

40th Annual Power Day

BENCH • STRICT CURL • DEADLIFT
March 16, 2019

MEET DIRECTOR: Jay Siegel engrave2@verizon.net

SCHEDULE: All events take place at the **BIGLER YMCA 61 Walker Rd. Bigler, PA 16825**

Friday March 15, 2019 5:00 PM to 6:30 PM - *Early weigh-ins*

Saturday March 16, 2019 7:00 AM to 8:30 AM – *Regular Weigh-ins*

RULES MEETING: 8:30 AM

LIFTING STARTS PROMPTLY: 9:15 AM

ENTRY FEE: (the following are all separate contests)

\$45.00 for each **OPEN** BENCH, STRICT CURL, or DEADLIFT

\$45.00 for each **AGE GROUP** BENCH, STRICT CURL, or DEADLIFT

Make check payable to:

DWC

304 Daisy St.

Clearfield, Pa 16830

DEADLINE: Entries must be received no later than March 11, 2019

ELIGIBILITY: Must be a current 100% RAW member to compete. Cards must be purchased on-line from 100% Raw prior to weigh-ins. \$30 for Adults; \$15 for athletes 19 & under and Special Olympians.

(www.rawpowerlifting.com is the website for card purchase)

Membership cards are good for all 100% RAW sanctioned events for one year from purchase date.

DRUG TESTING:

For help/info contact the USOC hotline at 1-800-233-0393 or check www.wada-ama.org for banned substances list. It is important that all athletes take responsibility for what they put into their body.

10% of lifters will be drug tested!

AWARDS:

Awards for Top 3 in each division.

“Best Lifter” awards as appropriate depending on turnout per division.

ATTIRE:

Raw: Non-supportive one-piece (singlet) lifting suit, 24” wrist wraps (cannot use thumb loop) and a 4” wide powerlifting belt allowed. (No Velcro). Knee high socks must be worn in deadlift. No knee sleeves allowed at this contest

FORMAT:

Flight system will be used. Weights will be in kilos. Single platform contest.

Order of events: Bench Press, Strict Curl, Deadlift.

WEIGHT CLASSES:

Youth: 55, 66, 77, 88, 97

Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+

Men: 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW

DIVISIONS:

Open

Youth: 11 & Under (6-7, 8-9, 10-11)

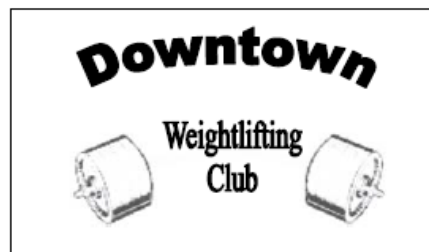
Teen: Teen 12-13, Teen 14-15, Teen 16-17, Teen 18-19

Junior: 20 - 24

Submaster: 35 - 39

Master: 40- 44, 45- 49, 50- 54, 55- 59, 60- 64, 65 - 69, 70-74, 75-79...

*****Sign and return pages 3 and 4 of this application*****



www.adaurawpower.com

40th Annual Power Day Classic

BENCH • STRICT CURL • DEADLIFT

Saturday March 16, 2019

Official Send-in Entry Form (Please print legibly!)

Name _____ Age _____ Birthdate _____

Address _____ City _____ State _____ Zip _____

Phone (____) _____ Email: _____ Male ☐ Female ☐

100% RAW Membership # _____ Expiration Date _____

Please enter me in the following: Check all that Apply

- | | |
|--|---|
| <input type="checkbox"/> OPEN BENCH \$45 | <input type="checkbox"/> AGE GROUP BENCH \$45 |
| <input type="checkbox"/> OPEN DEADLIFT \$45 | <input type="checkbox"/> AGE GROUP DEADLIFT \$45 |
| <input type="checkbox"/> OPEN STRICT CURL \$45 | <input type="checkbox"/> AGE GROUP STRICT CURL \$45 |

Circle Weight Class

(Youth classes for state records only: 55, 66, 77, 88, 97)

Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+

Men: 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW

Circle the Division(s) you will be lifting in. Circle all that apply. Each Division has all weight classes.

- **Open**
- **Youth:** 11 & Under (6-7, 8-9, 10-11)
- **Teen:** Teen 12-13 Teen 14-15 Teen 16-17 Teen 18-19
- **Junior:** 20 - 24
- **Submaster:** 35 - 39
- **Master:** 40- 44, 45- 49, 50- 54, 55- 59, 60- 64, 65 - 69, 70-74, 75-79, 80-84, 85-89, 90-94

I've enclosed a total dollar amount of \$_____ Payable to **DWC**

Send Payments To:

DWC
304 Daisy St.
Clearfield, Pa 16830

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, Inc., Jay Siegel, Bigler Y.M.C.A.** or 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 100% RAW POWERLIFTING FEDERATION, INC., (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 Release'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 two years (March 16, 2017 - March 16, 2019) 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 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 100% RAW Powerlifting Federation, Inc. Jay Siegel, Bigler Y.M.C.A. and all parties associated with the 2019 - 100% RAW POWER DAY 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 2019 - 100% RAW POWER DAY 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 lifetime by the federation.

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 Release'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 "Releases'" 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 Releases' Name Above, I Will Indemnify, Save, And Hold Harmless Each Of The Releases' From Any Litigation Expenses, Attorney Fees, Loss Liability, Damage, Or Cost Any May Incur As The Result Of Any Such Claim. I fully authorize my child to be tested for Steroids will during this competition to comply with the WADA drug free guidelines.

Printed name of parent or Guardian: _____ Phone: _____

Address: _____ Street _____ City _____ State _____ Zip Code _____

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

Directions to Bigler YMCA Center, 61 Walker Rd. Bigler, PA 16825

(1) Coming either East or West on I-80, exit at #123 and take PA 970 south about one mile to PA 322. Go east (left) on 322, exactly 2.8 miles to traffic light and make a right turn. Go one block and make another right and proceed about 50 yards to the YMCA on your left.

(2) Coming West on PA 322 travel 7.4 miles from Philipsburg (measured from the Harbor Inn/Sheetz intersection) to the traffic light in Bigler (it's the first light after Philipsburg) and make a left. Go one block as above and make a right to the YMCA.

(3) If driving East on 322 from western Pennsylvania, the Bigler traffic light is about 9 miles past Clearfield. Turn right, as above in (1).

(4) If coming from Virginia, Maryland or south central PA, go through Altoona on I-99 North to and through Tyrone to PA 350 north, to and through Philipsburg and take 322 West as above.

HOTEL ACCOMMODATIONS: (all within 10 miles of meet site)

Holiday Inn Express 1625 Industrial Park Road, Clearfield, 814-768-7500

(Special \$80 room rate Friday and Saturday night – mention lifting competition)

Hampton Inn 1777 Industrial Park Rd. Clearfield, 814-765-8300

Comfort Inn 1821 Industrial Park Rd. Clearfield, 814-768-6400

Budget Inn 6321 Clearfield-Woodland Highway, 814-765-2639

Best Western Plus 14424 Clearfield-Shawville Highway, Clearfield 768-1049

Rodeway Inn 6259 Clearfield-Woodland Highway, Clearfield, 814-765-7587

Super 8 Motel 14597 Clearfield-Shawville Highway, Clearfield, 814-768-7580

Harbor Inn 810 N. Front St., Philipsburg, 814-342-0250

Note: • Industrial Park Road and Clearfield-Shawville Highway (Rt. 879) hotels are all at Exit 120 off of Interstate-80
• Clearfield-Woodland Highway motels are economy motels on Rt. 322, a mile closer than newer I-80 hotels

FOOD:

Breakfast & Lunch
will be available for purchase at the event

www.adaurawpower.com