

BRUTE STRENGTH GYM'S SPF **SPRING FULL POWERLIFTING MEET**

APRIL 14TH 2012

LOCATION: BRUTE STRENGTH GYM

836 Poplar Hall Drive

Norfolk VA 23502

www.brutestrengthgym.net

Meet Director: Brute Strength Gym

More information call: Stella Krupinski 757-735-0092

Or e-mail: brando_waterfront@yahoo.com

Events you can Enter:

Raw (Knee wraps, Belt and wrist wraps allowed), or Equipped

FULL POWER \$60 BENCH ONLY \$60 PUSH PULL \$60

Crossover \$25

(\$10 Late Fee after APRIL 1, 2012)

Must Be a SPF Member to lift, Membership is \$30 per yr (\$20 Teenager)

**Membership Cards will be available day of the Meet but is recommended to
send in with entry.**

ALL LIFTERS MUST WEAR SINGLETs, NO EXCEPTIONS

Remember New Deadlift Rule applies

(Everyone has to wear knee high socks or shin guards)

WEIGH IN TIMES: Friday April 13th 9am – 8pm

Day of Meet Saturday April 14th 7am – 8am

Rules Briefing: 8:30am MEET STARTS 9:30AM Sharp!

Brute Strength Gym

Contest Entry Form

Make all Checks Payable to:

Mail to: Brute Strength Gym

836 Poplar Hall Dr

Norfolk, VA 23502

Name: Brute's SPF SPRING FULL POWERLIFTING MEET

Print Full Name _____ Age _____

Date of Birth _____

Address: _____ City _____ State _____

Zip _____

Phone _____

email _____

Signature _____

Parent/or Guardian _____ (Parent or Guardian must sign for you if you are under 18 yrs of age.)

Select the events pertaining to the contest you are entering:

____ RAW ____ SINGLE PLY ____ MULTIPLY ____ SPF MEMBERSHIP CARD

FULL POWER ____ BENCH ONLY ____ PUSH PULL ____

CROSSOVER ____

FREE CONTEST TEE EARLY ENTRY ONLY (April 1st 2012)

You can enter more than one event if you like; just send the appropriate fees according to the division you are entering.

Teenage ____ Junior (20-23) ____ Women ____ Men ____ Sub-master (33-39) ____

(40-44) Masters ____ (45-49) Masters ____ (50-54) Masters ____ (55-59) Masters ____

(60-64) Masters ____ (65-69) Masters ____

WEIGHT CLASS _____ TEE SHIRT SIZE _____

**Entry Fee \$60 Crossover \$25 SPF Membership Card \$30
(Teenager \$20)**

**Weight Classes: 97,114,123,132,148,165,181,198,
220, 242, 259.6,275, 308, SHW**