



## 2012 SPF California State Meet

Raw + Single ply + Multi-ply + Crossfit

Full Power & Bench Only

Sunday, May 27, 2012

Super Training Gym

2010 3<sup>rd</sup> Street

Sacramento, CA 95818

<b>Sponsored by:</b>	Mark Bell's Slingshot, Power Magazine
<b>Meet Director</b>	Mark Bell Cara Westin, Super Training Gym (contact email: riotbarbie@hughes.net)
<b>Eligibility</b>	Open to all lifters (SPF membership card required. 1 year membership \$30. Membership open to everyone.)
<b>Weight Classes</b>	Men: Lightweight (less than 198), Middleweight (198 to 242), Heavyweight (243 and above) Women: Lightweight (less than 166), Heavyweight (166 and above)
<b>Divisions</b>	Open Division only – Raw, Single Ply, Multi Ply, Crossfit Full Power or Bench Only. Wrist wraps, knee wraps and belt allowed for Raw.
<b>Weigh-ins</b>	Saturday, May 26 10:00 am – Noon, evening by appointment Sunday, May 27 8:00 am – 8:30 am
<b>Competition</b>	Mandatory rules briefing Sunday at 9:15 am Lifting begins at 10:00 am
<b>Uniform:</b>	Mandatory - Must have one piece lifting suit or wrestling suit. SPF rules apply.
<b>Entry Fee:</b>	\$75
<b>Deadline</b>	Entries must be received by May 16th.
<b>Awards</b>	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.)
<b>Hotels</b>	Hawthorne Suites, Sacramento (800) 527-1133 Holiday Inn Sacramento – Capitol Plaza (877) 863-4780 Vagabond Inn Executive (916) 446-1481

