

2024 RPS WINTER'S WRATH AT Anytime Fitness

West Lebanon, NH DECEMBER 7th

Custom awards from Jonesy's Metal Designs

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

LOCATION: ANYTIME FITNESS 66 BENNING ST , WEST LEBANON, NH 03784

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

ENTRIES: PER DIVISION PER LIFTER \$110 CROSS-OVERS ARE \$40*extra divisions

ENTRY DEADLINE NOVEMBER 15th (70 LIFTER LIMIT)

FIRST COME FIRST SERVE! NO LATE ENTRIES!

SESSION 1

SATURDAY AM LIFTERS ALLWOMEN , MASTERS/SUBMASTER MEN ONLY FIRST 35

WEIGH-INS SATURDAY AM LIFTERS ONLY FRIDAY FROM 9AM-11AM OR 4PM-6PM

OR SAT MORNING 6AM-7AM RULES AT 7AM, LIFTING BEGINS AT 8AM

SESSION 2

SATURDAY PM LIFTERS MENS OPEN, MENS TEEN AND MENS JUNIORS AND OVERFLOW FIRST 35

WEIGH-INS SATURDAY PM LIFTERS ONLY FRIDAY 4-6PM, SATURDAY 6AM-7AM OR SATURDAY 12-1PM

RULES AT 1:30PM, LIFTING BEGINS 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, 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: UNLIMITED _____ MULTIPLY _____ SINGLE PLY _____ RAW CLASSIC _____

RAW MODERN _____

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

NOTE! PLEASE SEND ALL OPENERS IN BY EMAIL BY NOVEMBER December 2nd