

# 100% RAW Powerlifting Federation

[www.rawpowerlifting.com](http://www.rawpowerlifting.com)

2010 Nebraska State Championships

Full Power/Bench/Push Pull

Saturday March 20, 2010

A.V. Sorensen

4808 Cass St.

Omaha, NE 68132

**No Suits, No Shirts, No Wraps & No Drugs! This Is 100% RAW POWERLIFTING!**

QUESTIONS, PLEASE CALL: D.J. Satterfield

Home: 402-592-1243 Work: 402-504-7977

E-mail [djnechair@yahoo.com](mailto:djnechair@yahoo.com)

Richard "Vince" Vincent

Home: 402-339-1284 Cell: 402-214-6359

## PLEASE PRINT:

NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_/\_\_\_/\_\_\_ AGE: \_\_\_ SEX : M F  
ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_ ZIP: \_\_\_\_\_  
DAY PHONE: \_\_\_\_\_ NIGHT \_\_\_\_\_ EMAIL: \_\_\_\_\_  
BODY WEIGHT: \_\_\_\_\_ RAW CARD NUMBER: \_\_\_\_\_ EXPIRATION: \_\_\_\_\_

## ALL LIFTERS MUST HAVE A 100% RAW FEDERATION CARD

May be purchased at meet.

Adults: \$25 High School: \$10

MEET DIVISIONS: Full Power \_\_\_\_\_ Bench Press \_\_\_\_\_ Push-Pull \_\_\_\_\_ Deadlift \_\_\_\_\_

**RANDOM DRUG TESTING WILL BE CONDUCTED** *Non-Supportive Singlet Must Be Worn By All Lifters*

## CIRCLE WEIGHT CLASS:

WOMEN - 66 77 88 97 105 114 123 132 148 165 181 198 198+

MEN - 66 77 88 97 105 114 123 132 148 165 181 198 220 242 275 308 SHW

AGE DIVISIONS (CIRCLE 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 OPEN: (ALL AGES)

SUB MASTERS: 35-39

MASTERS: 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84

## AWARDS: TROPHIES TO ALL COMPETITORS

**BEST LIFTER AWARDS FOR FULL POWER, BENCH ONLY, PUSH/PULL**

ENTRY FEE: \$50 per division = \_\_\_\_\_ MEET T-SHIRT: \$15ea. \_\_\_\_\_ S M L XL XXL XXXL

CROSSOVER: \$30 per crossover = \_\_\_\_\_

TOTAL AMOUNT ENCLOSED: \$ \_\_\_\_\_

**Entry Deadline: Must Be Postmarked By February 20, 2010**

**Weigh-Ins: Saturday March 20, 8am-9am**

**Rules Meeting: 9:15am**

**Lifting Starts: 10:00a.m.**

*Entries are non-refundable*

MAKE CHECKS OR MONEY ORDER PAYABLE TO:

D.J. Satterfield

821 South Washington St.

Papillion, NE 68046

***This meet is limited to 40 lifters only***

**When we reach our limit, all additional entries received will be returned.**

**This meet will fill up quickly, so don't wait for the deadline!!!!**

**STATE AND NATIONAL RECORDS CAN BE SET**

**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, D.J. Satterfield, A.V. Sorensen, 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-inducing chemicals (anabolic steroids, growth hormone, etc.) for the past five years (March 20, 2005 to March 20, 2010)

**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, D.J. Satterfield, A.V. Sorensen and all parties associated with the 2010 "100% RAW" Nebraska State Championships as a result of testing positive for the utilization of strength-inducing chemicals.

**My entry into the 2010 "100% RAW" Nebraska State 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: \_\_\_\_\_

Address: \_\_\_\_\_

Street City State Zip Code

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