



### 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](http://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](http://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.