



August 29-30, 2020 - APF/AAPF Chicago Summer Bash "17"

- Meet Director:** Eric Stone – (630) 677-4358 or estone@2xlpowerlifting.com
- Events:** Powerlifting (SQ+BP+DL), Bench Press only, Deadlift only
- Place:** 2XL Powerlifting - 1141 S. Main St. Lombard, IL 60148
- Lifting Sessions:** Sat 8/29 @ 9 a.m. - Bench only Lifters - 8 a.m. Rules Clinic
Sat 8/29 @ 9 a.m. - Male Open, SM, Master Powerlifters - 8 a.m. Rules Clinic
Sun 8/30 @ 9 a.m. - All Female & Male Teen/Jr Powerlifters - 8 a.m. Rules Clinic
****Days may be split into sessions after the deadline for social distancing****
- Sanction/Rules:** Sanctioned by the American Powerlifting Federation (APF). Check www.worldpowerliftingcongress.com for information and rulebook.
One piece lifting suit required.
- Weigh-ins:** Saturday Lifters - Fri 8/28: 9-11 a.m., 5-7 p.m.
Sunday Lifters - Sat 8/29: 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 \$95 for full power, \$60 for bench or deadlift only, and \$50 for each additional division. **Entry fee MUST accompany entry form when mailed. NO REFUNDS.**
- Deadline:** The entry deadline is **August 10**. Postmark mailed entries by 8/7. Late entries will be charged a **\$20 late fee**, and can be denied—no entries taken at weigh-ins.
--> *Only the first 150 lifters will be accepted--30 Benchers & 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 "17" Registration

Mail this half-page along with your entry fee to the following address:

2XL Powerlifting - 1141 S. Main St. Lombard, IL 60148

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

Print Name: _____

Total Amount Enclosed

Email Address: _____

Entry Fee:

- \$95 Full Power

- \$60 Bench only

Phone Number: _____

Division Crossover: (\$50)

Official Meet T-shirt

Which day will you be competing?

(\$15)

Sat Bench only

Late Fee:

after 8/7 (\$20)

Sat Full Power - Open/SM/Master Males

Sun Full Power - All Females & Teen/Jr Males

Total: _____