



July 26-28, 2019 - APF/AAPF Chicago Summer Bash "16"

- Meet Director:** Eric Stone – (630) 677-4358 or estone@2xlpowerlifting.com
- Events:** Powerlifting (SQ+BP+DL), Bench Press only, Deadlift only
- Place:** 2XL Powerlifting - 20 Yorktown Convenience Center Lombard, IL 60148
- Lifting Sessions:** Fri 7/26 @ 12 noon - Teen / Junior Male Powerlifters - *11 a.m. Rules Clinic*
Fri 7/26 @ 6 p.m. - Bench / Deadlift only Lifters - *5 p.m. Rules Clinic*
Sat 7/27 @ 9 a.m. - Male Open + Submaster Powerlifters - *8 a.m. Rules Clinic*
Sun 7/28 @ 9 a.m. - Male Master & All Female Powerlifters - *8 a.m. Rules Clinic*
- Sanction/Rules:** Sanctioned by the American Powerlifting Federation (APF). Check www.worldpowerliftingcongress.com for information and rulebook.
One piece lifting suit required.
- Weigh-ins:** Male Teen / Juniors - Thurs 7/25: 12-2 p.m., 6-7 p.m., Fri 7/26: 9-11 a.m.
Benchers / Deadlifters - Thurs 7/25: 6-7 p.m., Fri 7/26: 9-11 a.m.
Male Open / SM - Fri 7/26: 9-11 a.m., 5-6 p.m.
Male Master / Females - Sat 7/27: 9-11 a.m., 3-5 p.m.
- Eligibility:** Open to all APF/AAPF members. **Lifters must present their 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 \$85 for full power, \$60 for bench or deadlift only, \$85 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 1** - Postmark mailed entries by **June 29**. Late entries will be charged a **\$20 late fee**, and can be denied—no entries taken at weigh-ins.
--> *Only the first 200 lifters will be accepted--35 teen/juniors, 45 benchers/deadlifters, & 60 full powerlifters each, Saturday and Sunday.*
-->Meet may fill up prior to the deadline.
- 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, 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

1. Go to APF-Illinois.com and follow the instructions to register online.
2. Call Eric Stone at (630) 677-4358 and register over the phone.
3. 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.

Summer Bash "16" Registration

Mail this half-page along with your entry fee to the following address:
2XL Powerlifting - 20 Yorktown Convenience Center - Lombard, IL 60148

Make Checks/Money Orders Payable to: 2XL Powerlifting, LLC

Print Name:

Total Amount Enclosed

Email Address:

Entry Fee:

- \$85 Full Power
- \$60 BP or DL
- \$85 for BP+DL

Phone Number:

Division Crossover: (\$50)

Which day will you be competing?

Official Meet T-shirt (\$15)

Fri Full Power - Teen / Junior Males

Late Fee: (\$20)
after 6/29

Fri Bench / Deadlift only

Sat Full Power - Open/SM Males

Total: _____

Sun Full Power - All Females & Master Males