

2023 APF/AAPF Illinois State Raw Championships

March 18-19, 2023

- Meet Director:** Eric Stone - (630) 677-4358 - estone@2xlpowerlifting.com
- Events:** Powerlifting (SQ+BP+DL), Bench Press only, Deadlift only
- Place:** 2XL Powerlifting - 1141 S. Main St. Lombard, IL 60148
- Official Hotel:** Embassy Suites Lombard - 707 E. Butterfield Rd. Lombard, IL 60148 - (630) 969-7500
*****Call & mention 2XL Powerlifting for a special rate of \$129/night*****
- Lifting Sessions:** *Both Days: 9:00 a.m Start Time / 8:00 a.m Lifter Meeting*
Saturday, March 18: All Female Powerlifters, Male Teen / Jr / Master Powerlifters
Sunday, March 19: All Bench only / Deadlift only Lifters
Sunday, March 19: Male Open / Submaster Powerlifters
- 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 purchased / renewed on the APF/WPC website. APF / AAPF MEMBERSHIPS 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
- Weigh-ins:** **Saturday Lifters - Friday, March 18: 9-11 a.m., 5-6 p.m.**
Sunday Lifters - Saturday, March 19: 9-11 a.m., 3-4 p.m.
ALL Lifters MUST weigh-in the day before they lift--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 \$75 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 multiple days* depending on the divisions entered. NO REFUNDS.
- Deadline/Cap:** The meet will be capped at 75 powerlifters for Saturday, 30 benchers/deadlifters and 60 powerlifters for Sunday. Entries must be received by March 1, 2023. No additional lifters will be accepted after the caps are met, *meet may fill up prior to the deadline.* Late entries will incur a \$20 late fee.
- 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.

2023 APF/AAPF Illinois State Raw Entry - Mail this page w/entry fee to:

2XL Powerlifting - 1141 S. Main St. 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, their representatives, successors, and assigns for any and all injuries or bodily harm that I may suffer while competing at the 2023 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: _____ Cell #: (_____) _____

Email: _____ Sex: _____

Date of Birth: _____ Age : _____ Gym/Team: _____

Occupation / Interesting Facts: _____

Circle Event(s):

Powerlifting Bench only Deadlift only

Total Amount Enclosed

Circle Equipment:

Raw Classic Raw

- Raw is belt & wrist wraps ONLY

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

Entry Fee:

- \$95 Full Power

- \$75 BP or DL

- \$95 for BP+DL

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, 220, 242, UNL

Division Crossover: (\$50)

Official Meet T-shirt

(\$20)

Circle Sanction:

APF

AAPF (drug tested)

Size: _____

Late Fee after 3/1

(\$20)

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: _____

For more entry forms, go to APF-Illinois.com