



Power Day

Bench Press, Deadlift & Strict Curl

BIGLER CIVIC CENTER
61 Walker Blvd. Bigler, Pa. 15012

Time Schedule: April 27 Early weigh-ins 5:00- 6:30 PM at the meet site
April 28 All other weigh-ins 7:00 AM to 8:30 AM. Rules clinic immediately after weigh-ins.

April 28, 2013 9:15 AM Lifting begins

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 23

Awards: Top 3 places in all classes, in all divisions, male or female. Outstanding Lifter Awards depending on turnout.

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: 11 & Under, 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.

Note the rules :

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 other than wrist wraps 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. 100% RAW cards will be sold at the meet if needed. Cost of one year membership is \$30 for adults and \$15 for lifters less than 20 years old.
5. **DRUG-FREE period is currently 24 months.**
6. Knee high socks must be worn in the Deadlift.
7. Sanction II Event. 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

MAKE CHECK PAYABLE TO: DWC

Contact : Engrave2@Verizon.net

**2013 100% Raw
"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 \$ _____**

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

100% RAW BANNED SUBSTANCE LIST

The intent of this list is to inform athletes of substances which are not allowed by 100% Raw. 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 _____

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 three 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 YMCA, and all parties associated with this "**POWER DAY CHAMPIONSHIPS**" 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 "POWER DAY CHAMPIONSHIPS" 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 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 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 *(Not listed in any specific order)*

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

Hampton Inn at I-80 on PA 879, 814-765-8300

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

