



July 28-29, 2018 - APF/AAPF Chicago Summer Bash "15"

- Meet Directors:** Eric & Jackie Stone – (630) 677-4358 or estone@2xlpowerlifting.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 7/28: - Bench only lifters (will go first before full power flights)
- Open/Master/Submaster/Junior Male Powerlifters
Sunday 7/29: - All Female, and Teen 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 7/27 from 9 to 11 a.m., 5 to 6 p.m.
Sunday Lifters: - Saturday 7/28 from 9 to 11 a.m., 5 to 6 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 must present their card or proof via their smart phone at weigh-ins.** New memberships or renewal memberships can be purchased on worldpowerliftingcongress.com.
- 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 \$50 – 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, & 85 full powerlifters each, Saturday and Sunday. Meet may fill up prior to the deadline.*
- 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, using only the Glossbrenner coefficient.

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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 & Equipped
Raw is belt & wrist wraps only, Classic Raw also includes Knee Sleeves or Wraps

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, 70-74, 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 receive an email with an online form to fill out to complete your registration.

Summer Bash "15" 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:	<u>Total Amount Enclosed</u>
	Entry Fee: \$80
	Crossover Fee: \$40 for each
	Official Meet T-shirt (\$15)
	Late Fee: after 6/29 (\$20)
	Total:

Which day will you be competing?

Saturday Bench only

Sat Full Power - Open/Master/SM/Jr Men

Sun Full Power - All Women & Teen Men