

*2018 RPS*

*Dennis Hayward and Charlie Ploof*

*Memorial Powerlifting Meet*

*AT FAIR HAVEN FITNESS*

*September 8TH 2018*

**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 24TH** (60 LIFTER LIMIT)

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

**WEIGH-INS FRIDAY** FROM 8AM-10AM OR 4PM-6PM 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](mailto:capejam@hotmail.com)

PAYMENTS DUE BY **AUGUST 24TH** \$25 LATE FEE FOR ANY PAYMENTS AFTER THIS DATE!

**NOTE! PLEASE SEND ALL OPENERS IN BY EMAIL BY SEPTEMBER 2nd!**