



## Sanction III Event

# National Bench / Deadlift / Curl Championships

**Meet Director:** Paul Bossi, 139 Marla's Way, Camden, NC 27921 (252) 339-5025  
Jim Roberts (301) 875-2544

**Host City:** Annapolis, MD

**Date:** Saturday June 28, 2008

**Travel/Lodging-** Important information below!

**Time:** Saturday, June 28, 2008: Doors open – 8am, Lifting starts at 9am

**Weigh-in:** Friday June 27 5-8 PM

**Technical Meeting:** Saturday June 28, 2008 @ 8:15am

**Scales:** Professional digital scale

**Arrivals/Transportation:** Ample parking is available in the lot. For best directions, please go to [www.mapquest.com](http://www.mapquest.com) or [www.randmcnally.com](http://www.randmcnally.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 14, 2008**. **No Late entries Allowed.**

**Awards:** Will be supplied by Elizabeth City Trophy, Best lifter awards will also be giving.

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

Attire	4 <sup>th</sup> Lift	Order of Events		Music
Singlet is mandatory.	<b>National &amp; World Record Attempts Only.</b>	1. Weigh-Ins	2. Rules	
		3. Competition	4. Awards	

**Paul Bossi**  
**President**  
**100% Raw Powerlifting Federation**

Ivanko Plates  
Ivanko Bar, Texas Deadlift Bar  
Forza Bench

**World Records**  
**National Records**  
**State Records**

# Country Inn & Suites

2600 Housley Rd  
Annapolis, MD 21401  
410-571-6700

Additional information below

Make sure to mention

Group ID - RAW62708



**Ivanko Weights  
Ivanko Bar  
Texas Deadlift Bar  
Forza Bench**

## NATIONAL DEADLIFT / BENCH PRESS / STRICT CURL / REP CHALLENGE

**Saturday, June 28, 2008  
Annapolis Moose Lodge  
1890 Crownsville Rd  
Annapolis, MD 21401  
\*Do Not Contact the Lodge\***

Meet Director: Paul Bossi 252-339-5025 / [rawlifting@aol.com](mailto:rawlifting@aol.com)

Jim Roberts 301-875-2544 (no calls after 8 PM eastern) [jim@midatlanticpowerlifting.com](mailto:jim@midatlanticpowerlifting.com)

**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: \_\_\_\_\_

<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>CHChal</b>	<b>Rep Challenge</b>					135	185	225	275	315	365	405	455	495	<b>Rep Challenge</b>		

**DIVISIONS (CHECK AS MANY AS YOU WANT TO ENTER): Each Division has all weight classes.**

**YOUTH 11 & UNDER:**  **TEEN:** 12-13  14-15  16-17  18-19  **JUNIOR:** 20-24   
**MASTERS:** 40-44  45-49  50-54  55-59  60-64  65-69  70-74  75-79  80-84   
 **OPEN:** (ALL AGES)  **LAW / FIRE / MILITARY:**  **SUB MASTERS:** 35-39   
 25-29  30-34  (Only as a cross-over from Open)   
**T-SHIRT:** S  x M  x L  x XL  x 2XL  x 3XL  x

Event t-shirts are only \$12 each when ordered along with registration. You can order as many as you like. \$15 at the meet.

<input type="checkbox"/> Team Fee	\$75
<input type="checkbox"/> Bench Press Only	\$75
<input type="checkbox"/> Deadlift Only	\$75
<input type="checkbox"/> Strict Curl	\$50
<input type="checkbox"/> Youth & Teen (Medal Class)	\$40
<input type="checkbox"/> Rep Challenge	\$20
<b>CROSSOVERS: # OF CROSSOVERS</b> _____ X	<b>\$40 =</b> _____
<b>T-Shirt(s)</b> _____ X	<b>\$12 =</b> _____
<b>TOTAL AMOUNT ENCLOSED:</b>	<b>\$</b> _____

**ALL ENTRIES ARE DUE BY  
June 14, 2008**

MAKE PAYMENT TO MEET PROMOTER:  
**Paul Bossi  
139 Marla's Way  
Camden, NC 27821**

**Sanction III Event  
World Records  
National Records**

**Weigh-Ins:**  
Annapolis Moose Lodge  
Friday, June 27; 5 PM-8 PM

**Rules Meeting:**  
Technical Meeting:  
Saturday June 28 8:15am

**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: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City State Zip Code

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

## **Lodging:**

It is important to note that Annapolis is a tourist destination. During the summer months, there is a lot of traffic due to scheduled events at the Naval Academy and other activities. Rooms booked far in advanced. You are **urged to make reservations early if you choose to stay in Annapolis.**

### **Country Inn & Suites**

2600 Housley Rd  
Annapolis, MD 21401  
410-571-6700

Make sure to mention

**Group ID - RAW62708**

[http://www.countryinns.com/annapolismd\\_west](http://www.countryinns.com/annapolismd_west)

A **block of 25** rooms have been reserved for **Friday, June 27**. Each has a king bed and fold out couch. **Rate** for this event will be **\$170.00**. **Each individual** who desires to make reservations to receive this rate must do so by **Tuesday, May 27**.

This hotel is close to the meet site (about 1 ½ mile) and has courtesy shuttle service. The **service is free** for distances **up to 5 miles**. There are some good restaurants within a 5 mile radius of the hotel. **You must plan ahead** as other guests may use the shuttle service too.

The **Country Inn & Suites** would be the **best choice** for those **choosing to fly** in for this event.

### **Sheraton Annapolis Hotel**

173 Jennifer Road  
Annapolis, MD 21401  
410-266-3131

<http://www.starwoodhotels.com/sheraton/property/overview/index.html?propertyID=1266>

This hotel is a bit more costly than the Country Inn & Suites and about 2 miles further away from the meet site. **Rates run about \$189.00**. It is close (walking distance) to shopping and restaurants. The hotel has a **courtesy shuttle service** which is **free up to 5 miles**. **You must plan ahead** as other guests may use the shuttle too.

### **Hotels located in nearby Bowie, MD:**

#### **Hampton Inn**

15202 Major Lansdale Boulevard  
Bowie, MD 20716  
301- 809-1800

<http://www.hamptoninn.com/en/hp/hotels/index.jhtml?ctyhocn=BOWMDHX>

The Hampton Inn is located less than 30 minutes from the meet site. **Rates start at \$135.00**. It is located next to movie theaters, restaurants and shopping. It is just off RT 50 which is the major thoroughfare between Washington, D.C., Annapolis and points on the eastern shore. It is also one exit away from the interchange for RT 301/3 and 50. That is the major thoroughfare between Baltimore, Bowie and points in southern Maryland.

**Quality Inn**

4500 Crain Hwy  
Bowie, MD 20716  
(301) 464-2200

The Quality Inn is located at the interchange of RT's 301/3 & 50. It is also approximately 30 minutes away from the meet site. Like the Hampton Inn, it is near (walking distance) restaurants and shopping. **Room rates start at \$130.00.**

**Transportation:****Baltimore/Washington International-Thurgood Marshall Airport**

<http://www.bwiairport.com/>

BWI is located about 30 minutes north of Annapolis and Bowie.

**Super Shuttle**

Reservations  
1-800-BLUE VAN (258-3826)

Office  
410-859-3427

[http://www.bwiairport.com/ground\\_transportation/supershuttle/](http://www.bwiairport.com/ground_transportation/supershuttle/)

There are links for other modes of transportation from BWI Airport at the above link. The Blue Van is one of a number of shuttles that travelers can choose from that serves BWI Airport. It is perhaps one of the largest and most widely recognized.