



2012 SPF Men's Fall Open Meet

Raw + Single ply + Multi-ply + Crossfit

Full Power & Bench Only

Saturday, November 3, 2012

Super Training Gym

2010 3rd Street, Sacramento 95819

Sponsored by:	Power Magazine, Mark Bell's Sling Shot
Meet Directors	Mark Bell, Super Training Gym, Cara Westin, Super Training Gym (contact email: riotbarbie@hughes.net)
Eligibility	Open to male lifters (SPF membership card required. 1 year membership \$30. Membership open to everyone.)
Weight Classes	Men: Lightweight (up to 198), Middleweight (199 to 242), Heavyweight (243 and above)
Divisions	Open Division only – Raw, Single Ply, Multi Ply and Crossfit (Raw) Full Power or Bench Only. Wrist wraps, knee wraps and belt allowed for Raw..
Weigh-ins	Friday, November 2 10:00 am – Noon, evening by appointment Saturday, November 3 8:00 am – 8:30 am
Competition	Mandatory rules briefing Saturday 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. Online entry at SuperTrainingGym.com.
Deadline	Mail entries must be received by October 21. Online entries by October 25th.
Awards	Awards for first place in each division plus Best Lifter
Hotels	Hawthorne Suites, Sacramento (800) 527-1133 Holiday Inn Sacramento- Capitol Plaza (877)863-4780 Vagabond Inn Executive (916) 446-1481

