



**December 10-11, 2022**

**APF/AAPF Illinois RAW Power Challenge**

- Meet Director:** Eric Stone – (630) 677-4358 or [thestone@chicagopowerlifting.com](mailto:thestone@chicagopowerlifting.com)
- Events:** Powerlifting (SQ+BP+DL), Bench Press only, Deadlift only
- Place:** 2XL Powerlifting - 1141 S. Main St. Lombard, IL 60148
- Lifting Sessions:** *Both Days: 9:00 a.m Start Time / 8:00 a.m Rules Clinic*  
Saturday 12/10: All Female Powerlifters, Male Teen / Junior / Master Powerlifters  
Sunday 12/11: All Bench only / Deadlift only Lifters  
Sunday 12/11: Male Open / Submaster Powerlifters
- Sanction/Rules:** Sanctioned by the American Powerlifting Federation (APF). Check [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com) for information and rulebook.
- Equipment:** **This is a “Raw” contest.** The only supportive equipment allowed are belts and wrist wraps in the standard Raw division. Knee wraps / sleeves allowed in the separate Classic Raw division. *One piece lifting suit required for all lifters.*
- Weigh-ins:** Saturday Lifters: - Friday 12/9 from 9 to 11 a.m., or 5 to 6 p.m.  
Sunday Lifters: - Saturday 12/10 from 9 to 11 a.m., or 3 to 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 register online on the APF/WPC website - [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com). CARDS WILL NOT BE SOLD AT THE MEET SITE.**
- Entry Fee:** The entry fee is \$95 full power & bench + deadlift only, \$75 for bench or deadlift only, and \$50 for each additional event/division. **Entry fee MUST accompany entry form when mailed. 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 **November 10**. Late entries *that are accepted* will be charged a **\$20 late fee**. *Strict cap of 75 powerlifters for Saturday, 30 benchers/deadlifters, and 60 powerlifters for Sunday.*  
*--> No entries will be accepted after caps are met.*
- Awards:** Awards will be given to the first three places in all Mens and Womens Open weight classes. Age divisions will be scored via coefficient (all weight classes in each division against one other), and Best Lifter awards will be given in divisions based on the content of the entries, using **ONLY** the Glossbrenner formula.

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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

**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](http://APF-Illinois.com) and follow the instructions to register online.
2. Mail a check or money order to the address below. Make sure to include an email address. After your payment has been received, you will receive an email with an online form to fill out to complete your registration.

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### IL RAW Power Challenge '22 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:

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Which day will you be competing?

- Saturday** Female PL & Teen/Jr/Master Male PL
- Sunday** Bench only / Deadlift only
- Sunday** Male Open/Submaster PL

#### Total Amount Enclosed

Entry Fee:

- \$95 full power  
- \$60 BP or DL

Crossover Fee:

\$50 for each

Official Meet T-shirt

\_\_\_\_\_ (\$20)

Late Fee:

after 11/10 \_\_\_\_\_ (\$20)

**Total:**

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