



# 2017 APF-AAPF Illini Powerlifting Meet for Muscular Dystrophy



April 30th, 2017

**Contact Info:**

Nitin Tangellamudi, Melody Mathewson, Connor Forsyth (Meet Directors) or Eric Stone (APF Illinois State Chairman)  
Email: [illinibarbell@gmail.com](mailto:illinibarbell@gmail.com)

**Date:**

Sunday, April 30, 2017; Lifting begins at 10:30 AM (Mandatory Rules Briefing at 10:00 am)

**Location:**

Activities & Recreation Center, 201 E Peabody Dr. Champaign, IL 61820  
Park in the lot on the corner of Peabody and 1<sup>st</sup> just west of the building, or on Pennsylvania Ave. across from the Law Building

**Sanctioned By:**

American Powerlifting Federation; visit [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com) for more information

**Eligibility:**

Open to AAPF and APF members. All APF/AAPF athletes are required to have a valid AAPF and/or APF annual membership. APF/AAPF card can be purchased on site at weigh-ins.

**Contests:**

Raw Bench Only, Raw Full Power, Classic Raw Full Power

**Divisions:**

Teen (18-19), Junior (20-23), Open, Submasters (33 - 39), Master (40-44, 45-49, 50-54, 55-59, 60-64, 65+)

**Weight Classes:**

Men (in lbs): 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW (308+)  
Women (in lbs): 97, 105, 114, 123, 132, 148, 165, 181, 198, SHW (198+)

**Entry Fee:**

\$50 per division/contest for sanctioned APF/AAPF competition  
\$30 for UIUC Students  
+\$35 for each additional division/contest; +\$15 for UIUC students  
Make entry fees payable to: Connor Forsyth  
Entry must be received by April 13, 2017.  
Late entries will incur a \$20 late fee.

**Awards:**

Top 3 lifters in the men's and women's categories based on the Glossbrenner Formula

**Weigh In:**

Saturday, April 29th	9:00 am – 10:30 am at Activities & Recreation Center
Saturday, April 29th	5:00 pm – 7:30 pm at Activities & Recreation Center
Sunday, April 30th	9:00 am – 9:30 am at Activities & Recreation Center

All weigh-ins will take place on the ground floor of the ARC (one flight down from the entrance), down the western hallway. Follow signs for the POOL.

**Rules:**

American Powerlifting Federation rules apply. More info: [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)  
One piece lifting suits (i.e. singlets) must be worn by all APF/AAPF sanctioned competitors;  
Rules meeting will be at 10am on Sunday at the deadlift platforms in the warm-up area.

**Spectator Fees:**

Free; donations for the Muscular Dystrophy Association will be accepted at venue & online.



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

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

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

Phone #: \_\_\_\_\_ E-mail: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Expected Weight Class (see classes on front): \_\_\_\_\_

Division (Circle Choice(s)): TEEN(18-19) JUNIOR (20-23) OPEN SUBMASTERS(33-39)

MASTERS: 40-44; 45-49; 50-54; 55-59; 60-65; 65+

Categories Entered (Circle): APF AAPF

Contest (Circle): Raw Full Power (S/B/D) Classic Raw Full Power (S/B/D, w/ knee wraps/sleeves)

Raw Bench Only

APF/AAPF MEMBERSHIP #: \_\_\_\_\_ EXP Date: \_\_\_\_\_

Planned Openers (in kilograms, increments of 2.5 kg): S: \_\_\_\_\_ B: \_\_\_\_\_ D: \_\_\_\_\_

**Fees (circle those that apply)**

APF or AAPF Membership Fee	\$30	
APF + AAPF Membership Fee	\$40	
Late Fee (If Postmarked After 4/13/16):	\$20	
Meet Shirt	\$15	Size, if purchasing _____
Entry Fee Non Students	\$50	
Entry Fee UIUC Students	\$30	
Additional Contests	+\$35, +\$15 UIUC Students	

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

Payment Options (Circle):

- (1) Online via Paypal to recipient [forsyth.connor@gmail.com](mailto:forsyth.connor@gmail.com)  
→ Please indicate in a PayPal note the lifter's or lifters' name(s).
- (2) Mailed check or certified check to 54 E Chalmers St. Apt 506, Champaign IL 61820

**Entry fees will not be refunded for any reason. Entry forms without payment will not be eligible for competition. Be sure to postmark entry forms and payment by April 13th to avoid the \$20 late fee.**



## RELEASE FROM LIABILITY:

On behalf of myself, my heirs, executors, administrators and assigns, I hereby irrevocably waive, release and fully discharge the APF, Illini Powerlifting, the University of Illinois Board of Trustees and all its members, Campus Recreation at the University of Illinois at Urbana-Champaign, their respective officers, directors, employees, agents and shareholders, of and from any and all rights, claims, demands, lawsuits, and causes of action due to or arising from any accident, injury, damage or loss directly, indirectly, or in any way associated with my participation in the powerlifting competition sponsored by the American Powerlifting Federation (APF).

I represent that I know of no medical reason or condition that would impair my ability to participate in this event, and I hereby assume any and all risk of accidental, medical injury or consequential damages resulting from my participation. I acknowledge, understand and accept the inherent risks of powerlifting.

**I have read the above release, understand its meaning and consequences, and agree to be legally bound by its terms. I have signed this release freely and voluntarily:**

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Printed Name

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Signature

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Date