



December 13-15, 2019

APF/AAPF Illinois RAW Power Challenge

- 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:** Friday 12/13: Bench / Deadlift only Lifters - **6 p.m. start time, 5 p.m. Rules Clinic**
Saturday / Sunday: **9 a.m. start time, 8 a.m. Rules Clinic**
Saturday 12/14: Male Open / Junior / Submaster Powerlifters
Sunday 12/15: Teen / Master Male Powerlifters & All Female Powerlifters
- Sanction/Rules:** Sanctioned by the American Powerlifting Federation (APF). Check 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:** Friday Lifters: - Thursday 12/12 from 6 to 8 p.m., or Friday 12/13 from 9 to 11 a.m.
Saturday Lifters: - Friday 12/13 from 9 to 11 a.m., or 5 to 6 p.m.
--> *Thursday / Friday weigh-ins will take place at 2XL Powerlifting*
Sunday Lifters: - Saturday 12/14 from 9 to 11 a.m., or 3 to 5 p.m.
--> *Saturday weigh-ins will take place next door to 2XL Powerlifting:
24 Yorktown Convenience Center Lombard, IL 60148*
- Eligibility:** Open to all APF/AAPF members. **Lifters must register online on the APF/WPC website - www.worldpowerliftingcongress.com. CARDS WILL NOT BE SOLD AT THE MEET SITE.**
- Entry Fee:** The entry fee is \$85 full power, \$60 for bench or deadlift only, \$85 for both bench and deadlift only, and \$50 for each additional event/division. **Entry fee MUST accompany entry form when mailed. NO REFUNDS**
- Deadline:** The entry deadline is **November 15**. Late entries *that are accepted* will be charged a **\$20 late fee**. *Strict cap of 30 benchers/deadlifters for Friday, 60 powerlifters for Saturday, 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, 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 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 recieved, you will recieve an email with an online form to fill out to complete your registration.

IL RAW Power Challenge '19 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:

Email Address:

Phone Number:

Which day will you be competing?

- Friday** Bench Press and/or Deadlift only
- Saturday** Open/SM/Jr Men Full Powerlifting
- Sunday** Teen/Master Male & Female Full PL

Total Amount Enclosed

Entry Fee:

- \$85 full power
- \$60 BP or DL
- \$85 for BP+DL

Crossover Fee:

\$50 for each _____

Official Meet T-shirt

_____ (\$15)

Late Fee:

after 11/15 _____ (\$20)

Total: _____