



May 20, 2023 - APF/AAPF Joliet Iron Battle

Meet Director: Eric Stone – (630) 677-4358 or estone@2xlpowerlifting.com

Venue Contact: Chicago Sports & Fitness Clubs - Riley Webb - riley@csfcjoliet.com

Events: Powerlifting (SQ+BP+DL), Bench Press Only, Deadlift Only

Place: Chicago Sports & Fitness Club - 2701 Black Rd. Joliet, IL 60435

Lifting Sessions: 10:00 a.m. Start Time / 9:00 a.m. Rules Clinic

Sanction/Rules: Sanctioned by the American Powerlifting Federation (APF). Check worldpowerliftingcongress.com for information and rulebook. **One piece lifting suit required.**

Weigh-ins: Morning Weigh-in - Friday 5/19: 10:00-11:30 a.m.

Evening Weigh-in - Friday 5/19: 7:00-8:00pm

Eligibility: Open to all APF/AAPF members. **Lifters must present their printed card or proof via their smart phone at weigh-ins.** New memberships or renewal memberships can be purchased on worldpowerliftingcongress.com. **CARDS WILL NOT BE SOLD ON SITE.**

Awards: Overall awards will be scored via the Glossbrenner coefficient, and will be based on the content of the entries.

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

Women - 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, UNL

Sanctions: APF & AAPF (drug tested)

Equipment: Raw & Classic Raw

Raw is belt and wrist wraps only, Classic Raw also includes knee sleeves or wraps

Divisions: Teen 13-19, Junior 20-23, Open (all ages), Submaster 33-39, Masters 40+

Registration: The entry fee is \$95 for full power, \$60 for bench or deadlift only, \$95 for both bench + deadlift only. **NO REFUNDS.** Registration deadline is **May 1st**. Late entries will be charged a **\$20 late fee**, and can be denied - no entries taken at weigh-ins.

Meet may fill up prior to the deadline. Strict cap of 60 powerlifters.

Online Registration:

<https://www.eventbrite.com/e/joliet-iron-battle-the-hammer-falls-registration-560720970517>