



The ADAU Raw Power "Power Day" Bench Press, Deadlift & Strict Curl

BIGLER CIVIC CENTER
61 Walker Blvd.
Bigler, Pa 16825

Time Schedule: April 28 Early weigh-ins 5:00 PM to 6:30 PM
April 29 All other weigh-ins 7:00 AM to 8:30 AM. Rules clinic immediately after weigh-ins.

April 29, 2012 9:15 AM Lifting begins– Order of events= Bench, Curl, Deadlift

Entry Fees: \$40 any Open or Age Group power event and \$20 for the Strict Curl.

- Breakfast & lunch will be served.

FEES ARE NOT REFUNDABLE AND WILL NOT BE ACCEPTED AFTER 6 PM April 26

Awards: Top 3 places in all classes, in all divisions, for all three events.

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

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

Youth: 5 & under, 6-7, 8-9, 10-11, 12-13, Teen: 14-15, 16-17, 18-19, Junior: 20-24, Submasters:

35-39, Masters: 40-44, 45-49, 50-54, 55-59 etc. * Classes in red can contest State records only

Note the rules , a few of which have changed. They include:

1. Singlets must be worn by all lifters over the age of 19.
2. **Bench shirts and support suits are not allowed, nor are any support gear . We do allow wrist wraps (24" in length) and a 4" wide leather belt, with a buckle.**
3. Baby powder or talc is allowed in designated areas only.
4. All lifters must have a current ADAU or 100% RAW card. ADAU cards will be sold at the meet if needed. Cost of a one year membership is \$30 for adults and \$20 for lifters less than 20 years old.
5. **DRUG-FREE period is currently 60 months.**
6. Knee high socks must be worn in the Deadlift.
7. American & State Records can be set at this meet. Boys entered in the Youth Division under 105 lbs. as well as girls under 97 lbs. and under the age of 11 will only be eligible to break State records.

Sign and return pages 2 and 3 of this application:

Mail to: Jay Siegel 304 Daisy St, Clearfield PA 16830, 814-765-3214

MAKE CHECK PAYABLE TO: [DWC](#)

Contact : Engrave2@verizon.net

**2012 ADAU RAW POWER
"Power Day "**

Name _____
Address: _____ City: _____
State _____ Zip _____ Phone _____ Weight Class _____
E-mail _____ Male _____ Female _____ Age _____ Date of Birth _____
Enter me in the following : **Bench** Open _____ Age Group _____ Weight Class _____
Deadlift Open _____ Age Group _____ Weight Class _____
Strict Curl Open _____ Age Group _____ Weight Class _____

Each Open or Age Group Division is \$40 Strict Curl is \$20 **Total Enclosed \$_____**

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

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

Sign and return pages 2 and 3 of this application, with check made out to: **DWC, 304 Daisy St. Clearfield, Pa. 16830**

Athlete's Drug Testing Release Form

In consideration of the acceptance of my entry in this ADAU Powerlifting competition, I agree to any test method deemed necessary by the ADAU and that the results of said testing method which the meet director and/or sponsors of this meet use to detect the presence of strength inducing drugs and/or controlled/banned substances may be released to any third party(ies) and I generally and specifically waive any right to privacy, if any, related thereto. to be represented by counsel, or by such other representative as I may choose, to have witnesses testify on my behalf, or to be represented by counsel, or by such other representative as I may choose, to have witnesses testify on my behalf. I understand that I may have a hearing. I understand that I am entitled to be represented by counsel, or by such other representative as I may choose, to have witnesses testify on my behalf, and to submit any and all evidence in my defense, including heresay and documentary evidence so long as it is relative to the issues. I understand that in regard to a National Competition, that I have the rights of appeal.

If the tests results are positive and indicate that I have failed the drug test, I agree to forfeit any trophy or award which I might otherwise have won.

I hereby give my word of honor as an athlete that I have not used any strength inducing drugs (i.e., any anabolic steroid, natural hormone or synthetic growth hormone) during the past sixty (60) months, nor have I used any prescription diuretics or psychomotor stimulants during the seven (7) days before this meet.

By signing this form and as a member of the ADAU I acknowledge and agree to OUT OF MEET DRUG TESTING, 24 hours a day, 365 days a year. Failure to submit to or pass said drug testing will result in a suspension from the ADAU.

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 hereon.

I also agree that: **Powerlifting can be dangerous and I lift at my own risk, WITH NO ONE BEING RESPONSIBLE FOR ANY INJURY THAT I MAY HAVE AS A RESULT OF COMPETING OR TRAVELING TO OR FROM THE COMPETITION.**

Signature of athlete and date signed _____

Signature of parent or guardian if under 18 _____

ADAU BANNED SUBSTANCE LIST

The intent of this list is to inform athletes of substances which are not allowed by the ADAU. 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 Tomalete

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 _____

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

(1) Coming 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 Civic Center on your left.

(2) Coming West on PA 322 travel 7.4 miles from Philipsburg (measured from the Harbor Inn) 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 Center

(3) If driving East on 322 from western Pennsylvania, the Bigler traffic light is about 9 miles past Clearfield'

(4) If coming from Virginia, Maryland or south central PA, go through Altoona on I-99 (formally PA 220) north to and through Tyrone to PA 350 north, to and through Philipsburg and take 322 west as above.

AVAILABLE HOTELS

Many Hotels are located at Exit #120 and on PA 322 just east of PA879

Not listed in any specific order

Comfort Inn at I-80 on PA 879, 814-768-6400 Budget Inn on PA 322 just east of PA 879, 814-765-2639 Holiday Inn Express at I-80 and PA 879, 814-768-7500 Days Inn at I-80 on PA879, 814-765-5381 Roadway Inn on PA322 just east of PA879, 814-765-7587 Super 8 Motel at I-80 on PA879, 814-768-7580 Hampton Inn at I-80 on PA 879, 814-765-8300