



"Great Lakes"

Powerlifting and Single Lift

Championships

March 19, 2016

Villa Maria Center, 2551 West 8th Street, Erie, Pennsylvania (Map on Back)

Schedule: Friday March 18, 2016 (at Joe's Gym, 4319 West 26th Street, Erie, PA)
3:30 p.m. - 5:30 p.m.: Early weigh-in for all competitors.
Saturday March 19, 2016: (at Villa Marie Center)
7:00 a.m. - 8:30 a.m.: regular weigh-in for all remaining competitors.
8:30 a.m.: mandatory rules clinic.
9:15 a.m.: Competition begins (may run two platforms, if needed)

Open Entry Fee: \$60.00 - All Competitors must compete in the Open Division
Fees are not refundable, and must be turned in by March 10, 2016
Age division competitors that are eligible for an age group division (teen -all age groups, junior 20-24, sub-master - 35-39, or master - all age groups) may enter that division, also, for an EXTRA \$30.00 fee.

Team entry, \$20.00 - Roster and a copy of the team registration must be turned in at the Saturday weigh-in. Please notify meet director at (814) 833-3727

Mail entries to: Joe Oregia, 4319 West 26th Street, Erie, PA 16506
Phone: (814) 833-3727

Eligibility: Contest is open to any athlete with a current membership card.
(Cards may be purchased at the contest.) All athletes must be drug-free for a minimum of 24 months.

Awards: Top five places in all weight classes for open and all age groups. Champion of Champions award for lightweight and heavyweight men. Top three teams (Powerlifting Contest). Champion of Champions for Teen, Master, and women in powerlifting.
Champion of Champions for squat, bench and deadlift contest.

WEIGHT CLASSES

Male: 114.5, 123.5, 132.25, 148.75, 165.25, 181.75, 198.25, 220.25, 242.5, 275.5, 308.2, SHW
Female : 97, 105.75, 114.5, 123.5, 132.25, 148.75, 165.25, 181.75, 198.25, over 198.25
Youth : 77, 88 Only eligible for state records & 97, 105 in addition to the above weight classes.

Divisions: Open, teenage (11 and under, 12-13, 14-15, 16-17, 18-19), Junior (20-24), Sub master (35-39),
Master (40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, etc.)

One piece lifting suit is required for all lifters. No support gear. 4" belt is allowed with a buckle or Velcro. Knee high socks must be worn in the deadlift. Wrist wraps (24" max) may be worn. All lifters must fully subject themselves to drug testing if chosen. Failure will result in disqualification.

NOTE – Meet will be limited to the first 100 lifters!!

**(Page 2 & 3 must be filled out completely
and sent to Joe Oregia by 3/10/16)**

100% RAW
Great Lakes Open Powerlifting and Single Lift
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ENTRY FORM

Name _____ Age _____ Birthdate _____
Address _____ City _____ State _____ Zip _____
Phone: () _____ Weight Class _____

Male _____ Female _____

Please enter me in: Check whichever Applies **Single Lift** (check appropriate Box)

Powerlifting
Open _____ = \$60.00

Age Group _____ = \$30.00

Squat - Open \$60.00 Age Group \$30.00

Bench - Open \$60.00 Age Group \$30.00

Deadlift - Open \$60.00 Age Group \$30.00

MULTIPLE ENTRY DISCOUNT

2 Open Divisions - \$110

3 Open Divisions - \$150

4 Open Divisions - \$180

All Age Groups Are \$30

\$ Total Due = _____

100% RAW BANNED SUBSTANCE LIST

The intent of this list is to inform athletes of substances which are not allowed by 100% Raw. Please note that this list is NOT all inclusive and it is ultimately the athletes responsibility to know what he or she is taking. The athlete is also responsible for his or her testosterone / epi-testosterone (T/E) ratio. DO NOT use any substance before checking with your physician, National Governing Body (NGB) or the USOC Drug Reference Line at 1-800-233-0393. When in doubt, call and ask.

ANTI-DIARRHEAL: Paregoric

ANTI-INFLAMMATORY / PAIN RELIEF: Darvon Darvocet Demerol Hydrocodene Percodan Percocet Vicodin Tylox

ASHTHMA: Alupent Bitolterol Clenbuterol Maxair Metaprel Metaproterenol Orciprenaline Rimiterol Tomalette

ANABOLIC STEROIDS: Androstendione Androdiol Bolasterone Boldenone Chlorphentermine Clostebol Fluoxymesteron Methanedione Methandrostenolone Methenolone

19-Norandrostendione Norethandrolone Oxandrolone Oxymesterone Oxymetholone Stanozolol Testosterone Nandroloneand all other related compounds

COLD MEDICATIONS: The majority of cold medications contain banned drugs! READ the labels and ask before taking any cold medication.

PSYCHOMOTOR STIMULANTS: Amphetamine Benzphetamine Cathine Chlorphentermine Clortermine Cocaine Dextroamphetamine Diethylpropion Ephedrine Ethyl Amphetamine Fencamfamine Meciofenoxate Methamphetamine Methylphenidate Norpseudoephedrine Pemoline Phendimetrazine Phentermine Phenylpropanolamine Pipradol Prolintaneand all other related compounds

GROWTH HORMONES: I have carefully read all of the above and I fully understand and agree with all of its contents. In acknowledgement thereof, I affix my signature.

Signature of athlete _____ Date _____

ATHLETES MUST COMPLETE AND SIGN THE RAW RELEASE, WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY, AND THE PARENTAL CONSENT AGREEMENT ("AGREEMENT")

Release, Waiver of Liability, Assumption of Risk, Indemnity, and parental Consent Agreement ("agreement")

In consideration of being permitted to participate in a 100% RAW ("activity") I, my personal representatives, and assigned heirs and next to kin:

1. **ACKNOWLEDGES**, agree, and represent that I understand the nature of the activity and that I am qualified, in good health and in proper physical condition to participate in such activity. I further agree and warrant that if at any time I believe conditions to be unsafe; I will immediately discontinue further participation in the activity.

2. **FULLY UNDERSTAND** that: (a) **ATHLETIC ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("Risks")**: (b) these Risks and dangers may be caused by my own actions or in actions of others participating in the activity, the condition in which the activity takes place, or **THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW**: there may be **OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES** either not known to me or not readily foreseeable at this time: and **I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES** I incur as a result of my participation or that of the minor in the activity.

3. **HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE** the 100% RAW Powerlifting Federation, Paul Bossi, Joe Orenqia, or any related affiliated and subsidiary companies of each, as well as the officers, directors, agents, employees and assigns of each, coaches, officials, administrators, members, volunteers, participants, sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place, and any other party indemnified and held harmless by the 100% RAW, (each considered one of the **"RELEASEES"** herein) **FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, NEGLIGENT SECURITY, TRAVEL, AND RECREATIONAL OPERATIONS AND ACTIVITIES; AND I FURTHER AGREE** that if, despite this **RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT** I, or anyone on my behalf, makes a claim against any of the Releasee's, **I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES** from any litigation expense, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

4. Drug Testing Statement, Agreement, & Release of Liability

I give my word as an athlete that I have not utilized any type of strength-including chemicals (anabolic steroids, growth hormone, etc.) for the past three years.

In consideration of the acceptance of this entry, I agree to any test method deemed necessary by the meet director(s) and that the results of said testing method which the meet director and/or sponsors of this meet use to detect the presence of the strength inducing drugs may be released to any third party(ies) and I generally and specifically waive any right to privacy if any, related there to. I also understand that 100% RAW Powerlifting Federation, Inc. reserves the right to publish drug-testing results (passes and failures).

I hereby waive and release, intending to be legally bound for myself, my executors, administrators, and heirs, all rights and claims for damages I may have against VILLA MARIE CENTER, and all parties associated with this **"GREAT LAKES CHAMPIONSHIPS"** event as a result of testing positive for the utilization of strength-inducing chemicals. Should I fail the drug test, I agree to forfeit my award that I may have won. I agree that if I fail the drug test my name will appear on a published list of suspended members. If the drug test to which I submit is positive, then I waive any claim, action or cause for which legal relief is available.

My entry into the "GREAT LAKES CHAMPIONSHIPS" event constitutes my consent to the testing procedures; and, if any such results test positive, I understand that I shall be disqualified from the pertinent competition and suspended for a period to be fixed by the meet director(s).

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOT WITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Printed name of participant: _____ Phone: _____

Participant's signature (only if age 18 or over): _____ Date: _____

Minor's RELEASE

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF ATHLETIC ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE'S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE. I THE MINOR OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAME ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

Printed name of parent or Guardian: _____ Phone: _____

Address: _____ City _____ State _____ Zip Code _____

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

How to Get to Villa Maria Center

2551 West Eighth Street
Erie, Pennsylvania

From the South: Head NORTH on Interstate I-79. Take Exit 183B (West) and Follow on West 12th Street through 2 traffic lights. The entrance to Villa Maria will be on your right just after the second traffic light.

From the West: Head EAST on Interstate I-90. Follow to the I-79 interchange. Take I-79 NORTH to Exit 183B (West) then follow West on 12th Street through 2 traffic lights. The entrance to Villa Maria will be on your right just after the second traffic light.

From the Northeast and East: Head EAST on Interstate I-90. Follow to the I-79 interchange. Take I-79 NORTH to Exit 183B (West) then follow West on 12th Street through 2 traffic lights. The entrance to Villa Maria will be on your right just after the second traffic light.

*******LODGING*******

El Patio Motel

2950 W. 8th St, Erie PA 16505
814-838-9772

Bel-Aire Clarion Hotel

2800 W. 8th St., Erie PA
814-833-1116

Glass House Inn

3202 W. 26th St., Erie PA 16506
814-833-7751

Comfort Inn

3041 W. 12th Street, Erie, PA 16506
814-835-4200

