

2024

RPS GREEN MOUNTAIN SUMMER CLASSIC
PUSH-PULL

AT FAIR HAVEN FITNESS

AUGUST 3RD

EVENTS: 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 \$110 CROSS-OVER \$40

ENTRY DEADLINE July 15th (50 LIFTER LIMIT)

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

WEIGH-INS FRIDAY FROM 9AM-11AM 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 \$10 AT THE DOOR

ENTRY FEE \$110 PER LIFTER \$40 FOR CROSS-OVERS INCLUDES MEET, T-SHIRT

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

EVENTS: PUSH-PULL____ BENCH ONLY____

DEADLIFT ONLY____

GEAR DIVISIONS: RAW CLASSIC____ RAW MODERN____ SINGLE PLY____ MULTI PLY____

UNLIMITED____

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 **July 15th** \$25 LATE FEE FOR ANY PAYMENTS AFTER THIS DATE!

NOTE! PLEASE SEND ALL OPENERS IN BY EMAIL BY July 29th