

WEIGHTLIFTING POWERLIFTING

Sponsored by

THE
ZONE 96.3
Everything Rocks

**Downtown Family
PHARMACY**
214 N Broadway, Billings, MT 59101

DATE: Sunday, July 20

***NEW* LOCATION:** Wilson's Iron Barn Gym • 1105 1st Ave N

DEADLINES & FEES: by July 1 • Early Registration & Guaranteed T-Shirt Deadline
• \$40 First Event • \$15 Additional Event
July 2 - July 15 • Late Fees & Registration Closes
• \$45 First Event • \$15 Additional Event
No Onsite Registration

PROCESSING FEES: \$2.95 plus 3% or \$5/paper registration

COMMISSIONERS:

Ron Wilson
teamwilsonfitness@gmail.com

SCHEDULE:

Saturday

9:00 a.m. - 4:00 p.m. • Weigh-Ins Preferred

Sunday

8:00 a.m. - 9:00 a.m. • Weigh-Ins

9:00 a.m. - 9:30 a.m. • Rules Briefing

9:30 a.m. • Lifting Begins

EVENTS	WEIGHTS IN LBS			GENDER	AGE GROUPS
Full Power	MALE	FEMALE	TEENAGE	Male	Teenage (13-19)
Push/Pull	116	95	under 100	Female	Junior (20-23)
	130	103	101 to 150		Sub-Master (35-39)
	145	114	151 & up		Master I (40-49)
	163	125			Master II (50-59)
	183	138			Master III (60-69)
	205	158			Master IV (70+)
	231	185			Open (All Ages)
	264	186+			Para Powerlifting
	265+				

ELIGIBILITY: Residents of MONTANA, IDAHO, NORTH DAKOTA, SOUTH DAKOTA, and WYOMING are allowed to participate.

SPECIAL THANKS TO WILSON'S IRON BARN GYM FOR HOSTING THIS EVENT.

SPECIAL INFO:

- Athletes may cross over (open, age group) and pay for the additional event.
- 100% Raw Powerlifting Federation rules apply rawpowerlifting.com.
- Body weight needed when registering.

Rules & Regulations

- This is a natural meet (random drug testing may be conducted).
- Age determination is July 20, 2025 (bring proof of age).
- An overall male and female winner will be awarded.
- Entries will be capped at 50 competitors.

Gear Requirement

- Singlet is mandatory.
- Knee socks are required for deadlift. Belts and wrist wraps are optional.
- Gear requirements will be strictly enforced!

Format

Full Power

- Squat
- Bench
- Deadlift

Push/Pull

- Bench
- Deadlift



T-SHIRT DEADLINE INFO:

- Register by July 1 and your t-shirt will be available for pick up at your event site during check-in.
- All participants registered after July 1 will pick up t-shirts at Billings Hotel & Convention Center during t-shirt pickup hours.