

# XPC IRON WARS - SUMMER CLASSIC

*Arnold Classic Qualifier*



- MEET DIRECTORS:** Matt Brimer, Justin Cherocci, Doug Van Elslander
- SANCTIONED BY:** XPC
- SPONSORED BY:** The Royal Oak Gym and Relentless Pursuit
- EVENT LOCATION:** The Royal Oak Gym, 1600 Stephenson Hwy., Royal Oak, MI 48087
- ELIGIBILITY:** Lifters must be an XPC registered athlete. <http://www.xpcpowerlifting.com/xpc-membership-purchase/>
- WEIGH-IN:** Friday, July 19, 2019:  
9 a.m. – 12 p.m.  
1:00 p.m. - 4:00 p.m.
- No weigh-ins day of meet.**
- EVENT:** **MANDATORY RULES BRIEFING: Saturday, July 20, 2019 at 8:00 a.m.**  
XPC rules apply. Equipment must meet XPC specifications.  
For rules & regulations, visit XPC website:  
<http://www.xpcpowerlifting.com/wp-content/uploads/2012/03/XPC-rules.pdf>
- Lifting starts Saturday, July 20, 2019, at 9:00 a.m.**
- Nearest accommodations:
- |   |   |
|---|---|
| Hampton Inn<br>32420 Stephenson Hwy., Madison Heights<br>(248) 585-8881 | Holiday Inn Express and Suites<br>400 Stephenson Hwy., Troy<br>(248) 583-1900 |
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- UNIFORM:** One-piece lifting suit or wrestling suit is MANDATORY.
- CONTEST LIFTS:** Full Power, Push/Pull, Bench and Deadlift – Equipped and Raw
- COMMANDS:** SQUAT: squat and rack; BENCH: bench, press and rack; DEADLIFT: down
- ENTRY FEE:** Entry Fee: \$100 Full Power (modern raw/classic raw), \$100 Full Power (multi/single ply), \$100 Push/Pull, \$100 Bench or DL only, & \$25 for each extra division at door (crossover)  
Entries after July 1st will have a \$25 late fee
- First 85 Lifters ONLY**
- SPECTATOR FEE:** \$10.00