



2020 Tri State Challenge (OH, IN, KY)

Full Power Competition

Tournament Registration Form

Saturday July 25th, 2020

Mail or email to: MPower Gym LLC

270 N Dixie Drive

Vandalia, OH 45377

Ph. 937-529-9072

Email: mpowergymllc@gmail.com



[Our meets often sell out, register early, check with us if within 30 days of the meet](#)

Equipped/Unequipped Full Power, Push Pull, Bench Only, Deadlift Only

Date: Saturday, July 25th, 2020

Location: MPower Gym, 270 N Dixie Drive, Vandalia OH 937-529-9072

Meet Director: Mike Baker, 270 N Dixie Drive, Vandalia, OH 45377 937-529-9027

RULES: *SINGLETs REQUIRED FOR MEET******

General Rules: Rules are posted at <https://www.revolutionpowerlifting.com/rules/>

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 & 198+

OFFICIAL WEIGH-IN TIMES

Friday Early Weigh-in at MPower Gym-8am-11am, Friday Late Weigh-in 4pm-6pm

At the Gym Saturday, day of Weigh-in 7:00am – 8:00am Saturday

Lifter Rules Meeting at 8:00am Saturday – failure to attend rules meeting could result in forfeit of entry

LIFTING WILL BEGIN AT 9:00am Saturday. Order Squat-Bench Press & Deadlift

DIVISIONS:

Open: Any Age above 18+

Teenage: 13-19

Junior: 20-23 years of age

Sub Masters 33-39 years of age

Masters every 5 years

Fire/Police (Am & Pro)

Military (Am & Pro)

Entry Fees

Individual Lifters: Full Power, Push/Pull, Bench Press Only (Equipped and Unequipped) and Individual Events. Adults \$95.00 (includes anyone out of high school)

High School Lifters: Push/Pull, Bench Press Only (Equipped and Unequipped) \$75.00

Crossover add on: \$40 per division

Spectator & Coaches fee: \$10 at the door, children under 10 are free

Return All Entries and Entry Fees to: MPower Gym LLC 270 N Dixie Drive Vandalia, OH 45377

Ph. 937-529-9072 (do not mail after 7/19 bring to gym or meet), entry fees are not refundable

or register online at the RPS website event listing www.revolutionpowerlifting.com

AWARDS:

Individual Lifters: Awards- First to Third, Best lifter awards are also awarded at this meet.

Competitor Information

Name: _____ Age: _____ M / F Weight Class _____

Address: _____ Apt No.: _____

City: _____ State: _____ Zip Code: _____

Home Phone _____ Work Phone _____ email: _____

Emergency Contact: _____ Phone: _____

Events

Openers: Squat _____ Bench _____ Deadlift _____

(check 1 for division and 1 for Equipment)

(can be changed up until 8:45am day of the meet)

FULL POWER Teen__ Junior__ Open__ SubMaster__ Master__

Raw__ Raw classic__ Equipped__

PUSH/PULL - Teen__ Junior__ Open__ SubMaster__ Master__

Raw__ Raw classic__ Equipped__

BENCH ONLY- Teen__ Junior__ Open__ SubMaster__ Master__

Raw__ Single ply__ Equipped__

DEADLIFT ONLY- Teen__ Junior__ Open__ SubMaster__ Master__

Raw__ Equipped__

**You must pick 2 of these 1
for Division and 1 for
Equipment**

Class (check one) Amateur ___ Pro ___ Elite (\$100 drug testing fee) ___ Police/Fire Am ___ Pro ___ Military Am ___ Pro ___

Release of Liability & Random Drug Test I hereby release, MPower Gym LLC, MPower Academy, Pacifico Power Systems Revolution Powerlifting other related clubs and organizations, their principals, employees, officers, directors, and agents and all referees and tournament volunteers from any claims for injuries, damages, or losses of any sort which I may sustain while traveling to, while attending or participating in, or returning from the Tri-State Powerlifting meet. I fully understand that any medical treatment given will be first aid treatment only, and hereby consent to receipt of such treatment as deemed necessary by First Aid Personnel. I consent that any pictures furnished by me or any pictures taken of me in connection with the tournament can be used for publicity, promotion, social media or television showing, and I waive any compensation in regard thereto. My signature constitutes my agreement to this Release. (If under 18 years of age, Release must be signed by Parent or Legal Guardian.) I understand that as a Amateur I could be asked to take a random urinalysis drug test by the meet director. If positive, I agree to pay for this test. If negative the cost will be absorbed by the meet. By signing this release from liability, I irrevocably waive all rights, claims, demands, lawsuits, and causes of action against everyone connected with this event and the results of the 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: _____ Date: _____

Parent/Guardian Signature (if under 18) _____ Date: _____

Fees: Adult \$95 (includes Teens out of high school) Teens in High School \$75

Send fees with completed registration form to the address at the top. Checks Payable to MPower Gym. Do not mail after July 19th drop off at the gym or register online at the RPS website.

EVENT DEFINITIONS AND EQUIPMENT ALLOWED:

Equipped Powerlifting

Consists of lifter's best Squat, Bench Press and Deadlift for a Total. Single-ply Squat Suit and BP Shirt + Lifting Belt and Knee/Wrist wraps.

Unequipped Powerlifting

Consists of lifter's best Squat, Bench Press and Deadlift for a Total. Lifting Belt and Knee/Wrist wraps.

Equipped Push/Pull

Consists of lifter's best Bench Press and Deadlift for a Total. Single-ply BP Shirt + Lifting Belt and Knee/Wrist wraps.

Unequipped Push/Pull

Consists of lifter's best Bench Press and Deadlift for a Total. Lifting Belt and Knee/Wrist wraps.

Equipped Bench Only

Single-ply BP Shirt + Lifting Belt and Wrist wraps.

Raw Powerlifting No Equipment except Belt

Lifting Belt and Wrist wraps.

Unequipped Bench Only