

# ARIZONA STATE MEET

## POWERLIFTING, PUSH/PULL, BENCH & CURL ONLY

Presented by: 100% Raw Powerlifting Federation

**Meet Director:** Paul Gillott (928) 772-7575 / psgillott@cableone.net

**Location:** Prescott High School main gym / 1050 N Ruth St Prescott, Az

**Date:** Saturday March 28th, 2009

**Time:** Doors open – 7:30am, Lifting starts at 9:30am

**Weigh-in:** Friday March 27th from 5-7 PM or Saturday March 28th 7:30-9:00 am

**Technical Meeting:** Saturday March 28th, 2008 @ 9:15am

**Identification:** Photo Identification is necessary for security and to verify every lifter's entry information. Random drug testing will be performed.

**Federation Membership Fee:** Current federation membership is required. Federation membership cards will be sold prior to weigh-ins. Student cards are \$10 and adult cards are \$25.

**Entry Fee:** Students: \$20 for one event, 2 events for \$35, 3 events for \$50 or all 4 for \$60. Adults \$35 for one event, 2 events for \$60, 3 events for \$85, or all 4 for \$100.

**All proceeds benefit the Prescott High School Wrestling program**

**Awards:** First thru fourth place in each weight and division. Outstanding lifter awards in each division will also be given.

**Attire:** one piece lifting suit or singlet / no bench shirts or wraps.

**4<sup>th</sup> Lifts:** National & World Record Attempts Only.

**Weight Classes:** women-66, 77, 97,105, 114, 123, 148, 165, 181, 198, Hvy  
Men-66, 77, 97,105,114,123,132,148,165,181,198,220,242,275,308,SHW

**Divisions:** Teen-12-13,14-15,16-17,18-19 / Junior-20-24 / open-all ages/ Law / Fire / Military  
Sub Master-35-40/ Masters- 40-44,45-49,50-54,55-59,60-64,65-69,70-74,75-79,80+

Paul Bossi  
President  
100% Raw Powerlifting Federation

**ARIZONA STATE POWERLIFTING, PUSH/PULL, BENCH & CURL ONLY**

**Saturday, March 28th, 2009**

**Prescott High School**

1050 N ruth st

Prescott, Az

**\*Do Not Contact the school\***

Meet Director: Paul Gillott (928)772-7575/ psgillott@cableone.net

**PLEASE PRINT:**

NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_/\_\_\_/\_\_\_ AGE: \_\_\_ SEX: M F

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_

STATE: \_\_\_ ZIP: \_\_\_\_\_

DAY PHONE: \_\_\_\_\_ NIGHT PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

BODY WEIGHT: \_\_\_\_\_lb **RAW CARD NUMBER:** \_\_\_\_\_

EXPIRATION: \_\_\_\_\_

**MEMBER OF WHAT GYM / FITNESS CENTER / YMCA OR OTHER:**

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_

STATE: \_\_\_ ZIP: \_\_\_\_\_

<b>CIRCLE WEIGHT CLASS:</b>																	
<b>WOMEN</b>	66	77	88	97	105	114	123	132	148	165	181	198	198+				
<b>MEN</b>	66	77	88	97	105	114	123	132	148	165	181	198	220	242	275	308	SHW
<b>REPS</b>						135	185	225	275	315	365	405	455	495			

<b>DIVISIONS (CHECK AS MANY AS YOU WANT TO ENTER): Each Division has all weight classes.</b>																		
<b>YOUTH 11 &amp; UNDER:</b>			<b>TEEN: 12-13</b>			<b>14-15</b>		<b>16-17</b>		<b>18-19</b>		<b>JUNIOR: 20-24</b>						
<b>MASTERS:</b>		40-44		45-49		50-54		55-59		60-64		65-69		70-74		75-79		80-84
<b>OPEN: (ALL AGES) 25-29</b>				<b>30-34</b>			<b>LAW / FIRE / MILITARY:</b>					<b>SUB MASTERS: 35-39</b>						

<b>Full power Lifting</b>	
<b>Bench Press Only</b>	
<b>Push/pull</b>	
<b>Strict Curl</b>	
<b>Bench only</b>	
<b>TOTAL AMOUNT ENCLOSED:</b>	\$ _____
<b><u>Weigh-Ins:</u></b> Prescott High School Friday, March 27th; 5 PM-7 PM Saturday March 28 <sup>th</sup> ; 7:30-9:00AM	<b><u>Rules Meeting:</u></b> Technical Meeting: Saturday March 28th 9:15am

**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, 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**, Annapolis Moose Lodge, Jim Roberts 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 100% RAW POWERLIFTING, (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 five years (**June 28, 2003 to June 28, 2008**)

**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 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 **Paul Bossi**, Annapolis Moose Lodge, Jim Roberts and all parties associated with the **2008 100% RAW NATIONAL Championships, Deadlift & Bench Nationals, Strict Curl & Rep Challenge** as a result of testing positive for the utilization of strength-inducing chemicals.

**My entry into the 2008 100% RAW NATIONAL Championships, Deadlift & Bench Nationals, Strict Curl & Rep Challenge 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:

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_

STATE: \_\_\_\_ ZIP: \_\_\_\_\_

Parent/guardian signature (only if participant is under the age of 18):

\_\_\_\_\_ Date: \_\_\_\_\_