



March 24-25 2018 - 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**

LIMIT TO THE FIRST 80 lifters each day

Saturday 3/24: - Bench only/Deadlift only lifters
(will go first before full power flights)

- All Female and Male Teen/Junior Raw, Classic Raw & Equipped Powerlifters
Sunday 3/25: - 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 acceptions**, 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 1-3rd in each weight class/age group. Best Lifter awards will be given in divisions based on the content of the entries.

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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.

Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, UNL

Circle Division(s) Entered:
A \$40 fee for each **additional** sanction/division.

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

APF

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

Circle Weight Class: _____ **Total Amount Enclosed**

Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW

For more entry forms, go to www.worldpowerliftingcongress.com

Entry Fee: \$80

Crossover Fee: _____

\$40 for each

Official Meet T-shirt (\$20)

Size: _____

Late fee after 2/15 (\$30)

Total: _____

For more entry forms, go to worldpowerliftingcongress.com