

Powerlifting



Federation

Sanction I Event
Louisiana State Bench Press Championships

Meet Director: Ricco Impastato, 3440 Division St., Ste E, Metairie, LA 70002

Host City: Bridge City

Date: Saturday June 23, 2007

Venue: Holy Guardian Angels Youth Center

425 10th St., Bridge City, LA 70094 (corner of Bridge City Ave., & 10th St.)

Time: Saturday Doors open –9 am, Lifting starts at 10 am

Entry Fee for lifters - \$50.00, Spectators \$7.00, Children 12 & under free.

Equipment : All lifters should wear a non-supportive 1 piece lifting suit, similar to a wrestling singlet. Gym shorts & t-shirts may be worn but must not be loose or baggy.
No Bench Press Shirts Allowed.

Weigh-in: Friday June 22, 12-2 pm

Saturday June 23, 9 am

Technical Meeting: Saturday June 23, 9:30 am

Scales: Professional digital scale

Arrivals/Transportation: Ample parking is available in the front lot. For best directions, please go to www.mapquest.com.

Identification: Photo Identification is necessary for security, to verify every lifter's entry information, and to help validate drug testing. Acceptable identification includes driver's license, state ID, school ID, passport. Work ID badges and recreational/social club ID's are not acceptable.

Federation Membership Fee: Current federation membership is required. New applicants should submit a completed membership form along with the event entry form prior to the event. All lifters are asked to produce photo identification and 100% Raw Powerlifting Federation membership cards prior to weigh-ins. If lifters are picking up their membership cards at the event, they should do so before weighing in.

Entry Fee: All fees should be paid by the **Deadline Date June 15, 2007.** \$10.00 late fee will be assessed after this date.

Awards: Sculptured trophies for 1st – 3rd place in each weight class. Outstanding lifter awards in both lightweight division (114 – 165 lbs) and heavyweight division (181 – heavyweight). Based on formula.

Correspondence (email preferred): Correspondence regarding 100% Raw Powerlifting Federation events should be sent to the Meet Director and or President of the Federation.



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Meet Director, Ricco Impastato 985/788-5227 / docricco@hotmail.com

PLEASE PRINT:

NAME: _____ DATE OF BIRTH: ___/___/___ AGE: ___
 SEX: M F
 ADDRESS: _____ CITY: _____
 STATE: ___ ZIP: _____
 DAY PHONE: _____ NIGHT PHONE: _____ E-MAIL: _____
 BODY WEIGHT: _____ lb RAW CARD NUMBER: _____ EXPIRATION: _____

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

NAME: _____ PHONE: _____ EMAIL: _____
 ADDRESS: _____ CITY: _____
 STATE: _____ ZIP: _____

CIRCLE WEIGHT CLASS:													
MEN			114	123	132	148	165	181	198	220	242	275	SHW
T-SHIRT:	S x _____	M x _____	L x _____	XL x _____	2XL x _____	3XL x _____							
Event t-shirts are only \$10 each when ordered along with registration. \$15 otherwise.													
Bench Press Only						\$50							
T-Shirt(s) _____ X						\$10 = _____							
TOTAL AMOUNT ENCLOSED:						\$ _____							
<u>Weigh-Ins:</u> Friday, June 22, 12-2 pm. Impastato Chiropractic Saturday June 23, 9am Holy Guardian Angels Youth Center						<u>Rules Meeting:</u> Technical Meeting: Saturday June 23, 9:30 am						ALL ENTRIES ARE DUE BY June 15, 2007	
						MAKE PAYMENT TO MEET DIRECTOR: Ricco Impastato 3440 Division St., Ste E Metairie, LA 70002							
						<h2 style="margin: 0;">Sanction I Event</h2> <h2 style="margin: 0;">State Records</h2>							

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 of 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**, Ricco Impastato, **Holy Guardian Angels Youth Center**, 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 Releasee'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 23, 2002 to June 23, 2007**)

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 100% RAW Powerlifting Federation, Ricco Impastato, **Holy Guardian Angels Youth Center**, and all parties associated with the **2007 100% RAW LA State Bench Press** as a result of testing positive for the utilization of strength-inducing chemicals.

My entry into the 2007 100% RAW LA State Bench Press Championships 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: _____

Street Address: _____

City, State, Zip Code: _____

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