***2019 KEYSTONE IRONMAN CHALLENGE***

 **Full Powerlifting, Push/Pull and Single Lift** 

 ***SANCTION II***

 ***Saturday January 12th, 2019***

 ***181 s.Whitfield St Nazareth Pa 18064***

 ***Meet Capped at 30 Lifters***

**Schedule:**  Friday January 11th, 2019 (Twin City Barbell Club 181 s. Whitfield St Nazareth Pa)

5:00 to 6:30 PM: Early weigh-in for all competitors.

Saturday January 12th ( above address )

7 AM to 8:30 AM: regular weigh-in for all remaining competitors.

8:30 a.m.: Mandatory rules clinic.

9:15 a.m.: Competition begins

**Entry Fee:**  $75.00 – Full Power Push/Pull - $60.00 Single Lift - $45.00 Additional Division - $20.00

Team entry $25.00 (Powerlifting Meet only) Must also be a registered 100 % Raw team

Roster and a copy of the team registration must be turned in at the Saturday weigh-in.

Must notify meet director Ron Lobb (484) 542-0432 two weeks( DEC 28th ) in advance.

**Mail entries to:** Ron Lobb, 2120 Birch St., Easton, PA 18042

 Phone: (484) 542-0432 ronaldlobb@gmail.com

**Eligibility:**  Contest is open to any athlete with a current 100 % Raw membership card.

Cards MUST be purchased ONLINE https://rawpowerlifting.com/join-us/registration/

All athletes must be drug-free for a minimum of 24 months.

**Awards:** Medals to top 3 places in all weight classes for all groups.

Best Lifter awards to be determined by turnout in each division.

Top three teams for Powerlifting Contest (only)

Push/Pull meet—only first place medals will be awarded

**Male**

**Weight Classes:** 114.5, 123.5, 132.25, 148.75, 165.25, 181.75, 198.25, 220.25, 242.5, 275.5, 308.2, SHW

**Female**

**Weight Classes:** 97, 105.75, 114.5, 123.5, 132.25, 148.75, 165.25, 181.75, 198.25, over 198.25

**Youth**

**Weight Classes:** **77, 88** Only eligible for state records & 97, 105 in addition to the above weight classes.

**Divisions**: Open, teenage (under 12, 12-13, 14-15, 16-17, 18-19), Junior (20-24), Sub-master (35-39),

Master (40-44, 45-49, 50-54, etc.)

One-piece lifting suit is required for all adults. 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 are subject to drug testing.

Failure will result in disqualification from the meet.

**100% RAW BANNED SUBSTANCE LIST**

The intent of this list is to inform athletes of substances that are not allowed by the ADAU. Please note that this list is NOT all inclusive and that it is ultimately the athlete’s 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 or the USOC Drug Reference Line at 1 800 233-0393. When in doubt, ask.

The following is a list of classes of banned drug with examples of substances under each class:

-Anabolic agents / anabolic steroids: Androstenediol androstenedione boldenone clostebol dehydrochloromethyltestosterone dehydroepiandrosterone (DHEA) dihydrotestosterone (DHT) dromostanolone epitrenbolone fluoxymesterone gestrinone mesterolone methyltestosterone nandrolone norandrostenediol norandrostenedione norethandrolone oxandrolone oxymetholome stanozolol testosterone tetrahydrogestrinone (THG) trenbolone methanedione methenolone clenbuterol and related compounds.

-Diuretics: acetozalimide benzhiazide chlorothiazide furosemide and related compounds

-Peptide hormones and analogues: Corticotrophin (ACTH) human chorionic gonadotrophin (HCG) luteinizing hormone (LH) growth hormone (HGH, somatotrophin) insulin-like growth factor (IGF-1)

-Stimulants: Amiphenazole amphetamine bemigride benzphetamine bromantan chlorphentermine cocaine diethylpropion dimethylamphetamine ephedrine (ma huang) ethylamphetamine fencamfamine meclofenoxalate methamphetamine methylenedioxymethamphetamine (MDMA, ecstasy) methylphenidate nikethamide pemoline pentetrazol phendimetrazine phenmetrazine phentermine phenylpropanolamine (ppa) picrotoxine pipradol prolintane strychnine synephrine (citrus aurantium, bitter orange, zhi shi) and related compounds.

-Manipulation of urine sample:

The use of substances and methods that alter the integrity and/or validity of urine samples provided during ADAU drug testing is banned. Examples include catheterization, urine substitution and/or tampering or modification of renal excretion by the use of diuretics, probenecid, bromantan or related compounds and epitestosterone administration.

I hereby give my word of honor as an athlete that I have not used any banned substances as listed above as part of my training during the past 24 months (2 years), nor have I used any prescription diuretics or any psychomotor stimulants during the seven days before the contest.