



WORLD POWERLIFTING CONGRESS

2019 WPC CanAm Championships - Raw & Equipped - October 26-27, 2019

- Meet Director:** Eric Stone - (630) 677-4358 - thestone@chicagopowerlifting.com
- Events:** Powerlifting (SQ+BP+DL), Bench Press only, Deadlift only
- Place:** Pheasant Run Resort - **Call for Special Rate of \$116/night, mention WPO**
"Mega Center" - 4051 East Main St. St. Charles, IL 60174 - (630) 584-6300
- Lifting Sessions:** Lifting Sessions start 9:00 a.m. each day. Rules Clinic at 8:00 a.m. each day.
--> *Days may be split into sessions based on entries after the deadline*
Saturday October 26 - All Bench only & Deadlift only
- Male Full Power - Open / Submaster / Master
Sunday October 27 - Female Full Power (all), Male Full Power Teen / Junior
- Eligibility:** US Lifters need to have placed 1st - 3rd at an APF or AAPF National Meet in the past 5 years. All US lifters must have current APF membership. Canadian lifters must follow qualifying procedures set by CPF Officials.
- Sanction/Rules:** Sanctioned by the World Powerlifting Congress. Check <http://worldpowerliftingcongress.com/> for official rules.
- Equipment:** Categories included: *Raw--belt/wrist wraps only, Classic Raw--knee sleeves/wraps included, Equipped Single Ply, and Equipped Multi Ply.*
- Weigh-ins:** All weigh-ins will take place at the Pheasant Run Resort - Mega Center:
Saturday Lifters - Friday October 25: 9-11 a.m., 4-6 p.m.
Sunday Lifters - Saturday October 26: 9-11 a.m., 3-5 p.m.
All lifters must weigh-in the day before they compete--no morning of weigh-ins
- Entry Fee:** An entry fee of \$100 US is required for all lifters. Lifters wanting to enter multiple events/divisions will need to pay a \$50 US fee for each additional.
- Deadline / Cap:** Qualified US Lifters must enter online or via mail by September 1, 2019. Canadian lifters will need to confirm their entry through the CPF by July 1st.
Each day will have a cap 100 lifters with 35 spots reserved for CPF lifters.
If any additional spots are available after 9/1/19, 2XL will post on their Facebook page--lifters whom have not competed in an APF/AAPF National Meet, but have competed in an APF or AAPF meet may be eligible to compete.
- 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.

**2019 CanAm Championships Entry - Mail this page w/entry fee to:
 2XL Powerlifting - 20 Yorktown Convenience Center 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/AAPF, WPC/AWPC, 2XL Powerlifting LLC, Eric Stone, Howard Penrose, Pheasant Run Resort, their representatives, successors, and assigns for any and all injuries or bodily harm that I may suffer while competing at the 2019 CanAm Championships. 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.

Signature: _____ Date: _____

Parent/Guardian (if under 18): _____ Date: _____

Print Name: _____

Address: _____ City: _____

State: _____ Zip Code: _____ Phone: (_____) _____

Email: _____ Gender: _____

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

Occupation / Interesting Facts: _____

Circle Event(s):

Powerlifting Bench Press only Deadlift only

Total Amount Enclosed

Circle Equipment:

Raw Classic Raw EQ Single Ply EQ Multi Ply

Raw is belt/wrist wraps only, Classic Raw includes knee sleeves/wraps.

Entry Fee:

\$100

Division Crossover:

(\$50)

Official Meet T-shirt

(\$20)

*FREE with Reservation to the
Pheasant Run Resort*

Reservation #:

Size: _____

Late Fee:

after 9/1 (\$25)

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, UNL

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+

Qualifying Meet:

Name of Meet: _____

Date of Meet: _____ Location: _____

Total or Lift Posted in Kilos: _____ kg

Total: _____