

2023 AAPF Nationals - May 27-28, 2023

Raw, Classic Raw, Single Ply, Multi Ply – North Aurora, IL

- Meet Director:** APF - 505 Westgate Drive, Aurora IL 60506 amyjackson@aol.com
- Events:** Powerlifting (SQ+BP+DL), Bench Press only, Deadlift only
- Event Location:** Barbell 4:13, 111 South Lincolnway Street, North Aurora, IL
- Local Hotel:** Comfort Inn & Suites, 308 S Lincolnway St, North Aurora IL 60542 630-897-7695
choicehotels.com/IL539 Check expedia and hotels.com for lower rates or call hotel direct.
- Lifting Sessions:** Lifting Sessions start at 9:00 a.m. each day. Rules Clinic at 8:00 a.m. each day.
- Saturday, May 27 - All Bench only & Deadlift only, Male Full Power Masters (40+) Male Full Power Teen / Junior / Open / Submaster*
- Sunday, May 28 - All Female Full Power, Special Olympic Lifters*
- Eligibility:** Lifters must qualify at an AAPF meet in 2022-2023. All Open class lifters need to have hit Qualifying Totals on APF/WPC website. Age groups only need a qualifying total. All lifters must be current AAPF members. Membership must be purchased online at <http://worldpowerliftingcongress.com/>
--> **APF MEMBERSHIPS WILL NOT BE SOLD AT WEIGH-INS**
- Sanction/Rules:** Sanctioned by the American Powerlifting Federation. Check <http://worldpowerliftingcongress.com/> for official rules.
- Equipment:** Categories included: *Raw--Belt & wrist wraps only, Classic Raw--Belt & wrist/knee wraps, Equipped Single Ply, and Equipped Multi Ply.*
- Weigh-ins:** *Saturday Lifters - Friday, May 26: 9-11 a.m., 3-5 p.m. @ Barbell 4:13*
Sunday Lifters - Saturday, May 27: 9-11 a.m., 3-4 p.m. @ Barbell 4:13
All lifters must weigh-in the day *before* they compete--no morning-of weigh-ins
- Qualifying:** All lifters who place 1st-3rd in their age/weight class will qualify for Team USA at AWPC Worlds, August 4-6, 2023 in Baton Rouge, LA.
- Entry Fee:** An entry fee of \$100 is required for all lifters. Lifters wanting to enter multiple divisions will need to pay a \$50 crossover fee for each additional division. Entries must be received by April 25, 2023
Entries after the deadline will not be accepted
- Awards:** Custom Medals will be given to the first three places in all categories. Best Lifter Awards will be given in categories based on the content of the entries.