

RAW STRENGTH

POWERLIFTING COMPETITION

8 FEBRUARY - 0930 - MURPHY FIELD HOUSE

- Open to all Ranks and Services; Active Duty, Retiree, Reserve, DoD Civilian, Family Members, and Fort Meade Contractors.
- Must be ages eighteen or older and may participate in one or more events.
- There is a maximum of thirty participants for this event!
- Rules and details available at the fitness centers!

Early Bird Registration Fees:

Deadlift: \$20 / Bench Press \$20 / Squat \$20 / Full Meet: \$35
Pre-registration ends on 1 February!

Same Day/ Late Registration Fees:

Deadlift: \$30 / Bench Press \$30 / Squat \$30 / Full Meet: \$45

Weigh-Ins:

Early: 7 FEB - 0730 to 1930 / Same Day: 8 FEB - 0730 to 0830



Call 301-677-2349

meade.armymwr.com



February 8, 2020 RAW STRENGTH POWERLIFTING Competition

Murphy Fieldhouse, 8451 Zimborksi Ave, Fort Meade, MD 20755

(301) 677-2402

Weigh-ins: 7:30-8:30 a.m., Brief: 08:30, Lift-off: 09:30

Rule 1: Eligibility

To participate in any fitness program activity, all participants must show a valid government issued ID. The competition is open to Active Duty members, DOD Civilians, Retirees, Reservists, family members, contractors and Civilians. Participants must be 18 or older. Civilians must be able to access the Fort Meade without assistance from FMWR.

Women

Up to 105lbs

105.1-115lbs

115.1-125lbs

125.1-140lbs

140.1-160lbs

160.1-185lbs

185.1lbs+

Men

Up to 130lbs

130.1-145lbs

145.1-165lbs

165.1-185lbs

185.1-210lbs

210.1-235lbs

235.1-265lbs

265+lbs

Weigh-ins will be carried out prior to the competition. The lifter must weigh in during the designated time before the start of the competition. Once weigh-ins have ended, no more lifters may be allowed to enter the competition.

Early Weigh-In: Friday 7 Feb 0730-1930

Same Day Weigh-in: Saturday 8 FEB 0730-0830

2. Placing in each weight class will be determined by the best successful squat, bench press and deadlift attempts. Overall placing will be determined by ranking lifters by their best successful attempt totals divided by their actual bodyweight as recorded at weigh-in. Awards will be given for the first and second place finishers in each weight class. Overall Mens and Overall Womens awards will also be given.

3. Lifters who do not complete at least one successful lifting attempts in each of the 3 lifts will not be eligible for placing in the competition.

4. Lifters who, for whatever reason, do not weigh in will not be eligible for any awards but may still participate in the competition if they follow all other rules.

Contact Fitness Coordinator, Gaffney Fitness Center
301-677-2349

with questions about the event and to receive the Rules of Performance.