



Saturday, October 29, 2022

RISE OF THE DEADLIFT & BEAST OF THE BENCH PRESS

- Meet Directors** Eric Stone - (630) 677-4358 or estone@2xlpowerlifting.com
- Events:** Bench only, Deadlift only
- Place:** 2XL Powerlifting - 1141 S. Main St. Lombard, IL 60148
- Lifting Session:** Saturday, October 29, 2022 @ 10:00 a.m.
- Sanction/Rules:** Sanctioned by the APF/AAPF. Check 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 28 - 10:00 to 11:30 a.m., 6:00 to 7:00 p.m.
Saturday, October 29 - 7:30 to 8:00 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. *Memberships will not be sold at the weigh-ins / at the meet site.*
- Entry Fee:** The entry fee is \$75 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 \$20 - 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 10, 2022**
 - **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.

