



February 20, 2016

"PRESSING THE PIECES TOGETHER" BENCH PRESS BENEFIT FOR AUTISM

An APF Sanctioned Bench Press Meet

- Event Description:** "Pressing the Pieces Together" is a bench press only contest with the proceeds going to benefit the Autism Society. In addition to entering the contest, we are asking each lifter to set-up an individual fundraising account on on Autism-Society.org with a goal of raising a minimum of \$100. We will email instructions after you have completed online registration. Additionally, we are asking teams/gyms to organize a "Team" of 8-10 lifters to raise money together.
- Meet Director:** Eric Stone - (630) 677-4358 or thestone@chicagopowerlifting.com
- Place:** 2XL Powerlifting - #8 Yorktown Convenience Center Lombard, IL 60148
- Lifting Session:** Saturday February 20, 2016 @ 10:00 a.m.
- Sanction/Rules:** Sanctioned by the APF/AAPF. Check www.worldpowerliftingcongress.com for information and rulebook. For the raw division, only belt and wrist wraps are allowed. ***One piece lifting suit required for all lifters.***
- Weigh-ins:** Friday, February 19 - 10:00 a.m. to 12:00 p.m., 5:00 to 6:00 p.m.
Sunday, February 20 - 8:00 to 9:00 a.m.
- 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.
- Registration:** **All registration for the contest must be done online through 2XLPowerlifting.com**
- Entry Fee:** The entry fee is \$60 for one division. Additional divisions will be charged \$30 per division. **NO REFUNDS.**
- Meet T-Shirts:** Official meet t-shirts are available for pre-order for \$15. *Note: Only limited numbers of t-shirts will be available on the meet day.*
- Deadline:** **The entry deadline is February 6.** *Late entries, if any are accepted, will be charged a \$25 late fee.* No late entries will be accepted at the weigh-ins or the day of the meet.
- Awards:** Personalized certificates will be given to all lifters. Placements will be determined via weight classes in the Men's and Women's Open Equipped and Raw. Age divisions will be determined via coefficient.
Special awards will be given to the lifter raises the most money individually, and to the team/gym that raises the most money collectively.