

# 2025 Green Mountain Summer Classic

*July 15th Deadline, NO Late Entries, NO Refunds*

**Saturday, August 2, 2025**

**Fair Haven Fitness**

**8 Main Street, Fair Haven, VT 05743**

**\$110.00 Per Division, Per Lifter (\$5 fee for online entries,) \$40 Cross-Over (Includes meet entry, t-shirt, award)**

**Hosted by: FHF Powerlifting Team**

**Directors:** James and Meghan Matta (capejam@hotmail.com) (802) 265-3470

**Events:** Bench Only, Deadlift Only, Push-Pull

**1 Session**

**Weigh-Ins:**

Friday: 9 Am-11 Am, 4 Pm-6 Pm

Saturday: 7-8 Am

**Rules:** Saturday 8:00 Am, Lifting Starts at 9:00 Am!

**Divisions:**

Raw Classic (No Wraps), Raw Modern (Wraps), Single-Ply, Multiply, Unlimited

**Classes:**

Am (Random Drug Test), Pro (Non-Drug Tested), Elite (Drug Tested), Police/Fire Am, Military/Armed Forces Am, Adaptive Athlete

**Age Divisions:**

Open, Teen (14-15,16-17,18-19), Junior 20-23, Submaster (33-39) Master 40+ (40-44, 45-49 ect.)

**Weight Classes:**

Men - 114, 123,148,165,181,198, 220, 242, 275, 308, SHW

Women - 97,105, 114, 123, 132, 148, 165, 181, 198, 220, 242, SHW

**Rules:**

All lifters must be present for the rules meeting. All Revolution Powerlifting Syndicate (RPS) rules apply. Equipment must be within RPS specifications and are subject to random inspections. A one-piece lifting singlet must be worn, while completing lifts. Code of Conduct will be enforced. Visit [www.revolutionpowerlifting.com](http://www.revolutionpowerlifting.com) for full rules.

**Important:** Spectator/Coaches fees \$10, 13-17 \$5, 12 and under FREE

Pay at the door. CASH only!

**MEET NAME** \_\_\_\_\_

**T-SHIRT SIZE:** \_\_\_\_\_ S, M, L, XL, 2XL, 3XL, 4XL

**EVENT:** 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(14-15,16-17,18-19) \_\_\_\_\_

JUN (20-23) \_\_\_\_\_ MASTER 40+ (40-44, 45-49, 50-54 etc.) \_\_\_\_\_

**WEIGHT CLASS** \_\_\_\_\_

**GENDER:** M OR F \_\_\_\_\_

**NAME** \_\_\_\_\_ **AGE** \_\_\_\_\_ **BIRTH DATE** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_ **CITY** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**STATE** \_\_\_\_\_ **PHONE** \_\_\_\_\_ **EMAIL** \_\_\_\_\_

**PAYMENT CHOICE:** \$110 and \$40 for crossovers **CASH, CHECK, MONEY ORDER** (Circle One)

**AMOUNT PAID** \_\_\_\_\_ **ALL PAYMENTS CAN BE MADE OUT TO FAIR HAVEN FITNESS.**

**SENT TO:** FAIR HAVEN FITNESS, 8 MAIN ST, FAIR HAVEN, VT 05743

FOR QUESTIONS CONTACT: JAMIE at (802) 265-3470 OR [capejam@hotmail.com](mailto:capejam@hotmail.com)

**PLEASE SEND ALL OPENERS BY July 29TH**