



Brute Strength Gym
SPF/ISPF Worlds Qualifier

Show of Power Armed Forces Day Powerlifting Meet
May 16th 2020

Location: Brute Strength Gym 836 Poplar Hall Drive Norfolk, VA 23502
Ph: 757-893-9111

www.brutestrengthgym.net E-Mail: brando_waterfront@yahoo.com

Weight In: Friday May 15th 8:30am-10:30am and 4pm-7pm
No Saturday weigh ins (No exceptions) -No Refunds No Transfers
Rules Briefing: 8am - Meet Starts at: 9am sharp!

ALL LIFTERS MUST WEAR SINGLET, NO EXCEPTIONS Deadlift:
(Everyone has to wear knee high socks or shin guard)

Teenage (Age) _____ 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 _____

Must Be SPF Member to Lift: SPF Card available at weigh ins

Weight Classes: 97,114,123,132,148,165,181,198,220, 242, 259.6,275, 308, SHW (Women 242+) **Make all Checks Payable to: Brute Strength Gym**

Print name: _____ 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:

Multiply Full Power \$85 _____ Multiply Push Pull \$85 _____ Bench Multiply \$85 _____
Single Ply Full Power \$85 _____ Single Ply Push/Pull \$85 _____ Bench Single Ply \$85 _____
Raw (with Sleeves) Full Power \$85 _____ Raw Push/Pul \$85 _____ Bench Raw \$85 _____
Raw with Knee Wraps Full Power \$85 _____ Crossover: \$50 _____

***Competition Tee Shirt \$15 _____ Size: _____**

Total: \$ _____

Must Be SPF Member to Lift: SPF Card available at weigh ins
Exact Cash Only No Check, No CC, \$30 (Teenage \$20)

NO REFUNDS or TRANSFERS ON ENTRY FEE