



December 17-18, 2016

APF/AAPF Illinois RAW Power Challenge

- Meet Director:** Eric Stone – (630) 677-4358 or estone@2xlpowerlifting.com
- Events:** Powerlifting (SQ+BP+DL), Bench Press only, Deadlift only
- Place:** 2XL Powerlifting - 20 Yorktown Convenience Center Lombard, IL 60148
- Lifting Sessions:** **9 a.m. start time, mandatory rules clinic @ 8:00 a.m. on both days**
Saturday 12/17: All Male Powerlifters
Sunday 12/18: All Bench / Deadlift only Lifters, All Female Powerlifters
--> *Bench / Deadlift only Lifters will go first at 9 a.m. on Sunday 12/18*
- Sanction/Rules:** Sanctioned by the American Powerlifting Federation (APF). Check www.worldpowerliftingcongress.com for information and rulebook.
- Equipment:** **This is a “Raw” contest.** The only supportive equipment allowed are belts and wrist wraps in the standard Raw division. Knee wraps / sleeves allowed in the separate “Classic” Raw division. ***One piece lifting suit required for all lifters.***
- Weigh-ins:** Saturday Lifters: - Friday 12/16 from 9 to 11 a.m., 6 to 7 p.m.
Sunday Lifters: - Saturday 12/17 from 9 to 11 a.m., 6 to 7 p.m.
--> *All weigh-ins will take place at 2XL Powerlifting*
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 event/division. **Entry fee MUST accompany entry form when mailed. NO REFUNDS**
- Deadline:** The entry deadline is **November 26** - Postmark mailed entries by **November 21**. Late entries *that are accepted* will be charged a **\$20 late fee**. *Strict cap of 60 male powerlifters for Saturday, 60 benchers/deadlifters for Sunday, and 45 female powerlifters for Sunday. No entries will be accepted after caps are met.*
- 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 & "Classic" Raw

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, 70+

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 received, you will receive an email with an online form to fill out to complete your registration.

IL RAW Power Challenge '16 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

Print Name:

Email Address:

Phone Number:

Which day will you be competing?

- Saturday Men Full Powerlifting
- Sunday Bench Press and/or Deadlift only
- Sunday Female Full Powerlifting

Total Amount Enclosed

APF/AAPF Membership: _____

Entry Fee: _____

\$80

Crossover Fee: _____

\$40 for each _____

Official Meet T-shirt _____

(\$15)

Late Fee: _____

after 11/21 _____

(\$20)

Total: _____