

# 2024 APF-AAPF Equipped IL State Meet

March 2<sup>nd</sup> 2024

Single Ply & Multi Ply – Barbell 4:13 North Aurora, IL

- Meet Directors: Matt Minuth & Amy Jackson [amyljackson@aol.com](mailto:amyljackson@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](http://choicehotels.com/IL539) Check [expedia](https://www.expedia.com) and [hotels.com](https://www.hotels.com) for lower rates or call hotel direct.
- Lifting Sessions: Lifting Sessions start at 9:00 a.m. Rules Clinic at 8:00 a.m. each day.  
  
*Saturday, March 2<sup>nd</sup>* All categories: Open, Teenage, Junior, Submaster, Master, Special Olympics, Police, Fire, Military, Novice (first time lifters)
- Eligibility: All lifters must be current APF /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 APF-AAPF. Check <http://worldpowerliftingcongress.com/> for official rules.
- Equipment: Categories included: *Equipped Single Ply*, and *Equipped Multi Ply*.
- Weigh-ins: *All Lifters* - Friday, March 1: 9-11 a.m., 3-5 p.m. @ *Barbell 4:13*  
  
All lifters must weigh-in the day *before* --no morning-of weigh-ins
- Qualifying: This meet can be used to qualify you for APF-AAPF Nationals
- Entry Fee: An entry fee of \$125 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 February 1, 2024  
**Entries after the deadline may not be accepted**  
Venmo - Amy Jackson@Amy-Jackson-265
- 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.

**2024 APF- AAPF Equipped IL State Meet Entry**  
**Mail this page w/entry fee to: APF 505 Westgate Drive Aurora IL 60506**  
**Make Checks/Money Orders Payable to: APF**

In consideration of the acceptance of this entry I hereby for myself, my heirs, executors, and administrators waive and release any and all claims and damages I may have against the APF/AAPF, AWPC/WPC Amy Jackson, Barbell 4:13, Matt Minuth, their representatives, successors, and assigns for any and all injuries or bodily harm that I may suffer while competing at the 2024 APF-AAPF Equipped IL State Meet. 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 that a minimum of 10% of ALL AAPF lifters will be subject to random drug testing.*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian (if under 18): \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Phone:(     ) \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Gym/Team: \_\_\_\_\_

Occupation/Interesting Facts: \_\_\_\_\_

<b>Circle Event(s):</b>	<b><u>Total Amount Enclosed</u></b>
Powerlifting      Bench Press only      Deadlift only	Entry Fee: _____
<b>Circle Equipment:</b>	<u>\$125</u>
EQ Single Ply      EQ Multi Ply	Division Crossover: _____
<b>Circle Weight Class:</b>	<u>(\$50)</u>
Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW	Official Meet T-shirt _____
Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, UNL	Size S-XL \$25 2X up \$30
	<i>Limited number available at the meet</i>
<b>Circle Division(s) Entered:</b>	-
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+	_____
	<b>Total:</b> _____
<b>Circle Category Entered:</b>	
IL Equipped State Meet      Special Olympics	
Police, Fire, Military      Novice (1 <sup>st</sup> time lifters)	

**For more entry forms, go to [worldpowerliftingcongress.com](http://worldpowerliftingcongress.com)**