

2024 RPS
Godzilla Smash
Powerlifting Meet
Hosted by East Ave Barbell
Rochester, NY
June 22nd

EVENTS: FULL POWER, SQUAT ONLY, BENCH ONLY, DEADLIFT ONLY, PUSH-PULL

LOCATION: EAST AVE BARBELL 2199 East Henrietta Rd Suite 27, Rochester, NY

DIRECTOR: JAMES MATTA AND MEGHAN MATTA (CAPEJAM@HOTMAIL.COM)

ENTRIES: PER DIVISION PER LIFTER \$110 CROSS-OVER \$40

ENTRY DEADLINE June 1st (50 LIFTER LIMIT)

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

WEIGH-INS FRIDAY FROM 9AM-11AM OR 4PM-6PM AT EAST AVE BARBELL

SATURDAY MORNING WEIGH-INS 7AM-8:00AM AT EAST AVE BARBELL

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: FULL POWER _____ PUSH-PULL _____ SQUAT ONLY _____ 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 **June 1st** \$25 LATE FEE FOR ANY PAYMENTS AFTER THIS DATE!

NOTE! PLEASE SEND ALL OPENERS IN BY EMAIL BY June 18th