



October 29, 2016

RISE OF THE DEADLIFT & BEAST OF THE BENCH PRESS

- Meet Directors** Eric Stone - (630) 677-4358 or estone@2xlpowerlifting.com
- Events:** Bench Press and/or Deadlift
--> Events will be scored separately, no push/pull total
- Place:** 2XL Powerlifting - 20 Yorktown Convenience Center Lombard, IL 60148
- Lifting Session:** Saturday, October 29, 2016 @ 9:00 a.m.
- Sanction/Rules:** Sanctioned by the APF/AAPF. Check www.worldpowerliftingcongress.com for information and rulebook. For the Raw division, only a belt and wrist wraps are allowed. ***One piece lifting suit required for all lifters on all lifts.***
- Weigh-ins:** Friday, October 28 - 9:00 a.m. to 11:00 a.m., 5:00 to 6:00 p.m.
Saturday, October 29 - 7:00 to 8:00 a.m.
--> All weigh-ins will take place at 2XL Powerlifting in Lombard
- 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 \$60 for Bench only or Deadlift only, \$90 for both. Additional divisions will be charged \$30 per division. **NO REFUNDS.**
- Meet T-Shirts:** Official meet t-shirts are available for pre-order for \$15 - include with entry form and mark size(s) - *only limited numbers of t-shirts will be available at the meet.*
- Deadline:**
- **The entry deadline is October 15 - Postmark mailed entries by Oct 12.**
- *Late entries, if any are accepted, will be charged a \$25 late fee.*
- No late entries will be accepted at the weigh-ins or the day of the meet.
- Awards:** Awards will be given to the first three places in all Men's and Women's 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. Bench Press and Deadlift will be scored separately--there will not be a push/pull total.

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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, Submaster 33-39, Master 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 75-79, 80+

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.

Rise of the DL / Beast of the BP Registration

Mail this half-page along with your entry fee to the following address:
2XL Powerlifting - 20 Yorktown Convenience Center Lombard, IL 60148

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

| | <u>Total Amount Enclosed</u> |
|----------------------|------------------------------|
| Print Name: _____ | APF/AAPF Membership: _____ |
| | Entry Fee: _____ |
| | \$60 |
| | Add Event: _____ |
| | (\$30) |
| Email Address: _____ | Crossover Fee: _____ |
| | <i>\$30 for each</i> |
| | Official Meet T-shirt _____ |
| | (\$15) |
| Phone Number: _____ | Size: _____ |
| | Late Fee: _____ |
| | <i>after 10/12</i> (\$25) |
| | Total: _____ |