

2024 RPS National Championships

Rochester Community Sports Complex

October 19th Hosted by

East Ave Barbell and FHF Powerlifting TEAM

Rochester, NY CASH PRIZES!

SATURDAY AM SESSION 1 WOMEN, PRO WOMEN, MASTERS MEN, SUBMASTERS MEN

SATURDAY PM SESSION 2 MEN'S OPEN, MEN'S JUNIOR, MEN'S TEEN, PRO MEN

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

LOCATION: Rochester Community Sports Complex 460 Oak St Rochester, NY 14608

DIRECTOR: JAMES MATTA and MEGHAN MATTA (CAPEJAM@HOTMAIL.COM) 802-265-3470

ENTRIES: PER DIVISION PER LIFTER \$130,CROSS-OVER \$40

ENTRY DEADLINE: September 18th NO LATE ENTRIES!!

The meet will be 2 sessions!

AM session all women, pro women, masers men, submaster'men 40 lifters

(AM session 1 lifters)

WEIGH-INS FRIDAY: FROM 10AM-12, 5PM-7PM OR 6-7 AM SATURDAY

RULES SATURDAY AT 7:00 AM! LIFTING STARTS AT 8 AM!

PM session is men's open, men's junior, men's teen, pro men 40 lifters

(PM session 2 lifters)

WEIGH-INS 5PM-7PM ON FRIDAY, 6AM-7AM ON SATURDAY OR 12PM-1PM ON SATURDAY

PM SESSION RULES at 1:30 PM LIFTING STARTS AT 2:30PM

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)

ONE -PIECE LIFTING SUIT MUST BE WORN!

IMPORTANT: SPECTATOR /COACHES FEES \$10 AT THE DOOR

ENTRY FEE \$130 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 _____

HS 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 \$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) _____

WEIGHT CLASS _____ SEX: M OR F _____

NAME _____ AGE _____ BIRTH DATE _____

ADDRESS _____ CITY _____ ZIP _____

STATE _____ PHONE _____ EMAIL _____

PAYMENT CHOICE: \$130 and \$40 for crossovers 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

2024 RPS National Championships

PAYMENTS DUE BY: SEPTEMBER 18TH NO LATE ENTRIES!

PLEASE SEND ALL OPENERS TO BY OCTOBER 13TH

Use my email: capejam@hotmail.com