

2024 RPS

Maine State Powerlifting Championships

Beyond Strength

60 Grey Road Falmouth, Me

September 14th

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

LOCATION: BEYOND STRENGTH 60 GREY RD FALMOUTH , ME

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

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

ENTRY DEADLINE: August 20th

FIRST COME FIRST SERVE 60 lifter limit

\$25 LATE FEE AFTER DEADLINE!

LIFTERS WEIGH IN FRIDAY 9-11, 4PM-6PM OR SATURDAY AM 7AM-8AM Rules at 8am, Lifting begins 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, 242,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)

IMPORTANT: ONE -PIECE LIFTING SUIT MUST BE WORN!

SPECTATOR /COACHES FEES \$10 AT THE DOOR Kids 12 and under free

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

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

EVENTS: FULL POWER____ SQUAT ONLY____ PUSH-PULL____ BENCH ONLY____ DEADLIFT ONLY____

GEAR DIVISIONS: UNLIMITED _____MULTIPLY _____ SINGLE PLY _____ RAW CLASSIC _____

RAW MODERN _____

CLASSES AM (RANDOM TESTED) _____ PRO (NON TESTED) _____

ELITE OPEN (MANDATORY \$105 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) _____

TEAM NAME IF PART OF SESSION 2 TEAM COMPETITION _____

TEAM CAPTAIN _____ **TEAM CAPTAIN PHONE** _____

WEIGHT CLASS _____ SEX: M OR F _____

NAME _____ AGE _____ BIRTH DATE _____

ADDRESS _____ CITY _____ ZIP _____

STATE _____ PHONE _____ EMAIL _____

PAYMENT CHOICE: \$110 or \$40 cross over 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 **AUGUST 20TH** \$25 LATE FEE FOR ANY PAYMENTS AFTER THIS DATE!

NOTE! PLEASE SEND ALL OPENERS IN BY EMAIL BY September 10TH

capejam@hotmail.com