

*2017 RPS Dennis Hayward and Charlie Ploof
Memorial Powerlifting Meet
AT FAIR HAVEN FITNESS
September 9th 2017*

EVENTS: FULL POWER, SQUAT ONLY, BENCH ONLY, DEADLIFT ONLY,
PUSH-PULL

LOCATION: FAIR HAVEN FITNESS (802-265-3470)

8 MAIN ST. FAIR HAVEN, VT 05743

DIRECTOR: JAMES MATTA AND MEGHAN MATTA
(CAPEJAM@HOTMAIL.COM)

ENTRIES: PER DIVISION PER LIFTER \$95 CROSS-OVER \$35

ENTRY DEADLINE AUGUST 25TH (60 LIFTER LIMIT)

FIRST COME FIRST SERVE \$25 LATE FEE AFTER DEADLINE!

WEIGH-INS FRIDAY FROM 8AM-10AM OR 5PM-7PM AT FAIR HAVEN
FITNESS

SATURDAY MORNING WEIGH-INS 7AM-8:00AM AT FAIR HAVEN FITNESS
RULES AT 8AM! LIFTING STARTS AT 9AM!

DIVISIONS: RAW CLASSIC (NO WRAPS) RAW MODERN(WRAPS) SINGLE
PLY, MULTI PLY

CLASSES: AM(RANDOM DRUG TEST) PRO (NON TESTED)

ELITE OPEN, POLICE/FIRE PRO AND AM, ARMED FORCES

AGE DIVISIONS: OPEN , TEEN (14-15,16-17,18-19)(JUN
20-23),SUBMASTER(33-39)

MASTER(PER 5 YRS)POLICE/FIRE, ARMED FORCES: MASTER 50+

WEIGHT CLASSES: (MEN) : 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308,
SHW

WEIGHT CLASSES: (WOMEN) : 97, 105, 114, 123, 132, 148, 165, 181, 198, 220,
SHW

RULES: ALL LIFTERS MUST BE PRESENT FOR THE RULES CLINIC! ALL
REVOLUTION POWERLIFTING SYNDICATE (RPS) RULES APPLY.

EQUIPMENT MUST BE WITHIN (RPS) SPECIFICATIONS. FOR QUESTIONS ON
RULES PLEASE FEEL FREE TO VISIT THE WEBSITE

(www.revolutionpowerlifting.com)

ONE -PIECE LIFTING SUIT MUST BE WORN!

IMPORTANT:

SPECTATOR /COACHES FEES \$5 AT THE DOOR

ENTRY FEE \$95 PER LIFTER \$35 FOR CROSS-OVERS INCLUDES MEET, T-SHIRT

T-SHIRT SIZE _____ S, M, L, XL, XXL, XXXL, XXXXL

EVENTS: FULL POWER _____ PUSH-PULL _____ SQUAT ONLY _____ BENCH ONLY _____

DEADLIFT ONLY _____

GEAR DIVISIONS: MULTIPLY _____ SINGLE PLY _____ RAW CLASSIC _____ RAW MODERN _____

CLASSES AM (RANDOM TESTED) _____ PRO (NON TESTED) _____

ELITE OPEN (MANDATORY \$100 FEE FOR DRUG TESTING) _____

POLICE/FIRE AM _____ / POLICE/FIRE PRO _____ / ARMED FORCES AM _____ / ARMED FORCES PRO _____

AGE DIVISIONS: OPEN _____ / SUB MASTER (33-39) _____ TEEN _____ MASTER (40+) _____

JUN (20-23) _____

WEIGHT CLASS _____ SEX: M OR F _____

NAME _____ AGE _____ BIRTH DATE _____

ADDRESS _____ CITY _____

ZIP _____

STATE _____ PHONE _____

EMAIL _____

PAYMENT CHOICE: CASH, CHECK, MONEY ORDER AMOUNT

PAID _____

ALL PAYMENTS CAN BE MADE OUT TO FAIR HAVEN FITNESS.

THEY CAN BE SENT TO FAIR HAVEN FITNESS , 8 MAIN ST. FAIR HAVEN, VT 05743

FOR QUESTIONS CONTACT JAMIE AT (802) 265-3470 OR capejam@hotmail.com

PAYMENTS DUE BY **AUGUST 25TH** \$25 LATE FEE FOR ANY PAYMENTS AFTER THIS DATE!

NOTE! PLEASE SEND ALL OPENERS IN BY EMAIL BY SEPTEMBER 3RD!