



38th Annual Central Pennsylvania Open Powerlifting & Coal Country Strict Curl Championships

The oldest continuously run Drug-free Championship in the world

Sanction III Event

December 11 & 12, 2020
Expo 2 Building, Clearfield Driving Park
5614 Park Street Clearfield, PA 16830

Time Schedule: Friday December 11 - All Strict Curl weigh-ins 4-5:30 PM,
Friday December 11 - Early weigh-ins for PL 4:30-5:30
Friday December 11 - Strict Curl Competition starts at 6:00 PM
Saturday December 12: There will be 2 sessions of lifting.
You may only weigh-in prior to the session you are competing in.
Schedule will be determined based on turnout. Schedule will be released via email at least one week before meet.

ALL lifters must compete in the Open Division, but **may also** compete in an age category by paying the crossover fee for that division. Powerlifting is limited to the first 60 lifters.

FEES ARE NOT REFUNDABLE AND WILL NOT BE ACCEPTED AFTER Nov. 30, 2020.

AWARDS: Top 5 places in Open powerlifting. Top 3 in PL age groups & Curl divisions.

TEAMS - Top 3 (Open Power Only). Allan Siegel Outstanding Master Award will be awarded to a lifter over the age of 40. Male / Female OL. Other OL awards based on turnout.

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

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

Age Groups: 11 & under, 12-13, Teen: 14-15, 16-17, 18-19, Jr. 20-24, Submaster: 35-39, Masters: 40-44, 45-49, 50-54, 55-59 etc.

A Few basic rules:

1. Singlets must be worn by **all** lifters. **NO** knee sleeves allowed for this contest.
2. Bench shirts and support suits are not allowed, nor are any support gear. We do allow wrist wraps (24" max) and a 4" wide leather belt, with a buckle or velcro fastener.
3. Baby powder or talc is allowed in designated areas only.
4. **All lifters must have a current 100% RAW card. Cards must be purchased on-line prior to the contest. (www.rawpowerlifting.com)**
5. **DRUG-FREE** period is currently 24 months.
6. Knee high socks must be worn in the Deadlift.
7. 100% Raw World, American & State Records can be set at this meet.
8. **ALL LIFTERS/COACHES** are subject to covid-19 health screening. (temp and questions)
9. All "open" awards will be sculptures!

2020 100% Raw
38th Annual "Central PA Open"
& "Coal Country Strict Curl" Application

Name _____
Address: _____ City: _____
State _____ Zip _____ Phone _____ Weight Class _____
E-mail _____ Male _____ Female _____ Age (Day of Meet) _____
100% Raw Membership number ----- Expiration date -----

All Lifters Must Enter the Open; Please enter me in (Check whichever Applies):

Powerlifting

Single Lift (check/circle division entered)

Open = \$85.00 Curl - Open \$50.00 Age Group \$30.00
Age Group = \$40.00

Open PL Team = \$10 \$ Total Due = _____

Sign and return pages 2 and 3 of this application, with check made out to: THE DOWNTOWN WEIGHTLIFTING CLUB 304 Daisy Street, Clearfield, Pa. 16830 or engrave2@verizon.net for info

100% RAW BANNED SUBSTANCE LIST (check WADA website!)

The intent of this list is to inform athletes of substances that are not allowed by 100% RAW. 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: acetazolamide 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 bemigrade 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 100% RAW 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.

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, Jay Siegel, 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 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.

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 **Cld Fair and Park Board** and all parties associated with this **"Central Pennsylvania Open"** 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 "Central Pennsylvania Open" 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 _____

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

**AVAILABLE
HOTELS (all within
5 miles of meet site)**

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

(Special Rate at Holiday Inn Express, \$79 – 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

Note – Industrial Park Road and Clearfield-Shawville Highway (Rt.
879) hotels are all at Exit 120 off of Interstate-80