



Revolution
POWERLIFTING SYNDICATE
OFFICIAL SANCTIONED EVENT

3RD ANNUAL
King & Queen
OF SPRING

PRESENTED BY
NBS FITNESS LLC

SATURDAY, JUNE 2, 2018
LIFTING STARTS AT 9:00 AM

LOCATION: NBS Fitness, 566 Trinity Creek Cove, Cordova, TN 38018

DIRECTOR: David Allen - 901-378-0345 - david@nbsfitness.net

ENTRY FEES: \$85.00 whether Full Power, Push/Pull, Bench or Deadlift Only • Crossovers (extra division) - \$40 per Division

ENTRY DEADLINE - SATURDAY, MAY 18, 2018

50 Lifter Limit. If more than 50 split session: 8am first session, 1pm second session

Entries accepted after deadline with a \$25 Late Fee.

Spectator and Coaches \$10 Admission

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LIFTING BEGINS AT 9:00 A.M.

ALL LIFTERS TO REPORT FOR RULES CLINIC BY 8:00 A.M.

50 Lifter Limit - Session if more than 50 lifters

WEIGH INS: Friday ONLY - 8:00 A.M. - 5 P.M. @ Meet Location

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

Divisions: Multi-ply, Single-ply, Raw Classic (deadlift without Knee Wraps/support),
Raw Modern (deadlift with Knee Wraps/support)

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

Age Divisions: Open*, Teen (14-15,16-17,18-19), Junior (20-23), Sub-master (33-39),
Master (per 5 yrs) * Police/Fire, Armed Forces: Open & Master 50+

WEIGHT CLASSES: MEN: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW
WOMEN: 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, SHW

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/rules. Lift Commands: Bench, Press and Rack.*

One-piece lifting suit (singlet) must be worn.

DEADLINE: Entry deadline is MAY 18, 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 if 50 lifter limit has been reached for the day. A late fee of \$25.00 will be charged.** NO REFUNDS guaranteed. \$50 charge on returned checks, cash only after deadline.

AWARDS: To be announced closer to event

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 drug-free division. Any lifter under suspicion of drug use will be required to undergo a urinalysis test. 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 **permanently banned from lifting in the AM Division.**

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 sub-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+.

RPS does not have a membership fee.

For Rules visit

www.RevolutionPowerlifting.com/rules

**For Upcoming Meet info and Meet results visit
[meets. RevolutionPowerlifting.com](http://meets.RevolutionPowerlifting.com)**

For Records visit

www.RevolutionPowerlifting.com/records

3RD ANNUAL King & Queen OF SPRING

June 2, 2018
Cordova, TN

IMPORTANT: DO NOT SEND ENTRIES CERTIFIED MAIL!

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.

① Events: ☐ Full Power ☐ Squat Only ☐ Bench Only ☐ Ironman (push/pull) ☐ Deadlift Only

② Divisions: ☐ Multi-ply ☐ Single-ply ☐ Raw Classic No Knee Support ☐ Raw Modern Knee Wraps or Sleeves

③ Classes: ☐ Am (random drug test) ☐ Elite Open† ☐ Police/Fire AM* ☐ Armed Forces AM*
☐ Pro (non-drug tested) ☐ Police/Fire Pro* ☐ Armed Forces Pro*
† Please include Mandatory Drug Test Fee - \$100

④ Age Divisions: ☐ Open†* ☐ Teen (age: _____) ☐ Junior (20-23)
☐ Sub-master (33-39) ☐ Master* (age: _____) *Police/Fire, Armed Forces: Junior, Open, Master 50+

Weight Class: _____

Sex: M or F

☐ Crossfit
please read division
information

OTHER FEES Paid at the Door:

Spectator Fees & Coaches Fees: \$10

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: _____ Total Number of Division entered: _____

PAYMENT CHOICE: ☐ Check ☐ Money Order Amount Enclosed \$ _____

Online Payment Available at meets.revolutionpowerlifting.com

Payment must accompany form and be received by May 18, 2018 Please make checks payable to:

NBS Fitness LLC, 566 Trinity Creek Cove, Cordova, TN 38018. (\$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 NBS Fitness LLC, David Allen, RPS, 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 the powerlifting competition sponsored by River City Barbell.

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 Director. 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