



2012 ADAU Raw Power

National Powerlifting & Single Lift Championships

Collaborating Partners with 100% RAW

A 100%RAW American Challenge Event

**Hilton Garden Inn
530 Pennsylvania Ave.
Fort Washington, Pa 19034**

Time Schedule: Friday June 29, 2012... Early weigh-ins 5:00 to 6:30 PM for All Women Lifters and Men through 181#

Saturday June 30, 2012 7:00 to 8:30 AM Regular weigh-ins for above lifters in both contests
8:30 AM Mandatory rules clinic for all above lifters. 9:00 AM Competition begins
5:00 to 6:30 PM Early weigh-in for men 198# and heavier.

Sunday July 1, 2012: Regular weigh-ins for above lifters.

8:30 AM: Mandatory rules clinic for all above lifters. 9:00 AM: Competition begins

Entry Fees: \$60.00 for the Open or Age Group. Both are \$120

\$40 for each event in Open or Age group in the Single Lift Championships

All age and weight classes listed below.

No charge for Open and/or Mixed teams in Powerlifting only final roster(s) submitted prior to lifting Saturday. Team must be a registered ADAU team for 2012

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

Awards: Top 3 places in all classes, in all divisions. Best Lifter for Men & Woman,

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 .**
- 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 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. World, 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: 629 Argyle Ave, Ambler, PA 19002

MAKE CHECK PAYABLE TO: Joseph Braca

Contact : (215) 353-3369

2012 ADAU RAW POWER
National Powerlifting and Single Lift Championships Application

Name _____
Address: _____ City: _____
State _____ Zip _____ Phone _____ Weight Class _____
E-mail _____ Male _____ Female _____ Age _____ Date of Birth _____

Enter me in the following Powerlifting contest(s) @ \$60 each : Open _____ Age Group _____

Enter me in the following Single Lift contest(s) @ \$40 each :

Open Squat _____ Open Bench Press _____ Open Deadlift _____

Age Squat _____ Age Bench Press _____ Age Deadlift _____

Total Submitted for all events: _____

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 _____ Date _____

Signature of parent or guardian if under 18 _____ Date _____

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 _____

Signature of Guardian if Athlete is under 18 _____ Date _____

Hilton Garden Inn Philadelphia/Fort Washington

530 West Pennsylvania Ave
Fort Washington, Pennsylvania, 19034
(215) 646-4637

Our personalized group web page has been approved and has been published to the web.

Your web page address is: http://hiltongardeninn.hilton.com/en/gi/groups/personalized/P/PHLFWGI-ADAU-20120627/index.jhtml?WT.mc_id=POG

Group Name: ADAU/100% RAW National Championship

Group Code: ADAU

Check-in: 29-JUN-2012

Check-out: 01-JUL-2012

Hotel Name: [Hilton Garden Inn Philadelphia/Ft. Washington](#)

RESERVATIONS:

Method: Guest will call the hotel for reservations

GUARANTEE & BILLING:

Guarantee Method: A credit card or advance deposit is required to guarantee reservations

Payment/Billing: Individuals to pay on own all charges.

Parking: Free parking

CANCELLATION POLICY:

All individual reservations must be cancelled by 6:00 pm on the date of arrival to avoid penalty

DO NOT CALL HOTEL FOR MEET INFORMATION

For more information contact Joe Braca, 629 Argyle Ave. , Ambler , PA 19422
Phone (610) 945-4037 or (215) 353-3369