



"Bragging Rights" Bench Press & Deadlift



ANYTIME FITNESS
611 Cross Keys Rd.
Sicklerville, NJ 08081

Time Schedule: March 8 Early weigh-ins 6:00 PM to 7:30 PM
 March 9 All other weigh-ins 8:00 AM to 9:30 AM.
 Rules clinic immediately after weigh-ins.

March 9, 2013 10:00 AM Lifting begins

Entry Fees: \$ 45.00 per Division

- *There will be a photographer on site taking action photos of your lifts*

FEEES ARE NOT REFUNDABLE AND WILL NOT BE ACCEPTED AFTER 6 PM March 2

Awards: Top 3 places in all classes, in all divisions, both contests.

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 and a .4" wide leather belt, with a buckle or velcro.
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 a 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: Jackson Lee, 508 Warwick Circle, Fairless Hills Pa. 19030

MAKE CHECK PAYABLE TO: Jackson Lee Contact : Brobasteam@aol.com

2013 100% Raw
"Bragging Rights Bench Press & Deadlift"

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** _____

One Divison \$45 ,Two=\$80, Three= \$75, Four= \$70 Total Amount Enclosed \$ _____

Men: **55, 66, 77, 88, 97**, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 319, 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: Jackson Lee, 508 Warwick Circle Fairless Hills, Pa. 19030

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, Jackson Lee or Anthony Jones, 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 **ANYTIME FITNESS**, and all parties associated with this "**BRAGGING RIGHTS**" 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 "BRAGGING RIGHTS" 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 _____

Local Hotels in the Sicklerville, NJ area

HOWARD JOHNSON (4.5 miles)

832 n. Black Horse Pike
Blackwood, New Jersey 08012
(856) 228-4040

BEST WESTERN MONROE INN & SUITES (4.5 miles)

1151 North Black Horse Pike
Williamstown, New Jersey
(856) 340-7900

HAMPTON INN-Cherry Hill- Voorhees (5.4 miles)

121 Laurel Oak Rd.
Voorhees, New Jersey 08043
(856) 346-4500

RESIDENCE INN-Deptford (6.1 miles)

1154 Hurffville Rd.
Woodbury, New Jersey 08096
(856) 686-9188

ECONO LODGE (4.5 miles)

1408 South Black Horse Pike
Williamstown, New Jersey
(856) 262-8400

FAIRFIELD INN-Deptford (4.1 miles)

10 Western Dr.
Mt. Holly, New Jersey 08060
(856) 686-9050

HOLIDAY INN- Phila-Runnemedede (4.5 miles)

109 E. 9th Ave
Runnemedede, New Jersey 08078
(856) 939-4200

**611 Cross Keys Rd.
Sicklerville, NJ 08081
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