



**June 22, 2019**

**Brute Strength Gym SPF Summer Solstice  
Powerlifting Meet**

**Location: Brute Strength Gym 836 Poplar Hall Drive Norfolk, VA 23502**

**Ph: 757-893-9111**

**[www.brutestrengthgym.net](http://www.brutestrengthgym.net) E-Mail: [brando\\_waterfront@yahoo.com](mailto:brando_waterfront@yahoo.com)**

**Weight In: Friday June 21th 8:30am-11:00am 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 SINGLETs, 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: \$\_\_\_\_\_**

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**Exact Cash Only No Check, No CC, \$30 (Teenage \$20)**

**NO REFUNDS or TRANSFERS ON ENTRY FEE**