



October 19th, 2013

**APF/AAPF Rise of the Deadlift/
Beast of the Bench**

Meet Director: Erv and Lea-Ann Domanski - (847)347-7569 or domanski3@comcast.net

Events: Deadlift Only, Bench Press Only or Ironman

Location: Progressive Sports Performance
2775 Shermer Road Unit 110
Northbrook, IL 60062

Lifting Session: Saturday October 19th, 2013 @ 9:00 a.m.

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 October 18th - 9 a.m. to 10:30 a.m., 6:00 to 7:00 p.m.
Saturday October 19th - 7:00 to 8:00 a.m.

Equipment: A competition bench will be used. A minimum of two bench press areas will be available in warm-up room. A deadlift bar will be used on the platform, and a minimum of 2 deadlift bars will be available in the warm-up room.

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 for membership is \$30 for one or \$40 for both APF and AAPF; 50% less for high school students.

Records: Lifters will be able to break APF/AAPF Raw and Equipped American Deadlift only and Bench Press only Records.

Entry Fee: The entry fee is \$70 for one division, and \$30 for each additional division. **NO REFUNDS.**

Deadline: **The entry deadline is Tuesday October 1st. Late entries may be accepted with a \$30 late fee at the digression of the meet directors.**

Awards: Awards will be given by coefficient. Best Lifter awards will be given according to the Glossbrenner Formula for Best Male and Female Lifter in the Iron Man Division.

**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 Rise of the Deadlift and Beast of the Bench. 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 (\$70.00)**

Weight Class (please circle):

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

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

Event Lifting In (please circle): **Bench Press Only** **Deadlift Only** **IronMan**

Division(s) Entered (please circle): A \$30 fee for each additional sanction/division.

Sanction: **Additional Sanction \$** _____
APF AAPF (\$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) \$ _____

Late Fee \$ _____

TOTAL AMOUNT PAID (If reg. past Oct 1st MUST include \$30 late fee): \$ _____

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

**No Personal Checks Excepted after the entry deadline! Money Order or Cash Only after
October 1st)**

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

T-Shirt Pre-Order Form

Pre-order your official **Rise of the Deadlift/Beast of the Bench Press** 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. 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. Orders received after October 1st may not be granted as we have to place the order with our printer well before the meet:

5XL (\$25 each): _____

4XL(\$25 each): _____

3XL(\$25 each): _____

2XL(\$20 each): _____

XL(\$20 each): _____

L(\$20 each): _____

M(\$20 each): _____

S(\$20 each): _____

Total Number of Small thru 2XL: _____ x \$20.00 = _____

Total Number of 3XL thru 5XL: _____ x \$25.00= _____

Grand Total of Shirt Cost \$ _____

No T-Shirt Orders Will Be Excepted After October 1st. There will only be a few shirts for sale the day of the meet.

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