

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, Strict Curl

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 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: PUSH-PULL _____ BENCH ONLY _____ DEADLIFT ONLY _____ STRICT CURL _____

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

PLEASE SEND ALL OPENERS BY July 29TH