



**Saturday, October 30, 2021**

**RISE OF THE DEADLIFT & BEAST OF THE BENCH PRESS**

- Meet Directors** Eric Stone - (630) 677-4358 or [estone@2xlpowerlifting.com](mailto:estone@2xlpowerlifting.com)
- Events:** Bench only, Deadlift only
- Place:** 2XL Powerlifting - 1141 S. Main St. Lombard, IL 60148
- Lifting Session:** Saturday, October 30, 2021 @ 10:00 a.m.
- Sanction/Rules:** Sanctioned by the APF/AAPF. Check [www.worldpowerliftingcongress.com](http://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 29 - 10:00 to 11:30 a.m., 5:00 to 6:00 p.m.  
Saturday, October 30 - 7:30 to 8:30 a.m.  
***--> All weigh-ins will take place at 2XL Powerlifting in Lombard***
- Eligibility:** Open to all APF/AAPF members. Lifters can purchase / renew a membership online at [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com). *Memberships will not be sold at the weigh-ins / at the meet site.*
- Entry Fee:** The entry fee is \$60 for bench only OR deadlift only, \$95 for both. \$50 fee for each additional 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 13, 2021**
  - **Meet is capped at the first 60 lifters**
  - *Late entries, if any are accepted, will be charged a \$20 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.

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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](http://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.

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### Rise of the DL / Beast of the BP Registration

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

2XL Powerlifting - 1141 S. Main St. Lombard, IL 60148

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

#### Total Amount Enclosed

Print Name:

\_\_\_\_\_

Entry Fee:

BP or DL      \$60

BP & DL      \$95

Email Address:

\_\_\_\_\_

Crossover Fee:

\$50 for each      \_\_\_\_\_

Official Meet T-shirt

(\$15)

Phone Number:

\_\_\_\_\_

Size:      \_\_\_\_\_

Late Fee:

after 10/13      (\$20)

**Total:**      \_\_\_\_\_