



March 25-26, 2017 - APF/AAPF Illinois State Championships

- Meet Director:** Dick Zenzen – 1172 Jenny Drive Apt B, Sycamore, IL 60178 1-815-761-7055
- Events:** Powerlifting (SQ+BP+DL), and Bench Press only or Deadlift only
- Place:** Sycamore High School, 555 Spartan Trail, Sycamore, IL 60178
- Lifting Sessions:** **9 a.m. start time, *mandatory rules clinic @ 8:15 a.m. on both days***
- Saturday 3/25: - Bench only lifters (will go first before full power flights)
- All Female and Male Teen/Junior Raw, Classic Raw & Equipped Powerlifters
- Sunday 3/26: - Male Open/Master/Submaster Raw, Classic Raw & Equipped Powerlifters
- 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: - Friday 3/24 from 9 to 11 a.m., 5 to 6 p.m.
Weigh ins at Sycamore High School
- NO MORNING WEIGH-INS – must weigh in day prior to lifting**
- Sunday Lifters: Saturday 3/25 from 9 to 11 a.m., 5 to 6 p.m.
- Eligibility:** Open to all APF/AAPF members. Lifters must become a member prior to weighing in, you can purchase membership online at www.worldpowerliftingcongress.com. 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, 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 **February 15** - Postmark mailed entries by February 10th. Late entries that are accepted are charged a **\$30 late fee**, no entries taken at weigh-ins.
- 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:

Dick Zenzen, 1172 Jenny Drive Apt B, Sycamore, IL 60178

Make Checks Payable to: Dick Zenzen

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, Dick Zenzen, Amy Jackson, Sycamore High School, their representatives, successors, and assigns for any and all injuries or bodily harm that I may suffer while competing at the APF/AAPF Illinois State 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. 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: _____

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.

Circle Event:
Lifters will have to bench twice if they compete in bench only & powerlifting
Powerlifting Bench Press Only Deadlift Only

Circle Equipment:
Raw (no knee wraps/sleeves) Classic Raw (raw with wraps/sleeves)
Equipped (see www.worldpowerliftingcongress.com for complete rules)

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.
APF AAPF (drug tested)

Total Amount Enclosed

Entry Fee: _____ \$80

Crossover Fee: \$40 for each _____

Official Meet T-shirt _____ (\$15)

Size: _____

Late fee after 2/15 (\$30)

Total: _____

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