

# 2025 RPS NEW HAMPSHIRE & VERMONT

## STATE CHAMPIONSHIPS PRO AM AT

**The Zoo Concord, NH April 12th 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:** **The ZOO** 270 LOUDON RD IN CONCORD, NH

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

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

**ENTRY DEADLINE:** April 1st

**FIRST COME FIRST SERVE:** \$25 LATE FEE AFTER DEADLINE!

**The meet will be 2 sessions!**

**AM session all women, pro women, masers men, submaster'men**

**PM session is men's open, men's junior, men's teen, pro men**

**(AM session 1 lifters)**

**WEIGH-INS FRIDAY:** FROM 10AM-12, 4PM-6PM OR 6-7 AM SATURDAY

**(PM session 2 lifters)**

**WEIGH-INS** 4PM-6PM ON FRIDAY, 6AM-7AM ON SATURDAY OR 12PM-1PM ON SATURDAY

**RULES SATURDAY AT 7:00 AM! LIFTING STARTS AT 8 AM! 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 \$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\_\_\_\_

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:\$110 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](mailto:capejam@hotmail.com)

**PAYMENTS DUE BY April 1st**

**NO LATE ENTRIES!**

**PLEASE EMAIL ALL OPENERS BY April 7th**