



2012 SPF No Foolin' Powerlifting Open

Raw + Single ply + Multi-ply + Crossfit

Full Power & Bench Only

Sunday, April 1, 2012

Super Training Gym

2010 3rd Street

Sacramento, CA 95818

Sponsored by:	Mark Bell's Slingshot, Power Magazine
Meet Director	Mark Bell Cara Westin, Super Training Gym (contact email: riotbarbie@hughes.net)
Eligibility	Open to all lifters (SPF membership card required. 1 year membership \$30. Membership open to everyone.)
Weight Classes	Men: Lightweight (less than 198), Middleweight (198 to 242), Heavyweight (243 and above) Women: Lightweight (less than 166), Heavyweight (166 and above)
Divisions	Open Division only – Raw, Single Ply, Multi Ply, Crossfit Full Power or Bench Only. Wrist wraps, knee wraps and belt allowed for Raw.
Weigh-ins	Saturday, March 31 10:00 am – Noon, evening by appointment Sunday, April 1 8:00 am – 8:30 am
Competition	Mandatory rules briefing Sunday at 9:15 am Lifting begins at 10:00 am
Uniform:	Mandatory - Must have one piece lifting suit or wrestling suit. SPF rules apply.
Entry Fee:	\$75
Deadline	Entries must be received by March 23 rd .
Awards	Awards for first place in each division by formula plus male and female Best Lifter. (Records may be set in all weight classes and age groups.)
Hotels	Hawthorne Suites, Sacramento (800) 527-1133 Holiday Inn Sacramento – Capitol Plaza (877) 863-4780 Vagabond Inn Executive (916) 446-1481

