DATE: November 19, 2016
LIFTING STARTS AT 8:00 AM & 2:00 PM
Session Split Dependent on Entries

LOCATION: Iron Empire • 47 Chestnut St, Dover, NH 03820
DIRECTOR: Brad Parkhurst - 508-612-5844,
Granitecitybarbell@gmail.com

ENTRY FEES: PER DIVISION PER LIFTER IS $85.00
Crossover - $40 per Division.
All Competitors welcome

ENTRY DEADLINE - Friday, November 4, 2016
90 Lifter Limit
Gate City Gauntlet

Rules Clinic 7:00 AM and 1:00 PM

LIFTING BEGINS AT 8:00 A.M. & 2:00 P.M.

ALL LIFTERS TO REPORT FOR RULES CLINIC BY 7:45 A.M.

WEIGH INS at Iron Empire

AM Lifters: Friday from 7-9am, 12-2pm, 5-7pm; Saturday 6-7am
PM Lifters: Friday from 1-2pm, 5-7pm; Saturday 6-7am, 12-1pm

Events: Full Power, Squat Only, Bench Only, Ironman (push/pull), Deadlift Only,

Divisions: Multi-ply, Single-ply*, Raw Classic without Knee Wraps, Raw Modern with Knee Wraps

Classes: Amateur Only (random drug test), Police/Fire or Armed Forces* AM

Age Divisions: Open**, Teen* (14-15,6-17,18-19), Junior (20-23), Sub-master (33-39),
Master* (per 5 yrs) * * Single Ply, Police/Fire, Armed Forces: Master 50+

WOMEN: 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, SHW


DEADLINE: Entry deadline is November 4, 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.

AWARDS:
Powerlifting: Top three places in each weight class and every sub-division (to include full age divisions)
Best Lifters by Entries: Division with 5 or more will be analyzed for best lifter by coefficient.
Revolution Powerlifting Syndicate Divisions

Pro: Anyone who has totalled or has single lifts that qualify for Professional (Pro) must enter this division unless they wish to enter Elite which requires a lifter paid urinalysis. Professional can be entered by everyone but teens regardless of what their lift numbers are. There is no drug testing in this division.

Amateur (AM): This division is a a drug-free division. Any lifter under suspicion of drug use will be required to undergo a urinalysis test (SPORTS I EXPANDED). If the test results are negative, the meet director will absorb the cost of the drug test. If the test results are positive, the lifter will be responsible for all expenses associated with the drug test, and their lifts for the competition will be disqualified. A lifter testing positive will be required to lift as a Professional forthwith.

If the lifter enters AM and achieves a Pro qualifying lift, the lifter will either automatically be transferred to the Pro Division in the same meet (same weight class and division), or have the option to pay for the urinalysis required to attain Elite status.

Elite: Those whose lifts qualify as Pro yet want to provide proof that they are not using any performance enhancements on the tested list. Elite lifts are only available in the Open division and will be scored in competition with the Pros.

Police/Fire: This division is reserved for individuals who serve the community as Police Officers, Correction Officers or Firefighters, civilly employed or volunteer. The age divisions are limited to Open and Master 50+.

Armed Forces: This division is reserved for individuals who serve(d) their country in a branch of the armed forces. The age divisions are limited to Open and Master 50+.

Crossfit: This division is reserved for individuals who are new to powerlifting and have entered a competition through the encouragement of crossfit. It is restricted to those competing for the first, second or third time, at an amateur level and in the raw classic or modern equipment division. Scoring for this division may be set by light/heavyweight and ranked by coefficient for the top five in each. Records will not be maintained for the crossfit division, however AM Raw Open records will be recognized if set by those entered in the this division. Breaking a world record will require next entry to be in general powerlifting.

No Membership Fee for participation or record eligibility.

RPS Professional/Elite Classification Totals
Raw Professional/Elite Totals Recognizes
For Single Lift Pro/Elite Classifications: revolutionpowerlifting.com

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Entry fee for first division per lifter is $85. Additional divisions - $40 per Crossover.
Check at least one in Sections 1-4. More than one Check in a Section equals a Crossover.

Events:
- Full Power
- Squat Only
- Bench Only
- Ironman (push/pull)
- Deadlift Only

Divisions:
- Multi-ply
- Single-ply
- Raw C
- Raw M

Classes:
- Am (random drug test)
- Elite Open†
- Pro (non-drug tested)
- Police/Fire AM*
- Armed Forces AM*
- Police/Fire Pro*
- Armed Forces Pro*

Age Divisions:
- Open
- Teen (age: _______)
- Junior (20-23)
- Sub-master (33-39)
- Master (age: _______)

Weight Class: ____________ Sex: M or F

Name: __________________________________________ Age: ______ Birth Date: ________________

Street Address: __________________________________________ City: ____________________________

State: __________ Zip: __________ *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.

Phone: __________________________ T-Shirt Size: S M L XL 2XL 3XL Total Number of Division entered: _______

(T-Shirts are not guaranteed, lifter and/or sponsorship participation will determine availability)

PAYMENT CHOICE: Mailed Payments only □ Check □ Money Order - Amount Enclosed $________________

Payment must accompany form and be received by Nov 4, 2016! Please make checks payable to:
Brad Parkhurst, 7 Vine Street Milford NH 03055. ($50 fee on returned checks, no refunds after deadline)

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., Brad Parkhurst, Iron Empire, Granite City Barbell 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 Granite City Barbell. 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 Date

is under 21 years of age