



Revolution
POWERLIFTING SYNDICATE

OFFICIAL SANCTIONED EVENT

**Feel the
POWER
CrossFit Meet
CrossFit/Beginners Event**

October 22, 2016

Rules at 9:00 AM

**LOCATION: Barbell Central
300 N. Highland Aurora, IL 60506**

DIRECTORS: Corey Miceli - 630.204.3390

**Open to athletes with NO MORE than 1 powerlifting meet experience...
This is NOT for seasoned powerlifters.**

**ENTRY FEES: PER DIVISION PER LIFTER IS \$100.00
All competitors receive personalized photo/plaque & Tshirt**

ENTRY DEADLINE - October 7, 2016

\$10 Admission for Spectators and Coaches

Feel the CrossFit Meet

Mandatory Rules Clinic 9:00 AM

One Piece Lifting Suit Required

Women may wear tight fitting upper and lower gym wear

SquatLife sells appropriate singlet

LIFTING BEGINS 30 Minutes after conclusion of Rules

WEIGH INS at Meet Site

AM Friday from 9am-12pm

PM Friday from 6-8pm

AM Saturday from 7:00-8:030am

Events: Full Power - Squat, Bench Press and Deadlift

Divisions: Raw Classic without Knee Wraps, Raw Modern with Knee Wraps

Classes: Amateur Open Only

WEIGHT CLASSES: Coefficient will be used to rank all lifters

RULES: ALL LIFTERS MUST BE PRESENT FOR RULES CLINIC THE MORNING THEY LIFT. FAILURE TO BE PRESENT FOR THE PRESENTATION OF RULES MAY RESULT IN FORFEIT OF ENTRY. Revolution Powerlifting Syndicate (RPS) rules apply. Equipment must meet RPS specifications. ***For rules and regulations, visit RPS website at www.RevolutionPowerlifting.com. Bench Commands: Bench, Press and Rack.***

DEADLINE: Entry deadline is October 7, 2016, entries must be received by this date. Late entries will be accepted on a case-by-case basis. Lifters who miss the entry deadline must contact the meet director for availability to be put on meet roster. **Failure to contact the meet director before “walking in” runs the risk of being excluded from the meet. A late fee of \$25.00 will be charged. NO REFUNDS. \$50 charge on returned checks, cash only after deadline.**

TEAM RULES - 4 athletes per team with either 1 male or 1 female per team

TEAM SCORE - Total team score is generated by wilks formula for each person on the team

**GENERAL RULES - Squat, bench and deadlift
3 attempts per lift**

Feel the **POWER** CrossFit Meet

October 22, 2016 • Barbell Central 300 N. Highland Aurora, IL 60506

Entry fee - **\$100**. Prepaid Event Shirt additional \$20

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Individual Entry: ☐ Crossfit Team: _____
All competitors must complete and pay entry. Teams are for scoring only.

Apx Weight: _____

Sex: M or F

OTHER FEES Paid at the Door:
Spectator Fees & Extra Coaches Fees: \$10

Name: _____ Age: _____ Birth Date: _____

Street Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

*E-mail Address: _____

*Please fill in legibly, will be used for important information about meet,
do not provide if it is not an acceptable means of communication.

T-Shirt Size: S M L XL 2XL 3XL 4XL

Enter and Pay Online at RevolutionPowerlifting.com

Amount Enclosed \$ _____

Mail Check or Money Order **Payment must accompany form and be received by October 7, 2016**

Please make checks payable to (\$50 fee on returned checks, no refunds guaranteed at any time):

SquatLife, 300 North Highland Avenue, Aurora IL 60506

RELEASE FROM LIABILITY

On behalf of myself, my heirs, executors, administrators, and assigns, I hereby irrevocably waive, release and fully discharge the Revolution Powerlifting Syndicate(RPS), Gene Rychlak Jr., Jose Garcia, Kickin' It Large Productions, Barbell Central, Inc., their respective officers, directors, employees, agents, and shareholders, of and from any and all rights, claims, demands, lawsuits, and causes of action due to or arising from any accident, injury, damage or loss directly, indirectly or in any way associated with my participation in powerlifting competition sponsored by aforementioned parties. I also relinquish any rights to imagery taken of myself during said event for the promotional use by the promoter and federation. I represent that I know of no medical reason or condition that would impair my ability to participate in this event, and I hereby assume any and all risk of accidental, medical injury or consequential damages resulting from my participation. I acknowledge, understand and accept the inherent risks of powerlifting.

I fully understand that I enter the Am (drug tested) divisions. I may be selected to take a urinalysis test. If this test is found to be positive for anabolic steroids I (the signed applicant) will pay for the cost of this test. If the test is found to be negative, the test will be paid for by the Meet Promoter. By signing the release from liability, I irrevocably waive all rights, claims, demands, lawsuits and causes of action against everyone connected with this contest with regard to the result of any drug test. **I have read the above release, understand its meaning and consequences, and intend to be legally bound by its terms and have signed this release freely and voluntarily.**

Signature (in full) of applicant

Date

Signature (in full) of parent or guardian if applicant
is under 21 years of age

Date