



2015 SPF Summer Slam
Raw + Single ply + Multi-ply + CrossFit
Full Power + Bench Only + Push/Pull
June 27-28, 2015
Men ALL Classes: Saturday
Women ALL Classes: Sunday
CSA Gym
 6207 Sierra Court, Dublin, CA 94568

Sponsored by:	SlingShot, Doughnuts & Deadlifts, KillCliff, Dynamic Nutrition, and NutriForce
Meet Director	Jesse Burdick, Prevail Power (contact email: jesseburdick@yahoo.com)
Eligibility	Open to all lifters (SPF membership card REQUIRED. Must bring card to weigh-in. 1 year membership \$30. Membership open to everyone.)
Weight Classes	Men: Lightweight (198 and below), Middleweight (220, 242) Heavyweight (275 and above) Women: Lightweight (less than 165), Heavyweight (166 and above)
Divisions	Open Division only – Raw, Single Ply, Multi Ply, CrossFit Full Power, Bench Only, Push/Pull (Wrist wraps, knee wraps and belt allowed for Raw.)
Weigh-ins	MEN: Friday June 26 10:00 am – 2pm WOMEN: Saturday June 27 10:00 am – 2pm* *Women please come EARLY on Saturday to get your Squat and Bench heights measured before the men begin lifting. THERE WILL BE NO DAY-OF WEIGH INS
Competition	<u>Mandatory</u> rules briefing MEN: Saturday 9:00am WOMEN: Sunday at 9:00am BOTH days lifting begins at 10:00 am
Uniform:	Mandatory - Must have one piece lifting suit or wrestling suit. SPF rules apply.
Entry Fee:	\$100 CLICK HERE to Register
Deadline	Entries must be received by June 12, 2015
Awards	Prizes for first place in each division Cash prizes for Best Lifters

