-page along with your entry fee to the following address:

2XL Powerlifting - 8 Yorktown Convenience Center Lombard, IL 60148

Make Checks/Money Orders Payable to: 2XL Powerlifting, LLC

Print Name: _____

Total Amount Enclosed

Email Address: _____

APF/AAPF Membership: _____

Phone Number: _____

Entry Fee: _____

\$80

Crossover Fee: _____

\$40 for each _____

Which day will you be competing?

- Saturday Bench only
- Sat Full Power - Open/Master/SM Men
- Sun Full Power - All Women & Teen/Jr Men

Official Meet T-shirt _____

(\$15)

Late Fee: _____

after 6/29 _____

(\$20)

Total: _____