



April 22, 2017 - AAPF Illinois High School Powerlifting Championships

- Meet Director:** Eric Stone – (630) 677-4358 or estone@2xlpowerlifting.com
- Events:** Powerlifting for total - Squat + Bench Press + Deadlift
- Place:** 2XL Powerlifting - 20 Yorktown Convenience Center Lombard, IL 60148
- Lifting Session:** **9 a.m. start time, mandatory rules clinic @ 8:15 a.m.**
- Sanction/Rules:** Sanctioned by the Amateur American Powerlifting Federation (AAPF). Check www.worldpowerliftingcongress.com for information and rulebook.
- Equipment:** **This is a “Raw” contest.** The only supportive equipment allowed are belts and wrist wraps. ***One piece lifting suit (or singlet) required for all lifters on all lifts.***
- Weigh-ins:** Friday 4/21 from 9 to 11 a.m., OR 6 to 7 p.m.; OR Saturday 4/22 from 7 to 8 a.m.
- Eligibility:** Open to all high school aged lifters. Lifters will need to be or will need to become AAPF members in order to participate. AAPF membership for high school students is \$15. New lifters should include membership fee with meet registration. Current AAPF members will need to show card at weigh-ins. **Only the first 60 lifters will be accepted.**
- Qualification:** ***This meet is an official qualifier for AAPF Nationals May 26-28 in Lombard, IL.***
- Entry Fee:** The entry fee is **\$60**. Add an additional **\$15** if AAPF membership is needed.
- Meet T-shirt:** Add an additional **\$15** to entry fee if you would like to purchase a meet t-shirt. Size will be marked on the online form. ***Only limited meet t-shirts will be available at the meet.***
- Deadline:** The entry deadline is **April 5th** - Postmark mailed entries by **April 3rd**. Late entries *that are accepted* will be charged a **\$20 late fee**.
- Weight Classes:** Males: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW
Females: 97, 105, 114, 123, 132, 148, 165, 181, 198, UNL
- Divisions:** Frosh (Freshmen / Sophomores) & Varsity (Juniors / Seniors)
- Team Competition:** High Schools or Gyms can organize teams of up to 8 lifters. \$20 entry--all lifters must already be individually register). Team lists (*page 3*) will be due **April 15**.
- Awards:** Awards will be given to the first three places in all Male and Female weight classes in both the Frosh and Varsity divisions. Best Lifter Awards will be given based on the content of the entries.

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 registration has been recieved (either via online payment, phone or mail), you will recieve an email with an online form to fill out. You will need to fill out this online form in order to complete your entry.**

AAPF IL HS Championships Registration

Mail this 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 Lifter's Name:

Parent/Gardian's Name(s):

Parent/Gardian's Email Address:

Parent/Gardian's Phone Number:

Total Amount Enclosed

Entry Fee:

\$60

AAPF Membership:

Add \$15

Official Meet T-shirt

Add \$15

Late Fee:

after 4/3 Add \$20

Total:

NOTE - Page 3 contains the Team Entry

AAPF IL HS Championships TEAM Registration

Mail this page along with your team entry fee of \$20 to the following address:

2XL Powerlifting - 20 Yorktown Convenience Center Lombard, IL 60148

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

Print High School or Team Name:

Coach or Coaches Name(s):

Athlete List - All Lifters must also be individually registered:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

Total Amount Enclosed

Team Entry: \$20