



Aug 6-7, 2022 - APF/AAPF Chicago Summer Bash "19"

- Meet Director:** Eric Stone – (630) 677-4358 or estone@2xlpowerlifting.com
- Events:** Powerlifting (SQ+BP+DL), Bench Press only, Deadlift only
- Place:** 2XL Powerlifting - 1141 S. Main St. Lomard, IL 60148
- Lifting Sessions:** *Both Days: 9:00 a.m Start Time / 8:00 a.m Rules Clinic*
Saturday 8/6: - All Raw/Classic Female Powerlifters,
- Raw/Classic Male Teen / Junior / Master Powerlifters
Sunday 8/7: - All Bench only / Deadlift only Lifters - Raw & Equipped
- Raw/Classic Male Open / Submaster Powerlifters
- All Equipped Powerlifters - Male & Female
- Sanction/Rules:** Sanctioned by the American Powerlifting Federation (APF). Check www.worldpowerliftingcongress.com for information and rulebook.
One piece lifting suit required.
- Weigh-ins:** SAT Lifters - Fri 8/5: 9-11 a.m., 5-6 p.m.
SUN Lifters - Sat 8/6: 9-11 a.m., 3-4 p.m.
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 printed card or proof via their smart phone at weigh-ins.** New memberships or renewal memberships can be purchased on www.worldpowerliftingcongress.com.
CARDS WILL NOT BE SOLD AT THE MEET SITE.
- Entry Fee:** The entry fee is \$95 for full power, \$60 for bench or deadlift only, \$95 for both bench + deadlift only, and \$50 for each additional division. **Entry fee MUST accompany entry form when mailed. NO REFUNDS.**
- Deadline:** The entry deadline is **July 9**. Late entries will be charged a **\$20 late fee**, and can be denied—no entries taken at weigh-ins. *Meet may fill up prior to the deadline. Strict cap of 75 powerlifters for Saturday, 30 benchers/deadlifters, and 60 powerlifters for Sunday.*
- 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, 220, 242, 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

- Go to APF-Illinois.com and follow the instructions to register online.
- 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.

Summer Bash "19" 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

Print Name:

Email Address:

Phone Number:

Total Amount Enclosed

Entry Fee:

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

Which day will you be competing?

- SAT Full Power - Raw/CR All Females &
Teen/Jr/Master Powerlifters
- SUN Bench / Deadlift only - Raw / Equipped
- SUN Full Power - Raw/CR Male SM/Master &
All Male & Female Equipped
Powerlifters

Division Crossover: (\$50)

Official Meet T-shirt (\$15)

Size: _____

Late Fee: _____
after 7/9 (\$20)

Total: _____