



March 23-24, 2012

APF/AAPF Illinois State Championships

- Meet Directors:** Erv Domanski - (847) 347-7569 or domanski3@comcast.net
Lea-Ann Domanski- (847) 707-0847 or elbell6@hotmail.com
- Events:** Bench Press Only Raw & Equipt- Capped entries at 30 lifters
Powerlifting Raw & Equipt (sq+bp+dl)- Capped entries at 60 lifters
- Place:** Progressive Sports Performance
2775 Shermer Road Unit 110, Northbrook Il 60062
- Lifting Sessions:** Friday 3/23: Bench Only ; Rules 5pm, Meet Starts at 5:30pm
Saturday 3/24: Powerlifting (Equipt and Raw); Rules 8:15am, Meet Starts at 9am
- Sanction/Rules:** Sanctioned by the American Powerlifting Federation (APF). Check www.worldpowerliftingcongress.com for information and rulebook.
One piece lifting suit required.
- Weigh-ins:** Friday Lifters: - Thursday 3/22 from 5:30pm to 7:30pm.
- Friday 3/23 from 9am to 11am 3pm to 4pm
**Friday Bench Only lifters may NOT weigh in past 4pm!*
- Saturday Lifters: - Friday 3/23 from 9am to 11 am, 5pm to 6 pm
- Saturday 3/24 from 6:30am to 7:30 am
- All weigh-ins will take place at Progressive Sports Performance*
- Eligibility:** Open to all APF/AAPF members. **Lifters may become a member before weighing-in, or otherwise must present their card at weigh-ins.** Registration is \$30 per card, \$40 for both APF and AAPF; half price for high school students.
- Entry Fee:** The entry fee is \$80 for one division, and \$30 for each additional division. **Entry fee MUST accompany entry form when mailed. NO REFUNDS.** Entries for the team competition are \$60. Teams must provide a list with their 12 scoring lifters at the weigh-ins (teams can have more members list, but only the 12 designated will be used for scoring purposes).

Deadline:

- The entry deadline is **March 5** - Postmark mailed entries by **March 3**.
- Late entries will be charged a **\$25 late fee**, and can be denied.
- Once the max number of lifters is reached for each event no more entries will be allowed regardless of the March 5th deadline. If the cap is reached a noticed will be place on the Progressive Sports Performance Facebook Page.
- **No late entries will be accepted at the weigh-ins.**

Awards:

Awards will be given to the first three places in all Mens and Womens 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.

**Make Checks Payable To:
Progressive Sports Performance**

2775 Shermer Road Unit 110, Northbrook IL 60062

In consideration of the acceptance of this entry thereby for myself, my heirs, executors, and administrators waive and release any and all claims and damages I may have against the APF/AAPF, Erv Domanski, Lea-Ann Domanski, Progressive Sports Performance, their representatives, successors, and assigns for any and all injuries or bodily harm that I may suffer while competing at the APF/AAPF Illinois State Championships. 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 there is random drug testing by urinalysis on a minimum of 10% of all AAPF lifters. AAPF/AWPC policy permanently bans any lifter testing positive for a banned substance.

Signature: _____ Date: _____

Parent/Guardian (if under 18): _____ Date: _____

Print Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: (_____) _____ Email: _____

Date of Birth: _____ Age : _____ Gender: _____

APF/AAPF Membership Card (see pricing on first page) \$ _____

Will you be lifting RAW or Equipt (please circle) **Meet Entry Fee (\$80.00)**

Circle Weight Class:

Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW

Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, UNL

Circle Event Lifting In: Bench Press Only Powerlifting (sq+bp+dl)

Circle Division(s) Entered: A \$30 fee for each additional sanction/division. You are allowed one sanction and one division with the \$80 entry (i.e. APF Open Bench Press Only).

Sanction: APF AAPF **Additional Sanction \$** _____
(\$30/per additional)

Division: **Additional Division \$** _____
(\$30/per additional)

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+

T-Shirts Ordered (indicate sizes on following form) \$ _____

TOTAL AMOUNT PAID: \$ _____

For more entry forms, go to APF-Illinois.com

T-Shirt Pre-Order Form

Pre-order your official **ILLINOIS STATE CHAMPIONSHIP** T-shirt! Extra T-shirts are not guaranteed to be available the day of the event so please pre-order to make sure you get yours. A preview of the T-shirt design will be available on our facebook page by February 6th, 2012. T-shirts are \$15-\$20 each depending on size; please include the total cost of t-shirts ordered with your entry fee, along with this form. List below the number of each size you would like to order. If you don't pay for the shirt with your entry you will NOT get it at the meet.:

5XL (\$20 each): _____

4XL(\$20 each): _____

3XL(\$18 each): _____

2XL(\$18 each): _____

XL(\$15 each): _____

L(\$15 each): _____

M(\$15 each): _____

S(\$15 each): _____

Total Number of Small thru XL: _____ x \$15.00 = _____

Total Number of 2XL thru 3XL: _____ x \$18.00= _____

Total Number of 4XL thru 5XL: _____ x \$20.00= _____

Grand Total of Shirt Cost \$ _____