

Summer Bash XX

July 27 - 28, 2024



- When:** Saturday, July 27 & Sunday, July 28, 2024 --> Lifting begins @ 9:00 a.m.
- **Mandatory** Lifter Meeting @ 8:00 a.m.
- Where:** Lombard Strength & Fitness - 1141 S. Main St. Lombard, IL
- What:** Sanctioned Powerlifting Meet – Full Power/ Bench Only/ Deadlift Only
- Who:** 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.
- 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.**
- Weigh-ins:** All athletes will need to weigh-in at ONE of the following times:
- Friday, July 26 - 9:00 to 11:00 a.m., 4:00 to 6:00 p.m.
- Saturday, July 27 - 9:00 to 11:00 a.m., 3:00 to 4:00 p.m.
ALL lifters MUST weigh-in the day before they lift--No morning of weigh-ins
- 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:** 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+
- Registration:** Available at online at APF-Illinois.com **Entry Deadline- June 21, 2024.**
- The entry fee is \$120 for full power, \$80 for bench or deadlift only, \$100 for both bench + deadlift only, and \$50 for each additional division. **NO REFUNDS.**
- 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 CASH AWARDS** will be given based on the content of the entries, using only the Glossbrenner coefficient. Age & coefficient WILL NOT be used for Best Lifters.