



**Revolution Powerlifting Syndicate**

**RYCHLAKPOWERSYSTEMS.COM**

# **2013 RPS PENNSYLVANIA STATE CHAMPIONSHIPS**

**DATE: July 27, 2013**  
**Lifting Starts at 9am**

**2013 SUPREME  
IRON WARRIOR  
QUALIFIER**

**LOCATION: Lancaster AMVETS Post #19**  
715 Fairview Ave., Lancaster, PA 17603

Catered Picnic Lunch and Draft Beer will be available.

**DIRECTOR: Gene Rychlak Jr.**  
gene@revolutionpowerlifting.com  
610-948-7823 • c 484-363-3983

**ENTRY FEES: PER DIVISION PER LIFTER IS \$85.00**  
**Crossover - \$40 per Division**  
**Spectators & Coaches - \$10 admission**

**ENTRY DEADLINE: July 12, 2013**  
**60 Lifter Limit • \$25 Late Entry Fee**

**HOTEL:** Hotels.com offers good rates.

# 2013 RPS PENNSYLVANIA STATE CHAMPIONSHIPS

## Rules @ 7:45am • Lifting begins @ 9:00 am

### WEIGH INS: All are at the AMVETS Hall

Friday AM	11 A.M. - 12 P.M. (by appointment)
Friday PM	5 P.M. - 7 P.M.
Saturday	7:00 A.M. - 7:45 A.M.

All times are subject to change per lifter registration.

Updated schedule will be posted on [RychlakPowerSystems.com](http://RychlakPowerSystems.com) & [RevolutionPowerlifting.com](http://RevolutionPowerlifting.com)

**Events:** Full Power, Squat Only, Bench Only, Ironman (push/pull), Deadlift Only

**Divisions:** Multi-ply, Single-ply°, Raw Classic without Knee Wraps, Raw Modern with Knee Wraps

**Classes:** Am (random drug test), Pro (non-drug tested), Elite Open, Police/Fire Pro and AM, Armed Forces\*

**Age Divisions:** Open°\*, Teen° (14-15,6-17,18-19), Junior (20-23), Sub-master (33-39),  
Master° (per 5 yrs) ° \* Single Ply, Police/Fire, Armed Forces: Master 50+

**WEIGHT CLASSES:**      **MEN:** 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW  
                                    **WOMEN:** 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, SHW

**RULES: ALL LIFTERS MUST BE PRESENT FOR RULES CLINIC THE MORNING THEY LIFT. FAILURE TO BE PRESENT FOR THE PRESENTATION OF RULES MAY RESULT IN FORFEIT OF ENTRY.** Revolution Powerlifting Syndicate (RPS) rules apply. Equipment must meet RPS specifications. *For rules and regulations, visit RPS website at [www.RevolutionPowerlifting.com](http://www.RevolutionPowerlifting.com). Lift Commands: Squat and Rack; Bench, Press and Rack.*

**One-piece lifting suit (singlet) must be worn.**

**DEADLINE:** Entry deadline is July 12, 2013, entries must be received by this date. Late entries will be accepted on a case-by-case basis. Lifters who miss the entry deadline must contact the meet director for availability to be put on meet roster. **Failure to contact the meet director before “walking in” runs the risk of being excluded from the meet if 60 lifter limit has been reached for the day. A late fee of \$25.00 will be charged. NO REFUNDS will be made after entry deadline. \$50 charge on returned checks.**

**AWARDS:** Skullptures by Seeker

**Powerlifitng:** Top three places in each weight class and every sub-division (to include full age divisions)

**Best Lifters by Entries:** Division with 5 or more will be analyzed for best lifter by coefficient.

**Crossfit:** Men & Women; Light & Heavyweight; Top five in each by coefficient.

# Revolution Powerlifting Syndicate Divisions

**Pro:** Anyone who has totalled or has single lifts that qualify for **Professional (Pro)** must enter this division unless they wish to enter **Elite** which requires a lifter paid urinalysis. Professional can be entered by everyone but teens regardless of what their lift numbers are. There is no drug testing in this division.

**Amateur (AM):** This division is a drug-free division. Any lifter under suspicion of drug use will be required to undergo a urinalysis test (SPORTS I EXPANDED). If the test results are negative, the meet director will absorb the cost of the drug test. If the test results are positive, the lifter will be responsible for all expenses associated with the drug test, and their lifts for the competition will be disqualified. A lifter testing positive will be required to lift as a Professional forthwith.

If the lifter enters **AM** and achieves a **Pro** qualifying lift, the lifter will either automatically be transferred to the Pro Division in the same meet (same weight class and sub-division), or have the option to pay for the urinalysis required to attain **Elite** status.

**Elite:** Those whose lifts qualify as **Pro** yet want to provide proof that they are not using any performance enhancements on the tested list. Elite lifts are only available in the Open division and will be scored in competition with the Pros.

**Police/Fire:** This division is reserved for individuals who serve the community as Police Officers, Correction Officers or Firefighters, civilly employed or volunteer. The age divisions are limited to Open and Master 50+.

**Armed Forces:** This division is reserved for individuals who serve(d) their country in a branch of the armed forces. The age divisions are limited to Open and Master 50+.

**NEW DIVISION - Crossfit:** This division is reserved for individuals who are new to powerlifting and have entered a competition through the encouragement of crossfit. It is restricted to those competing for the first, second or third time, at an amateur level and in the raw classic or modern equipment division. Scoring for this division may be set by light/heavyweight and ranked by coefficient for the top five in each. Records will not be maintained for the crossfit division, however AM Raw Open records will be recognized if set by those entered in the this division. Breaking a world record will require next entry to be in general powerlifting.

**No Fee for participation or record eligibility.**

## RPS Professional/Elite Classification Totals Raw Professional/Elite Totals Recognizes

For Single Lift Pro/Elite Classifications: [revolutionpowerlifting.com](http://revolutionpowerlifting.com)

### MEN'S DIVISIONS

MEN'S WEIGHT CLASSES	Equipped Totals		Raw Totals	
	PRO	Master	PRO	Master

114	1080	975	905	850
123	1180	1060	985	910
132	1330	1195	1060	975
148	1480	1330	1185	1090
165	1610	1450	1300	1190
181	1680	1510	1400	1280
198	1790	1610	1475	1355
220	1870	1680	1550	1475
242	1900	1710	1605	1500
275	1940	1745	1655	1520
308	1960	1765	1730	1600
SHW	1980	1785	1750	1615

### WOMEN'S DIVISIONS

WOMEN'S WEIGHT CLASSES	Equipped		Raw	
	PRO	Master	PRO	Master

97	670	605	540	490
105	720	650	580	530
114	770	700	620	570
123	825	740	665	605
132	870	785	700	640
148	955	860	770	700
165	1030	930	850	760
181	1105	995	895	815
198	1170	1055	960	870
220	1250	1125	1010	918
SHW	1300	1175	1040	918

# 2013 RPS PENNSYLVANIA STATE CHAMPIONSHIPS

July 27, 2013 • AMVETS Post #19 • Lancaster, PA

**IMPORTANT: DO NOT SEND ENTRIES CERTIFIED MAIL!**

Entry fee for first division per lifter is **\$85**. Additional divisions - \$40 per Crossover.

Check at least one in Sections 1-4. More than one Check in a Section equals a Crossover.

**1 Events:**  Full Power  Squat Only  Bench Only  Ironman (push/pull)  Deadlift Only

**2 Divisions:**  Multi-ply  Single-ply<sup>o</sup> (<sup>o</sup>teen, open & master 50+ only)  Raw C <sup>Classic w/o Knee Wraps</sup>  Raw M <sup>Modern w/ Knee Wraps</sup>

**3 Classes:**  Am (random drug test)  Elite Open<sup>†</sup>  Police/Fire AM\*  Armed Forces AM\*  
 Pro (non-drug tested) <sup>† Please include Mandatory Drug Test Fee - \$100</sup>  Police/Fire Pro\*  Armed Forces Pro\*

**4 Age Divisions:**  Open<sup>o†\*</sup>  Teen<sup>o</sup> (age: \_\_\_\_\_)  Junior (20-23)  
 Sub-master (33-39)  Master<sup>o</sup> (age: \_\_\_\_\_) <sup>o \* Single Ply, Police/Fire, Armed Forces: Master 50+</sup>

Weight Class: \_\_\_\_\_

Sex: M or F

Crossfit  
please read division  
information

**OTHER FEES Paid at the Door:**

Spectator Fees & Coaches Fees: \$10

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Birth Date: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ \*E-mail Address: \_\_\_\_\_

\*Please fill in legibly, will be used for important information about meet, do not provide if it is not an acceptable means of communication.

Phone: \_\_\_\_\_ T-Shirt Size: M L XL 2XL 3XL 4XL Total Number of Division entered: \_\_\_\_\_

*(T-Shirts are not guaranteed, lifter and/or sponsorship participation will determine availability)*

**PAYMENT CHOICE:**  Check  Money Order Amount Enclosed \$ \_\_\_\_\_

**ENTER & PAY ONLINE @ [rychlakpowersystems.com](http://rychlakpowersystems.com) or [revolutionpowerlifting.com](http://revolutionpowerlifting.com)**

**Payment must accompany form and be received by July 12 2013! Please make checks payable to: Gene Rychlak Jr., 143 2<sup>nd</sup> Ave. Royersford, PA 19468. (\$50 fee on returned checks, no refunds after deadline)**

## **RELEASE FROM LIABILITY**

On behalf of myself, my heirs, executors, administrators, and assigns, I hereby irrevocably waive, release and fully discharge the Revolution Powerlifting Syndicate(RPS), Gene Rychlak Jr., Pig Pen Sports Bar & Grill, their respective officers, directors, employees, agents, and shareholders, of and from any and all rights, claims, demands, lawsuits, and causes of action due to or arising from any accident, injury, damage or loss directly, indirectly or in any way associated with my participation in powerlifting competition sponsored by Gene Rychlak Jr. I also relinquish any rights to imagery taken of myself during said event for the promotional use by the promoter and federation.

I represent that I know of no medical reason or condition that would impair my ability to participate in this event, and I hereby assume any and all risk of accidental, medical injury or consequential damages resulting from my participation. I acknowledge, understand and accept the inherent risks of powerlifting.

I fully understand that I enter the Am (drug tested) divisions. I may be selected to take a urinalysis test. If this test is found to be positive for anabolic steroids I (the signed applicant) will pay for the cost of this test. If the test is found to be negative, the test will be paid for by the RPS. By signing the release from liability, I irrevocably waive all rights, claims, demands, lawsuits and causes of action against everyone connected with this contest with regard to the result of any drug test. **I have read the above release, understand its meaning and consequences, and intend to be legally bound by its terms and have signed this release freely and voluntarily.**

\_\_\_\_\_  
Signature (in full) of applicant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature (in full) of parent or guardian if applicant  
is under 21 years of age

\_\_\_\_\_  
Date