



cookout & outdoor party
bring your own chairs

DATE: Saturday, August 24, 2013

LOCATION: LexenXtreme
3679 Garden Ct, Grove City, Ohio 43123

DIRECTOR: Dan Dague
Dan: (614) 554-8824 or lexenxtreme@aol.com

ENTRY FEES: \$65.00 all events. Crossovers - \$35 per Division.

ENTRY DEADLINE - FRIDAY, August 9, 2013

35 Lifter Limit. Entries accepted after the 9th with a \$25 Late Fee.

LIFTING STARTS AT 10:00 AM

LEXEN DOG DAYS

LIFTING BEGINS AT 10:00 A.M.

ALL LIFTERS TO REPORT FOR RULES CLINIC BY 9:00 A.M.

65 Lifter Limit

WEIGH INS (All weigh-ins are open for everyone, no appointment or call necessary):

AM Friday	10:00 A.M. - 12 P.M.	At Lexen Xtreme
PM Friday	5 P.M. - 8 P.M.	At Lexen Xtreme
Saturday	8:00 A.M. - 8:30 A.M.	At Lexen Xtreme

Events: Full Power, Squat Only, Bench Only, Ironman (push/pull), Deadlift Only

Divisions: Multi-ply, Single-ply°, Raw Classic without Knee Wraps, Raw Modern with Knee Wraps

Classes: Am (random drug test), Pro (non-drug tested), Elite Open, Police/Fire Pro and AM, Armed Forces*

Age Divisions: Open°*, Teen° (14-15,6-17,18-19), Junior (20-23), Sub-master (33-39),

Master° (per 5 yrs) ° * Single Ply, Police/Fire, Armed Forces: Master 50+

WEIGHT CLASSES: MEN: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW

WOMEN: 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, SHW

RULES: ALL LIFTERS MUST BE PRESENT FOR RULES CLINIC THE MORNING THEY LIFT. FAILURE TO BE PRESENT FOR THE PRESENTATION OF RULES MAY RESULT IN FORFEIT OF ENTRY. Revolution Powerlifting Syndicate (RPS) rules apply. Equipment must meet RPS specifications. *For rules and regulations, visit RPS website at www.RevolutionPowerlifting.com. Lift Commands: Squat and Rack; Bench, Press and Rack.*

One-piece lifting suit (singlet) must be worn.

DEADLINE: Entry deadline is August 9, 2013, entries must be received by this date. Late entries will be accepted on a case-by-case basis. Lifters who miss the entry deadline must contact the meet director for availability to be put on meet roster. **Failure to contact the meet director before “walking in” runs the risk of being excluded from the meet if 35 lifter limit has been reached for the day. A late fee of \$25.00 will be charged.** NO REFUNDS will be made after entry deadline, a meet credit will be honored for any other Lexen meet within one year. \$50 charge on returned checks, cash only after deadline.

AWARDS: Custom awards will be distributed to the top three places in each weight class and every sub-division (to include full age divisions) Best Lifters as warranted by Entries: Open divisions Light & Heavy (Pro & Am), Women (Pro & AM), Master (Pro & Am), Teen (Am) Lifters must make arrangements to have a friend or family member receive his/her award/s. WE WILL NOT SHIP AWARDS THAT WERE NOT PICKED UP AT THE MEET!

Revolution Powerlifting Syndicate Divisions

Pro: Anyone who has totalled or has single lifts that qualify for **Professional (Pro)** must enter this division unless they wish to enter **Elite** which requires a lifter paid urinalysis. Professional can be entered by everyone but teens regardless of what their lift numbers are. There is no drug testing in this division.

Amateur (AM): This division is a drug-free division. Any lifter under suspicion of drug use will be required to undergo a urinalysis test. If the test results are negative, the meet director will absorb the cost of the drug test. If the test results are positive, the lifter will be responsible for all expenses associated with the drug test, and their lifts for the competition will be disqualified. A lifter testing positive will be **permanently banned from lifting in the AM Division.**

If the lifter enters **AM** and achieves a **Pro** qualifying lift, the lifter will either automatically be transferred to the Pro Division in the same meet (same weight class and sub-division), or have the option to pay for the urinalysis required to attain **Elite** status.

Elite: Those whose lifts qualify as **Pro** yet want to provide proof that they are not using any performance enhancements on the tested list. Elite lifts are only available in the Open division and will be scored in competition with the Pros.

Police/Fire: This division is reserved for individuals who serve the community as Police Officers, Correction Officers or Firefighters, civilly employed or volunteer. The age divisions are limited to Open and Master 50+.

Armed Forces: This division is reserved for individuals who serve(d) their country in a branch of the armed forces. The age divisions are limited to Open and Master 50+.

RPS does not require membership fees for Record Eligibility

RPS Professional/Elite Classification Totals Raw Professional/Elite Totals Recognizes

For Single Lift Pro/Elite Classifications: revolutionpowerlifting.com

MEN'S DIVISIONS

MEN'S WEIGHT CLASSES	Equipped Totals		Raw Totals	
	PRO	M*	PRO	M*
114	1080	975	905	850
123	1180	1060	985	910
132	1330	1195	1060	975
148	1480	1330	1185	1090
165	1610	1450	1300	1190
181	1680	1510	1400	1280
198	1790	1610	1475	1355
220	1870	1680	1550	1475
242	1900	1710	1605	1500
275	1940	1745	1655	1520
308	1960	1765	1730	1600
SHW	1980	1785	1750	1615

*MASTER

WOMEN'S DIVISIONS

WOMEN'S WEIGHT CLASSES	Equipped		Raw	
	PRO	M*	PRO	M*
97	670	605	540	490
105	720	650	580	530
114	770	700	620	570
123	825	740	665	605
132	870	785	700	640
148	955	860	770	700
165	1030	930	850	760
181	1105	995	895	815
198	1170	1055	960	870
220	1250	1125	1010	918
SHW	1300	1175	1040	918

LEXEN DOG DAYS

August 24, 2013 • Grove City, OH

\$65.00 - All Events. Crossovers - \$35 per Division or additional Event.
Check at least one in Sections 1-4. More than one Check in a Section equals a Crossover.

① Events: Full Power Squat Only Bench Only Ironman (push/pull) Deadlift Only

② Divisions: Multi-ply Single-ply^o (^oteen, open & master 50+ only) Raw C ^{Classic w/o Knee Wraps} Raw M ^{Modern w/ Knee Wraps}

③ Classes: Am (random drug test) Elite Open[†] Police/Fire AM* Armed Forces AM*
 Pro (non-drug tested) † Please include Mandatory Drug Test Fee – \$100 Police/Fire Pro* Armed Forces Pro*

④ Age Divisions: Open^{o†*} Teen^o (age: _____) Junior (20-23)
 Sub-master (33-39) Master^o (age: _____) ^o * Single Ply, Police/Fire, Armed Forces: Master 50+

Weight Class: _____

Sex: M or F

OTHER FEES Paid at the Door (Cash Only):

\$10 per person

Coaches Fee: \$5 per coach

FREE (kids 10 and under) (Limit 2 coaches per lifter)

Name: _____ Age: _____ Birth Date: _____

Street Address: _____ City: _____

State: _____ Zip: _____ *E-mail Address: _____

*Please fill in legibly, will be used for important information about meet, do not provide if it is not an acceptable means of communication.

Phone: _____ Total Number of Division entered: _____

PAYMENT CHOICE: Check Money Order Amount Enclosed \$ _____

**Payment must accompany form and be received by July 9, 2013! Please make checks payable to:
Lexen Xtreme, 2251 Sundew Avenue, Grove City, OH 43123. (\$50 fee on returned checks, no refunds after deadline)**

RELEASE FROM LIABILITY

On behalf of myself, my heirs, executors, administrators, and assigns, I hereby irrevocably waive, release and fully discharge Lexen Xtreme Strength Training, LLC., RPS, their respective officers, directors, employees, agents, and shareholders, of and from any and all rights, claims, demands, lawsuits, and causes of action due to or arising from any accident, injury, damage or loss directly, indirectly or in any way associated with my participation in the powerlifting competition sponsored by Lexen Xtreme Strength Training, LLC. AND THE XPC.

I represent that I know of no medical reason or condition that would impair my ability to participate in this event, and I hereby assume any and all risk of accidental, medical injury or consequential damages resulting from my participation. I acknowledge, understand and accept the inherent risks of powerlifting.

I fully understand that I enter the Am (drug tested) divisions. I may be selected to take a urinalysis test. If this test is found to be positive for anabolic steroids I (the signed applicant) will pay for the cost of this test. If the test is found to be negative, the test will be paid for by the Meet Director. By signing the release from liability, I irrevocably waive all rights, claims, demands, lawsuits and causes of action against everyone connected with this contest with regard to the result of any drug test. **I have read the above release, understand its meaning and consequences, and intend to be legally bound by its terms and have signed this release freely and voluntarily.**

Signature (in full) of applicant

Date

Signature (in full) of parent or guardian if applicant
is under 21 years of age

Date