

CFW'S LIFT OFF

September 1, 2018

- Location: CrossFit Wilmington
2020 Capital Dr.
Wilmington, NC 28405
- Meet Director: Mark Miller (606) 386-3624
Or Email fourbrosgym4@yahoo.com
- Weigh In's: Friday 9a.m. – 12noon
Saturday 7 a.m. – 8 a.m.
- Entry Fee's: \$95 Full Power, \$90 Push/ Pull,
\$85 Bench or Deadlift Only, \$30 for Crossover
- Make ALL checks payable to Kelli Allen
Mail ALL entries to Kelli Allen
PO BOX 4082 MT. VERNON, KY 40456

Entry Deadline: August 18, 2018

Hosted By: Four Brother's Gym / Iron Mafia

CFW'S LIFT OFF: **PLEASE PRINT NEATLY SO WE CAN READ**

Print Full Name: _____ Age: _____ Date of birth: _____

Address: _____ City: _____ ST: _____ Zip: _____

Phone#: _____ Email: _____ Sex: _____

Parent or Guardian must sign for you to lift if you are under 18.

Parent or Guardian Signature: _____

ENTRY FEE: \$95 Full Power, \$90 Push/Pull, \$85 Bench or Deadlift only. Crossover \$30

***NOTICE ONLY CHECK THE BOXES THAT PERTAIN TO THE EVENTS YOU ARE ENTERING!

Events: Full Power Push/Pull Bench Only Deadlift Only

Divisions: Raw Classic (naked knee) Raw Modern (sleeves/wraps)
 Single Ply Multi Ply

Classes: Amateur (random drug test) Pro (non-drug tested)

Elite (please include mandatory drug test fee \$100)

Police/Fire AM Police/Fire Pro Military AM Military Pro

Age Divisions: Teenage Junior (20-23) Open

Sub-master (33-39) Master (Age: _____)

Weight Class: _____

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, 242, SHW

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This meet is sanctioned by Revolution Powerlifting Syndicate (RPS)

For rules and regulations, visit RPS website at

<http://www.revolutionpowerlifting.com>

No Membership Fee for participation or record eligibility.

Men will be figured by Schwartz and Women will be figured by
Malone's Formula.

You can enter more than one event if you would like, just check the
events you want to enter and send the appropriate fees according to
the contest listed above.

Weigh Ins: Friday 9:00 am – 12:00 pm (Meet Location)

Saturday 7:00am – 8:00am (Meet Location)

Lifters meeting at 8:00am!

Lifting starts no later than 9:00am!

*****Every lifter must wear a SINGLET to compete*****

All records can be set or broken at this event.

Trophy's for 1st and 2nd place in all weight classes and events will be
given out as well as Best Overall Male / Female.

Admission: \$10 (for coaches / spectators) kids 12 under free

*****There are no refunds no exceptions*****

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Revolution Powerlifting Syndicate Divisions

Pro: Anyone who has totaled 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 (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 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+.

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 this division. Breaking a world record will require next entry to be in general powerlifting.

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