



Dec. 9-10, 2023 - APF/AAPF Winter Power Challenge

- Meet Director:** Stacy Hawkins – apfillinois@gmail.com
- Events:** Powerlifting (SQ+BP+DL), Bench Press only, Deadlift only
- Place:** Lombard Strength & Fitness -1141 S. Main St. Lombard, IL 60148
- Lifting Sessions:** *Both Days: 9:00 a.m Start Time / 8:00 a.m Rules Clinic Saturday*
12/9: - All Female Powerlifters,
- Male Teen / Junior Powerlifters
Sunday 12/10: - All Bench only / Deadlift only Lifters
- Male Open / Submaster / Masters 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:** SAT Lifters - Fri 12/8: 9-11 a.m., 4-6 p.m.
SUN Lifters - Sat 12/9: 9-11 a.m., 3-5 p.m.
ALL lifters MUST weigh-in the day before they lift--No morning of weigh-ins
- 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 www.worldpowerliftingcongress.com.
CARDS WILL NOT BE SOLD AT THE MEET SITE.
- Entry Fee:** The entry fee is \$95 for full power, \$60 for bench or deadlift only, \$95 for both bench + deadlift only, and \$50 for each additional division. **NO REFUNDS.**
Please go the "Add On" tab in the tickets to purchase t-shirts and crossovers.
- Deadline:** The entry deadline is **November 20, 2023.** Meet is capped at the first 60 lifters each day. Late entries, if any are accepted, will be charged a \$20 late fee. No late entries will be accepted at the weigh-ins or the day of the meet.
- Awards:** Awards will be given to the first three places in all Men's and Women's 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, using only the Glossbrenner coefficient.

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- 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 & Equipped
Raw is belt & wrist wraps only, Classic Raw also includes Knee Sleeves or Wraps
- Divisions:** 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, 65-69, 70-74, 75-79, 80+

How to Register

- Go to APF-Illinois.com and follow the instructions to register online.