

# 41<sup>st</sup> Annual Power Day

POWERLIFTING • BENCH • STRICT CURL • DEADLIFT  
August 7 & 8, 2020  
*Sanction III Event*

**MEET DIRECTOR:** Jay Siegel [engrave2@verizon.net](mailto:engrave2@verizon.net)

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

**Friday August 7, 2020** 4:00 PM to 5:30 PM - All Strict Curl weigh-ins  
4:30 PM to 5:30 PM - Early weigh-ins for PL, BP and DL  
6:00 PM - Strict Curl Competition Starts

**Saturday August 8, 2020** 7:00 AM to 8:30 AM – Regular Weigh-ins  
RULES MEETING: 8:30 AM  
LIFTING STARTS PROMPTLY: 9:15 AM

## ENTRY FEE:

**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 45 lifters. Powerlifters MAY enter BP or DL contest also. Single lift BPers limited to first 15 lifters. Single lift Deadlifters limited to first 15 lifters. Powerlifters lifting in the BP or DL will NOT count towards the 15 lifter limit.

\$65.00 for the **OPEN** POWERLIFTING division and \$35 additional for any PL age group  
\$45.00 for each **OPEN** BENCH, STRICT CURL, or DEADLIFT  
\$30.00 for each **AGE GROUP** BENCH, STRICT CURL, or DEADLIFT

**FEES ARE NOT REFUNDABLE**

Make check payable to: DWC  
304 Daisy St.  
Clearfield, Pa 16830

**DEADLINE:** Entries must be received no later than August 1, 2020

### 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](http://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](http://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:

Top 5 places in Open POWERLIFTING. Top 3 in PL age groups and in all BP, DL & Curl divisions.

TEAMS - Top 3 (Open Power Only). Male / Female OL. Other OL awards based on turnout.

### 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](http://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.

### 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)

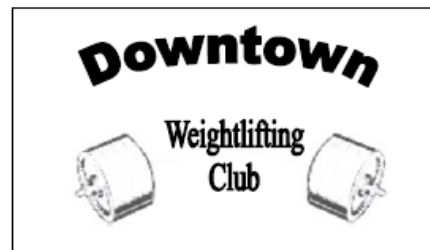
**Teen:** Teen 12-13, Teen 14-15, Teen 16-17, Teen 18-19

**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 page 5 of this application along with the Entry Form\*\*\***



[www.adaurawpower.com](http://www.adaurawpower.com)

## 41st Annual Power Day Classic

POWERLIFTING • BENCH • STRICT CURL • DEADLIFT

August 7 & 8, 2020

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

Name \_\_\_\_\_ Age (Day of Meet) \_\_\_\_\_ Birthdate \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone ( ) \_\_\_\_\_ Email: \_\_\_\_\_ Male ☐ Female ☐

100% RAW Membership # \_\_\_\_\_ Expiration Date \_\_\_\_\_

Membership cards available at the meet.

**Please enter me in the following: Check all that Apply**

- |   |   |
|---|---|
| <input type="checkbox"/> OPEN POWERLIFTING \$65           | <input type="checkbox"/> OPEN BENCH \$45            |
| <input type="checkbox"/> AGE GROUP POWERLIFTING \$35      | <input type="checkbox"/> OPEN DEADLIFT \$45         |
|   | <input type="checkbox"/> OPEN STRICT CURL \$45      |
| <input type="checkbox"/> OPEN POWERLIFTING TEAM \$10/team |   |
|   | <input type="checkbox"/> AGE GROUP BENCH \$30       |
|   | <input type="checkbox"/> AGE GROUP DEADLIFT \$30    |
|   | <input type="checkbox"/> AGE GROUP STRICT CURL \$30 |

### Circle Weight Class

**Women:** 55, 66, 77, 88, 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+

**Men:** 55, 66, 77, 88, 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW

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

Sign and return page 5 of this application with check made out to:

THE DOWNTOWN WEIGHTLIFTING CLUB 304 Daisy Street, Clearfield, Pa. 16830

or [engrave2@verizon.net](mailto: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 oxymetholone stanozolol testosterone tetrahydrogestrinone (THG) trenbolone methanedione methenolone clenbuterol and related compounds.

-Diuretics: acetazolamide benzthiazide 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 NEGLIGENCE RESCUE OPERATIONS, NEGLIGENCE 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 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 **Bigler Y.M.C.A.**, and all parties associated with this **"2020 Power Day"** 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 "2020 Power Day" 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, NOTWITHSTANDING, 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 NEGLIGENCE 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: \_\_\_\_\_

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 \$95 room rate Friday 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

**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