

# Revolution Powerlifting Syndicate & RYCHLAKPOWERSYSTEMS.COM

## 2013 RPS SUPREME IRON WARRIOR WORLD POWERLIFTING CHAMPIONSHIPS

September 14-15, 2013

### Tentative Lifting Schedule

(Session split subject to change per lifter registration. Heavy Weights will be Sat AM)

- Saturday 9am: Men 242 & Up (includes 242+ Juniors)  
Saturday ~3pm: Men 198 & 220  
Sunday 9am: Women, Teen, Men 181 & Below

**LOCATION:** Ramada Plaza  
160 Frontage Rd, Newark, NJ 07114  
973-589-1000

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

**ENTRY FEES: PER DIVISION PER LIFTER IS \$95.00**  
Crossover - \$35 per Division.

**ENTRY DEADLINE - Friday, August 30, 2013**

**Qualified lifters have until July 27, 2013 to claim reserved roster spaces.**

Lifters who achieved qualifying totals at other RPS events or missed the total at a qualifying event may receive a waiver if spaces on the roster are available during their session.

**35 Lifter Limit per Saturday session. 45 lifter limit for Sunday**

Entries may be accepted after the 30th with a \$25 Late Fee.

**MEET HOTEL - RAMADA - Group Discount will be set up for RPS, must book through banquet**  
Be sure to ask inquire about the Parking Validation requirement at the meet.

Download Entry form or Enter online @ RevolutionPowerlifting.com

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# 2013 RPS SUPREME IRON WARRIOR WORLD POWERLIFTING CHAMPIONSHIPS

**MANDATORY RULES CLINIC Sat & Sun AM - 7:45 A.M. • Sat PM - Noon**

## Weigh-in Schedule (subject to change per lifter registration)

Saturday Lifters:	Friday AM	11 A.M. - 12 P.M. (by appointment)
	Friday PM	5 P.M. - 7 P.M.
Sat. & Sun. Lifters:	Saturday	7:00 A.M. - 7:30 A.M., 11-12 for Sat PM Session
Sunday Lifters:	Saturday PM	6 P.M. - 7 P.M. (subject to change per meet duration)
	Sunday AM	7:00 A.M. - 7:30 A.M.

**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 August 30, 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 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, a meet credit will be honored for any other RPS meet within one year. \$50 charge on returned checks.**

**AWARDS:** Sculptured awards will be distributed to the **top three places in each weight class and every sub-division (to include full age divisions)**

**Best Lifters as warranted by Entries:** Open divisions Light & Heavy (Pro & Am), Women (Pro & AM), Master (Pro & Am), Teen (Am)

# 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 **permanently banned from lifting in the AM Division.**

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+.

## Qualification Totals for 2012 RP3 World Championships Lifters who achieved qualifying totals at the below meets will have guaranteed spots on the roster until July 27, 2013\*:

- 2012 Christmas Carnage, Dec 1, 2012
- 2012 XXX, Dec 8, 2012
- 2013 North American Championships, Jan 28 & 29, 2012
- 2013 Winter Classic, February 9, 2013
- 2013 NE Revolution, March 23 & 24, 2013
- 15th Annual PowerPalooza, April 13 & 14, 2013
- 2013 South Jersey Rumble, May 18, 2013
- 2013 Ohio State Championships, June 15, 2013
- 2013 Europa Battle of Champions, June 29, 2013
- HeatWave, July 13, 2013
- 2013 Pennsylvania State Powerlifting Championships, July 27, 2013
- 2013 New York State Powerlifting Championships, August 10, 2013

\*Lifters who achieved qualifying totals at other RPS events or missed the total at an above qualifying event may receive a waiver if spaces on the roster are available during their session. Waiver spaces will be opened 6 weeks prior to the meet, July 27, 2013.

\*\*\*TEENS ARE EXEMPT FROM TOTAL \*\*\*

### MEN'S DIVISIONS

MEN'S WEIGHT CLASSES	Equipped		Raw	
	Totals	M*	Totals	M*

114	810	730	675	640
123	885	795	740	685
132	1000	900	795	735
148	1110	1000	890	820
165	1210	1090	975	895
181	1260	1135	1050	960
198	1345	1210	1110	1020
220	1405	1260	1165	1110
242	1425	1285	1205	1125
275	1455	1310	1240	1140
308	1470	1325	1300	1200
SHW	1485	1340	1315	1215

\*MASTER

### WOMEN'S DIVISIONS

WOMEN'S WEIGHT CLASSES	Equipped		Raw	
	Totals	M*	Totals	M*

97	505	455	405	370
105	540	490	435	400
114	575	525	465	430
123	620	555	500	455
132	655	590	525	480
148	715	645	580	525
165	775	700	640	570
181	830	750	675	615
198	880	795	720	655
220	940	845	760	690
SHW	975	885	780	700

# 2013 RPS SUPREME IRON WARRIOR WORLD POWERLIFTING CHAMPIONSHIPS

## Newark, NJ • September 14 & 15

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

Entry fee for first division per lifter is **\$95**. Additional divisions - **\$35 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 (teen, open & master 50+ only)</sup>  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)  † Please include Mandatory Drug Test Fee - \$100  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

**OTHER FEES Paid at the Door:**

Qualifying Event & Total \_\_\_\_\_

Spectator & Coaches Fees: \$10 / 2 day \$15

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: \_\_\_\_\_

**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 August 30, 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., Ramada Plaza, Garden State Food Group LLC, 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