

**IRON FREAKS**  
POWERLIFTING TEAM

**PHILLY**



**PUSH  
PULL**

**Lifting  
Starts  
At 10 am**

**SATURDAY JUNE 14, 2025**

**50 Lifter  
Limit**

## **Retro Fitness of Fairless Hills**

**516 Lincoln Hwy, Fairless Hills, PA 19030**

**ENTRY FEE: \$115.00 per Division per Lifter**

**CROSSOVER: \$40 per Division**

**SPECTATORS & COACHES: \$10 Admission (13 & under Free)**

**ENTRY DEADLINE: Friday, May 30, 2025\***

(\*A \$25 late fee will be imposed for Walk In entries and for entry forms postmarked after the due date.)

### **Weight Divisions and Classes:**

**MEN:** 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW

**WOMEN:** 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, SHW

➤ Open, Teen (14-15, 16-17, 18-19), Junior (20-23), Sub-master (33-39), Master (40+, per 5yrs)

### **Schedule:**

➤ Weigh In: Friday, June 13 from 5:30 to 7:00 pm and Saturday, June 14 from 7:30 to 8:30 am at Retro Fitness

➤ Mandatory Rules Clinic: Saturday, June 14 at 9:00 am at Retro Fitness

➤ Competition Start: Saturday, June 14 at 10:00 am at Retro Fitness

### **Awards and Records:**

➤ The top three (3) places in each Weight Class and Division will receive awards.

➤ Lifts and Records will be recorded and submitted to Revolution Powerlifting Syndicate (RPS).

### **Rules:**

➤ All Lifters must be present for the rules clinic!

➤ **One-piece lifting suit (singlet) *MUST* be worn.**

➤ Equipment must be within RPS specifications.

➤ All Revolution Powerlifting Syndicate (RPS) rules apply.

➤ For questions on rules, please feel free to visit the website [www.revolutionpowerlifting.com](http://www.revolutionpowerlifting.com).

### **\* Late Rules and Fees:**

➤ A \$25 late fee will be imposed for Walk In entries and for entry forms postmarked after the deadline.

➤ Lifters late to the competition who do not notify the Meet Director with a phone call will forfeit their lift.

### **Contact Information:**

➤ Matt Esche, Meet Director, cell phone: 215.554.4124, email: [ironfreakspowerlifting@hotmail.com](mailto:ironfreakspowerlifting@hotmail.com)

# Revolution Powerlifting Syndicate Divisions



**Amateur (AM):** This is a drug-free division. Random drug tests may be performed. Any lifter under suspicion of drug use will be required to undergo a urinalysis test (performed by Quest Diagnostics: SPORTS I EXPANDED). If the test results are negative, the Meet Director will absorb the cost of the drug test. If the test results are positive, the lifter will be responsible for all expenses associated with the drug test, and their lifts for the competition will be disqualified. A lifter testing positive will be **permanently banned from lifting in the AM Division**.

**Professional (Pro):** Anyone who has totaled or has single lifts that qualify for Pro must enter this division, unless they wish to enter **Elite** (which requires a lifter paid urinalysis). Pro can be entered by everyone excluding teens regardless of their lift numbers. There is no drug testing in this division.

**Elite:** Those whose lifts qualify as **Pro** yet want to provide proof that they are not using any performance enhancements substances on the banned list (see [www.revolutionpowerlifting.com](http://www.revolutionpowerlifting.com)). Elite lifts are only available in the **Open** division and will be scored in competition with the **Pro** division. If lifting Elite, it is the responsibility of the lifter to be available to provide a test sample and should request to do so at the completion of their lifting for the day. If the lifter pays for testing but does not provide sample and leaves the meet facility, there will be no refund and the lifter's results will be determined as Pro.

**Police/Fire:** This division is reserved for individuals who serve the community as Police Officers, Correction Officers or Firefighters, civilly employed or volunteer. The age divisions are limited to **Open** and **Master 50+**.

**Armed Forces:** This division is reserved for individuals who serve(d) their country in any branch of the armed forces. The age divisions are limited to **Open** and **Master 50+**.

## RPS PHILLY PUSH PULL OFFERS IRONMAN (BENCH & DEADLIFT), BENCH ONLY, AND DEADLIFT ONLY EVENTS

**ALL RPS RULES AND REGULATIONS APPLY**

**THERE ARE NO MEMBERSHIP FEES TO COMPETE IN  
REVOLUTION POWERLIFTING SYNDICATE**

**ENTRY FEE: \$115.00 per Division per Lifter / Crossover: \$40 per Division**

**ENTRY DEADLINE: Friday, May 30, 2025\***

\*A \$25 late fee will be imposed for Walk In entries and for entry forms postmarked after the due date



**Entry Forms can be submitted in person, mailed, or emailed to:**

RPS PHILLY PUSH PULL

c/o Matt Esche, Meet Director

20 Ice Pond Road Levittown, Pennsylvania 19057

Email: ironfreakspowerlifting@hotmail.com

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City, State & Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Events:**  Ironman (Push/Pull)  Bench Only  Deadlift Only

**Men's Class\*** (check one): 114 123 132 148 165 181 198 220 242 275 308 SHW

**Women's Class\*** (check one): 97 105 114 123 132 148 165 181 198 220 SHW

(\*Class may be changed at Weigh In)

**Classes:** AM (random drug test) Elite Open Police/Fire AM Armed Forces AM

Pro (non-drug tested) Police/Fire Pro Armed Forces Pro

**Age Division** (check one): Open Teen (age:\_\_\_\_\_) Junior(20-23) Sub-master(33-39) Master (age:\_\_\_\_\_)

**Divisions:** Raw Classic (No Wraps) Raw Modern (Wraps) Single-ply Multi-ply Unlimited

**Opening Lift: BENCH** \_\_\_\_\_ (lbs.) **DEADLIFT** \_\_\_\_\_ (lbs.)

**T-Shirt Size** (check one): S M L XL 2XL 3XL 4XL

**Emergency Contact Info:**

First and Last Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**Payment Information:** All entry fees are non-refundable and non-transferable. Checks/Money Orders can be made payable to 'Matthew Esche' and sent to: 20 Ice Pond Road Levittown, PA 19057.

**Payment Type** (check one): Check Money Order Cash (In person only prior to meet)

***You may also ENTER & PAY ONLINE @ [revolutionpowerlifting.com](http://revolutionpowerlifting.com)***

**Amount Enclosed:** \$ \_\_\_\_\_

**Please Read Carefully. When you sign this, you will be giving up important legal rights.**

**Release of Liability** In consideration of the acceptance of my entry into the Philly Push Pull, I hereby agree to all the rules and regulations associated with Philly Push Pull through Revolution Powerlifting Syndicate (RPS). I agree that any use of strength inducing drugs in the Amateur division shall result in the forfeiture of any trophy or award, which I might otherwise have won. If it is determined that I have utilized strength inducing drugs in the Amateur division, I agree to waive any claim for which legal relief is available. I will also forfeit all fees paid to compete in this meet if I don't attend this meet for any reason. I attest that I have volunteered to participate in Philly Push Pull and am aware is a potentially hazardous activity. I do here and forever release, discharge, and hereby hold harmless Retro Fitness of Fairless Hills (Retro Fitness), Revolution Powerlifting Syndicate (RPS), Iron Freaks Powerlifting (IFP) and their respective agents, heirs, assigns, contractors, employees and volunteers from any and all claims, demands, damages, rights of action or cause of action, present or future, arising out of or connected with my participation in this activity including any injuries resulting there from. I also grant permission for RPS to take photographs, videotape, and/or digital recordings of me during this competition to use in any and all media, now or hereafter. I do hereby release to Retro Fitness, RPS, IFP, and its employees all rights to exhibit this work in print and electronic form publicly or privately and to market and sell copies. I waive any rights, claims, or interest I may have to control the use of my identity or likeness in whatever media used. I understand that there will be no financial or other remuneration for recording me, either for initial or subsequent transmission or playback. I hereby agree that the information contained within this document to be true to the best of my knowledge. I hereby agree to all the terms of this agreement, intending to be legally bound hereunto.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**CONSENT AND RELEASE ON BEHALF OF MINOR - MUST BE COMPLETED FOR ALL PARTICIPANTS UNDER 21 YEARS OLD**

I am the parent and/or legal guardian of the above named minor. I have read, understand and agree to be bound by all terms of this Release of Liability. I give my consent to the participation in Philly Push Pull for the above named minor.

Guardian's Printed Name: \_\_\_\_\_ Email: \_\_\_\_\_

Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_