



January 12, 2019

Women's EmPOWERment Meet *@ 2XL Powerlifting in Lombard, IL*



On January 12 of 2019, 2XL will be hosting the first ever Women's EmPOWERment Meet--a meet run FOR women, BY women. Thus, this meet will be exclusively staffed by women--referees, scoring table, spotters, etc., and is only open to female competitors. It is, however, open to any female lifter--veteran or novice. Special accommodations will be made for female lifters whom do not feel comfortable or do not want to lift in a singlet in front of men for religious or personal reasons.

WHAT: APF-sanctioned powerlifting meet--Squat + Bench Press + Deadlift
Meet will follow all APF rules--all lifters must have a one-piece lifting suit
Full rules can be found at <http://www.worldpowerliftingcongress.com/>
Meet will have Raw, Classic Raw & Equipped categories, all age groups & wt. classes

WHEN: Saturday January 12, 2019 @ 9:00 a.m.
All lifters must weigh-in: Fri 1/11 9-10:30a.m., 5-6 p.m. or Sat 1/12 7-8a.m.

WHO: Open to any female competitor--must be or become an APF member before weigh-ins

WHERE: 2XL Powerlifting - 20 Yorktown Convenience Center Lombard, IL 60148

COST: \$80 entry fee - *Entry deadline is December 19, 2018*
\$10 admission for all coaches / spectators

HOW: Online registration at APF-Illinois - *Meet is capped at the first 45 competitors*

MORE INFO: Contact Jackie Stone at stone-ebben@sbcglobal.net or (708) 405-9516



Frequently Asked Questions:

Are male coaches / spectators allowed at this meet?

Yes, male coaches/handlers and spectators will be allowed at this meet. The staff of spotter/loaders, referees, and scorer's table, however, will be totally female. If you are concerned about lifting in the required uniform of powerlifting (singlet / t-shirt) in front of men, see the question below.

What if, due to religious or personal reasons, I do not want or cannot lift in a singlet / uncovered in front of men?

Please contact us ahead of time and we will make special accommodations for lifters with this request. We will either run a separate flight / time where men will temporarily leave, or we will temporarily surround the platform with portable walls for lifters whom do not want to lift in a singlet in front of men. How we handle that situation will depend on the number of lifters who need accommodation. We just need to know ahead of time so that we know how best to accommodate those lifters.

Is this a real meet, or is just a "gym meet?"

This meet will be fully sanctioned by the American Powerlifting Federation. The concept was approved in advance of holding this women's only contest. All APF rules will be followed. We will have all certified APF/WPC judges refereeing the meet. Lifters will be eligible to set APF Illinois State and American Records. We will be using our usual competition equipment (monolift and competition bench), competition bars, and calibrated kilogram plates. Thus, it will definitively be a "real meet."

Would this be a good meet if I have never competed before?

Although not limited to newer lifters like our Beginners or Intro meets, this meet likely would be an excellent choice for a first-time competitor. It will be smaller meet, capped at only 45 lifters, and will be a supportive environment with other fellow female lifters competing as well as having experience female lifters running, refereeing, and even spotting/loading the meet.