

AAPF Illinois State High School Challenge

June 29, 2024



- When:** Saturday, June 29, 2024 --> Lifting begins @ 9:00 a.m.
- **Mandatory** Lifter Meeting @ 8:15 a.m.
- Where:** Lombard Strength & Fitness - 1141 S. Main St. Lombard, IL
- What:** Sanctioned Powerlifting Meet - Squat + Bench Press + Deadlift for Total
- Who:** Any current high school student - Male & Female
- More Info:** Stacy Hawkins - APF IL State Chair - apfillinois@gmail.com
- Sanction/ Rules:**
- Sanctioned by the American Powerlifting Federation (APF). Rules, records and information can be accessed at worldpowerliftingcongress.com.
 - **All lifters must wear a singlet / one-piece lifting suit.**
 - This contest will be "Raw" contest. Only equipment allowed is a belt / wrist wraps.
 - A random 10% of all lifters will be drug tested for anabolic substances.
 - All lifters will be eligible to break AAPF American Raw Records. Illinois residents will be eligible to break AAPF Illinois State Raw Records - APF-Illinois.com.
- Weigh-ins:** All athletes will need to weigh-in at ONE of the following times:
- Friday, June 28 - 9:00 to 10:30 a.m., 5:00 to 6:00 p.m.
 - Saturday, June 29 - 7:00 to 8:00 a.m.
- 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
- Categories:** *Frosh* (Freshman / Sophomore) & *Varsity* (Juniors / Seniors)
- Registration:** Available at online at APF-Illinois.com
- Base entry fee of \$80 + optional \$20 event t-shirt
 - All lifters have an AAPF membership - \$25 for teenagers
 - > Available for purchase at worldpowerliftingcongress.com
 - Team vs. Team registration available for any school / team of 10 or more athletes
- Spectators:** \$12 fee for all spectators, registered team coaches free (2 coaches per 10 athletes)
- Awards:** Awards for Top 3 lifters Male / Female in each weight class Frosh + Varsity