



2008 VERMONT POWERLIFTING CAN-AM INTERNATIONAL CHAMPIONSHIPS

Sanctioned By:

100% RAW Powerlifting Federation

Meet Director: Bret Kernoff – Vermont Powerlifting LLC

Where: Sheraton Burlington

Date: Saturday August 16th, 2008

Venue: Sheraton Burlington Hotel – South Burlington, VT

Time: Doors open – 8:00 am to the public, Lifting starts at 9:00 am

2 WORLD Records possible w/ 1 lift

CANADIAN NATIONAL RECORDS

USA NATIONAL RECORDS

Weigh-in: Friday August 15th 6:00 – 7:30 pm.

Rules Meeting: Saturday August 16th - 8:00 am

Equipment: Forza Bench, Ivanko Certified Plates, Bar load projection system, Ivanko certified 20 KG Power Bar and Ivanko Chrome 2.5 KG certified collars!

Arrivals/Transportation/Hotel: Parking at Sheraton Burlington is free. The Sheraton Burlington is the official meet hotel. A block of rooms is reserved under Vermont Powerlifting.

Federation Membership Fee: Current federation membership is required. 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. A table will be set up at registration to sell membership cards at the meet. Lifters wishing to lift for Records in the AAU meet also must be members of the AAU Powerlifting Federation.

Entry Fee: All fees should be paid by July 10th, 2008. \$85 per individual lifter for the Competition and \$35 per Crossover. Dual Sanctioned lifters pay \$100 for the dual sanctioned PUSH-PULL meet and \$35 per crossover. Strict Curl entry fee is \$60 and \$35 per crossover. Late fee after July 10th is \$25.00. Late entries may be rejected if space does not allow.

Awards: Custom awards will be presented in all divisions and weight classes. Master's divisions will be in 5 year increments. Late entries will receive generic medals instead of custom awards.

Contact Information: Bret Kernoff at bret@vermontpowerlifting.com or 802-865-2747.

Attire	4 th Lift	Order of Events	
Singlet is mandatory.	World and National Records at this meet!	1. Weigh-Ins	2. Rules
		3. Powerlifting	4. Awards

CONTACT US AT VERMONTPOWERLIFTING.COM



2008 VERMONT POWERLIFTING CAN-AM INTERNATIONAL CHAMPIONSHIPS

Sheraton Burlington Conference Center

Williston Road, South Burlington, VT
Saturday – August 16th, 2008

Meet Director: Bret Kernoff- bret@vermontpowerlifting.com 802-865-2747 or
Vermontpowerlifting.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: _____

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

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: (25-34 & ALL AGES) **LAW / FIRE / MILITARY:** **SUB MASTERS:** 35-39

Vermont Powerlifting T-Shirts are available with this application for \$15.00 – They will cost \$18 at the meet!

T-SHIRT: S x _____ M x _____ L x _____ XL x _____ 2XL x _____ 3XL x _____

Extra Event t-shirts are only \$15.00 each when ordered along with event registration. You can order as many as you like.

ALL ENTRIES ARE DUE July 10, 2008. ALL LATE ENTRIES SUBJECT TO \$25 LATE FEE

<input type="checkbox"/> Push – Pull 100% RAW only	\$85	Weigh-Ins: Friday 6:00am to 7:30pm at Sheraton Burlington conference Center Rules Meeting: Technical Meeting, 8:00 am Lifting Starts: 9:00 am MAKE CHECK OR MONEY ORDER PAYABLE TO MEET PROMOTER: VT Powerlifting 165 Crescent Road Burlington, VT 05401
<input type="checkbox"/> AAU RAW and 100% RAW Push-Pull	\$100	
<input type="checkbox"/> Strict Curl	\$60	
<input type="checkbox"/> Single Lift Only please circle events <div style="display: flex; justify-content: space-around;"> RAW Bench Only Raw Deadlift Only </div>	\$65 EACH	
CROSSOVERS: # OF CROSSOVERS _____	X \$35 = _____	
T-Shirt(s) _____ x	X \$15.00 = _____	
TOTAL AMOUNT ENCLOSED:	\$ _____	

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 this Powerlifting ("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 AAU, 100% RAW Powerlifting, Vermont Powerlifting LLC, Bret Kernoff, 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 AAU, 100% RAW Powerlifting, Vermont Powerlifting LLC, Bret Kernoff, (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.) and understand I am giving my express consent to drug test me at random. If I refuse the drug test, all lifts from the meet will be disqualified and I will be banned from future AAU Powerlifting events.

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: _____