



**POTOMAC OPEN POWERLIFTING
BENCH PRESS/DEADLIFT CHAMPIONSHIPS
TYSON'S PLAYGROUND
8502-B TYCO ROAD
VIENNA, VIRGINIA 22182
A Sanction II Event**

Meet Director: John Shifflett
<http://www.tysonsplyground.com/>
Host City: Vienna, VA
Date: Saturday, March 25, 2017
Time: Doors open – 8.00 AM
Weigh-in: Friday 5:00-6:00 PM Saturday 7:00- 8:00 AM
Lifting: 9:00 AM
Technical Meeting: Saturday 8:15 AM
Scales: Digital scale

Arrivals/Transportation: For best directions, please go to www.mapquest.com.

Identification: Photo Identification is necessary for security, to verify every lifter's entry information, and to help validate drug testing. Acceptable identification includes driver's license, state ID, school ID, passport. Work ID badges and recreational/social club ID's are not acceptable.

Federation Membership Fee: Current federation membership is required. Applicants should submit a completed membership form along with payment prior to weigh-ins. Membership available online at www.rawpowerlifting.com.

Entry Fee: All fees should be paid by, March 3, 2017. **\$85 First lift \$40 per Crossover to age group or Multi lift event. IE Powerlifting & Bench Press \$125**

Awards: Trophies for top five places in each weight class for each event, Powerlifting, Bench Press and or Deadlift. Trophies or Medals for Crossovers in each weight class..

Correspondence (email preferred): Correspondence regarding 100% Raw Powerlifting Federation Virginia events should be sent to valifting@aol.com or US mail to **John Shifflett 186 Happy Hollow Road Ruckersville, VA 22968.**

Attire	4 th Lift	Order of Events		Awards
Singlet is mandatory. Athletic shoes only Tee-shirt (no profanity or XXX) Deadlifters must have knee socks	National Record attempts only.	1. Squat	3 Deadlift	Given directly after the Deadlift
		2. Bench Press	Drug Testing	

Parent/guardian signature (only if participant is under the age of 18): _____ Date: _____