

# **2019 APF/AAPF Illinois State Meet - March 30-31, 2019**

*Pheasant Run Resort - St. Charles, IL*

- Meet Director:** Eric Stone & 2XL Powerlifting - (630) 677-4358 - estone@2xlpowerlifting.com
- Events:** Powerlifting (SQ+BP+DL), Bench Press only, Deadlift only
- Place:** Pheasant Run Resort - St. Charles Ballroom - 4051 East Main St. St. Charles, IL  
Call (630) 584-6300 for Special Rate of \$114/night - mention APF IL State Meet  
--> *Lifters who book a room at Pheasant Run under the APF Block will receive a free meet t-shirt with their entry*
- Lifting Sessions:** Lifting Sessions start 9:00 a.m. each day. Rules Clinic at 8:00 a.m. each day.  
--> *Days may be split into sessions based on entries after the deadline*  
*Saturday March 30 - All Bench/Deadlift only, Male Open/Master Full Power*  
*Sunday March 31 - All Female Full Power, Male Teen/Junior Full Power*
- Sanction/Rules:** Sanctioned by the American Powerlifting Federation. Check <http://worldpowerliftingcongress.com/> for official rules.
- Eligibility:** Open to all APF/AAPF Members. Membership will need to be verified at weigh-ins, and can be purchased / renewed on the APF/WPC website.  
**MEMBERSHIP CARDS WILL NOT BE SOLD ON-SITE.**
- Equipment:** Categories included: *Raw--Belt/wrist wraps only (no knee supports), Classic Raw--Belt, wrist wraps, knee wraps or sleeves, and Equipped Multi Ply*
- Weigh-ins:** All weigh-ins will take place at the Pheasant Run Resort - St. Charles Lobby  
*Saturday Lifters - Friday March 29: 9-11 a.m., 5-6 p.m.*  
*Sunday Lifters - Saturday March 30: 9-11 a.m., 5-6 p.m.*  
All lifters must weigh-in the day *before* they compete--no morning of weigh-ins
- Qualifying:** Meet can be used to qualify for APF and/or AAPF Nationals. Illinois Residents can break Illinois State Records, and all lifters can break American Records.
- Entry Fee:** Entry fee is \$95 for Full Powerlifters or Bench + Deadlift lifters, and \$60 for Bench only / Deadlift only. Lifters wanting to enter multiple divisions will need to pay a \$50 crossover fee per additional division, and *may need to lift on both days* depending on the divisions entered.
- Deadline/Cap:** The meet will be capped at 50 Bench / Deadlift only lifters, and 100 Full Powerlifters each for Saturday and Sunday. Entries must be received by Friday March 1, 2019. No additional lifters will be accepted after the caps are met, *meet may fill up prior to the deadline.*
- Awards:** Custom Medals will be given to the first three places in all categories. Best Lifter Awards will be given in categories based on the content of the entries.

**2019 APF/AAPF Illinois State Meet Entry - Mail this page w/entry fee to:  
 2XL Powerlifting - 20 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, WPC, 2XL Powerlifting LLC, Eric Stone, Howard Penrose, Ahmad Atef, Pheasant Run Resort, their representatives, successors, and assigns for any and all injuries or bodily harm that I may suffer while competing at the 2019 APF/AAPF Illinois State Meet. 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. *I understand that a minimum of 10% of AAPF lifters will be subject to random drug testing.*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian (if under 18): \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_ Sex: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age : \_\_\_\_\_ Gym/Team: \_\_\_\_\_

Occupation / Interesting Facts: \_\_\_\_\_

**Circle Event(s):**

Powerlifting      Bench only      Deadlift only

**Circle Equipment:**

Raw                      Classic Raw                      Equipped

- Raw is belt & wrist wraps ONLY
- Classic Raw is belt, wrist wraps & knee wraps or sleeves

**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+

**Total Amount Enclosed**

Entry Fee:  
 - \$95 Full Power  
 - \$60 BP or DL  
 - \$95 for BP+DL

Division Crossover: (\$50)

Official Meet T-shirt  
(\$20)

--> FREE with Reservation

to the Pheasant Run Resort

Reservation #: \_\_\_\_\_

Size: \_\_\_\_\_

**Total:** \_\_\_\_\_