



## July 18-19, 2015 - APF/AAPF *Chicago Summer Bash 12*

- Meet Directors:** Eric & Jackie Stone – (630) 677-4358 or [thestone@chicagopowerlifting.com](mailto:thestone@chicagopowerlifting.com)
- Events:** Powerlifting (SQ+BP+DL), and Bench Press only
- Place:** Rich East High School - 300 Sauk Trail Park Forest, IL 60466  
*\*\*\*Enter in the athletic entrance, door 11 on the east side of the building*
- Lifting Sessions:** **9 a.m. start time, mandatory rules clinic @ 8:15 a.m. on both days**  
Saturday 7/18: - Bench only lifters (will go first before full power flights)  
- Open/Master/Submaster Male Powerlifters  
Sunday 7/19: - All Female, and Teen/Junior Male Powerlifters
- Sanction/Rules:** Sanctioned by the American Powerlifting Federation (APF). Check [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com) for information and rulebook.  
***One piece lifting suit required.***
- Weigh-ins:** Saturday Lifters: - Friday 7/17 from 9 to 11 a.m., 5 to 7 p.m.  
Sunday Lifters: - Saturday 7/18 from 9 to 11 a.m., 5 to 7 p.m.  
*--> All weigh-ins will take place at Rich East High School*  
**ALL lifters MUST weigh-in the day before they lift--No morning of weigh-ins**
- Eligibility:** Open to all APF/AAPF members. **Lifters may become a member before weighing in, or otherwise must present their card at weigh-ins.** Registration is \$30 per card, \$40 for both APF and AAPF; half price for high school students.
- Entry Fee:** The entry fee is \$80 for one division (\$60 for 2XL members), and \$40 for each additional division. **Entry fee MUST accompany entry form when mailed. NO REFUNDS.** Entries for the team competition are \$60 – need list of 12 lifters at weigh-ins.
- 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 150 lifters will be accepted--30 benchers, and 60 full powerlifters each Saturday and Sunday.*
- 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 each other). Best Lifter awards will be given in divisions based on the content of the entries.

**Mail this page along with your entry fee to the following address:**  
2XL Powerlifting - 8 Yorktown Convenience Center Lombard, IL 60148

**Make Checks Payable to: 2XL Powerlifting**

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, 2XL Powerlifting LLC, Eric Stone, Jackie Stone, Howard Penrose, Amad Atef, Rich East High School, Rich Township School District 227, their representatives, successors, and assigns for any and all injuries or bodily harm that I may suffer while competing at the APF/AAPF Chicago Summer Bash 12. 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. I understand there is random drug testing by urinalysis on a minimum of 10% of all AAPF lifters. AAPF/AWPC policy permanently bans any lifter testing positive for a banned substance.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian (if under 18): \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age : \_\_\_\_\_ Gender: \_\_\_\_\_

Gym/Lifting Team: \_\_\_\_\_ Occupation: \_\_\_\_\_

**Circle Event:**

*Lifters will have to bench twice if they compete in bench only & powerlifting*

Powerlifting                      Bench Press only

**Circle Equipment:**

*Raw is belt and wrist wraps only, no knee supports of any kind*

Raw                                      Equipped

**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:**

*A \$40 fee for each **additional** sanction/division.*

**Sanction:** APF                      AAPF (drug tested)

**Division:** 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, etc.

**Total Amount Enclosed**

APF/AAPF Membership: \_\_\_\_\_

Entry Fee: \_\_\_\_\_

\$80

Crossover Fee: \_\_\_\_\_

*\$40 for each* \_\_\_\_\_

Official Meet T-shirt \_\_\_\_\_

(\$15)

Size: \_\_\_\_\_

Late Fee: \_\_\_\_\_

*after 6/29* \_\_\_\_\_

(\$20)

**Total:** \_\_\_\_\_

**For more entry forms, go to [worldpowerliftingcongress.com](http://worldpowerliftingcongress.com)**

# 2XL POWER LIFTING

*Saturday June 20, 2015*  
**2XL Beginners Powerlifting Seminar**



**Place:** 2XL Powerlifting - 8 Yorktown Convenience Center Lombard, IL 60148

**Time:** 10 a.m. start time - will run until approximately 3 p.m.

**Who:** Any aspiring or current powerlifter with 2 or less sanctioned meets completed

**Description:** 2XL Powerlifting staff and Team Stone powerlifters will cover everything an aspiring or beginning powerlifter needs to know to compete in a sanctioned powerlifting competition. 2XL and Team Stone includes world-champion powerlifters as well as APF sanctioned powerlifting referees to cover both the technique and strategy of a competing in a powerlifting meet as well as the logistics and rules of a sanctioned contest.

2XL Staff will start by explaining day-of logistics of a powerlifting meet, including weigh-ins, scheduling of flights, warm-ups, attempt selection and the flow of a typical meet. The rules, commands, and technique of the squat, bench and deadlift will be explained in a straight forward fashion. From there, each participant will work up through a potential opening and second attempt on each of the three lifts in a mock meet fashion. Each lifter will have a chance to have their technique evaluated by certified judges and coaches. The lifting will take place on 2XL's competition quality equipment used in many area APF meets (monolift squat racks, competition benches, competition bars). Thus, lifters will have a chance to practice on some of the equipment they may not usually have access.

**Cost:** \$50 or \$110 when combined with entry into the Chicago Summer Bash.

*For more entry forms, go to [worldpowerliftingcongress.com](http://worldpowerliftingcongress.com)*

**Beginners Powerlifting Seminar - Mail w/seminar fee to:**  
2XL Powerlifting - 8 Yorktown Convenience Center Lombard, IL 60148

**Make Checks 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, 2XL Powerlifting LLC, Eric Stone, Howard Penrose, Amad Atef, their representatives, successors, and assigns for any and all injuries or bodily harm that I may suffer while participating in the 2XL Powerlifting Beginners Powerlifting Seminar. 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: \_\_\_\_\_

T-Shirt Size: \_\_\_\_\_ Approximate Bodyweight: \_\_\_\_\_

Best Lifts in lbs (gym or meet): Squat: \_\_\_\_\_ Bench: \_\_\_\_\_ Deadlift: \_\_\_\_\_

Have you ever competed in a powerlifting meet? If so, how many meets, and what type? (full, bench)

\_\_\_\_\_

What type of powerlifting gear (i.e. belts, wraps, suits/shirts) do you use, if any?

\_\_\_\_\_

What do you hope to learn/accomplish by participating in this seminar?

\_\_\_\_\_

**Total Amount Enclosed:**

*Please Circle*

Seminar only \$50

Seminar & Meet \$110

*--> Please fill out both forms  
if doing both seminar & meet*

***For more entry forms, go to [worldpowerliftingcongress.com](http://worldpowerliftingcongress.com)***