



2012 SPF Women's Pro Am

Raw + Single ply + Multi-ply

Full Power & Bench Only

Sunday, November 4, 2012

Super Training Gym

2010 3rd Street, Sacramento 95819

Sponsored by:	SPF President Jesse Rodgers, Mark Bell's Sling Shot, Power Magazine, Midtown Strength and Conditioning, Go Girl, Westside Barbell, Nicolai Stern
Meet Directors	Cara Westin, Super Training Gym (contact email: riotbarbie@hughes.net) Mark Bell, Super Training Gym
Eligibility	Open to all women lifters (SPF membership card required. 1 year membership \$30. Membership open to everyone.)
Weight Classes	Women: Lightweight (less than 165), Heavyweight (165 and above)
Divisions	Open Division only – Raw, Single Ply, Multi Ply Full Power or Bench Only (Wrist wraps, knee wraps and belt allowed for Raw.)
Weigh-ins	Saturday, November 3 10:00 am – Noon, evening by appointment Sunday, November 4 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:	\$100.
Deadline	Mail entries must be received by October 21, 2012.
Awards	Prizes for first place in each division Cash prizes for Best Lifters
Hotels	Hawthorne Suites, Sacramento (800) 527-1133 Holiday Inn Sacramento- Capitol Plaza (877)863-4780 Vagabond Inn Executive (916) 446-1481

