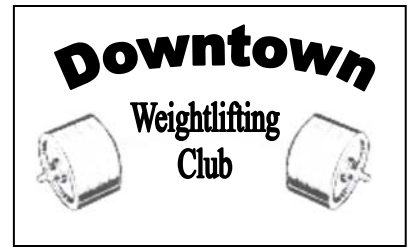




# 36th Annual Power Day



Bench Press, Deadlift & Strict Curl

**BIGLER YMCA**

**61 Walker Rd. Bigler, Pa. 16825**

**Date:** Sunday April 26, 2015

**Weigh-in Schedule:** Saturday, April 25: 5:00-6:30 PM or Sunday April 26: 7:00-8:30 AM

**Technical Meeting:** 8:30 AM on Sunday. Lifting Starts PROMPTLY at 9:15 AM.

Breakfast & Lunch will be served

**Federation Membership Fee:** Current federation membership in *100% RAW* is required. Lifters can purchase one during event registration. Membership fee will be \$30 for adults, and \$15 for athletes 19 & Under and Special Olympians. Membership cards are good for all 100% RAW sanctioned events for one year from date of purchase.

**Drug-Testing:** A minimum of 10% of the event's competitors will be drug-tested. It is important that all athletes take responsibility for what they put into their body. For help/info contact the USOC hotline at 1-800-233-0393 or [www.wada.com](http://www.wada.com).

**Entry Fee:** \$40 for BP or DL age group or open, \$25 for the Strict Curl

**All entry fees are due by Wednesday, April 22**

**Awards:** Top 3 places in all classes, in all divisions, male or female. Outstanding Lifter Awards depending upon turnout.

Attire

-Singlet is mandatory for all lifters

4th Attempts

**National Record Attempts Only**

Order of Events

- |              |          |
|--------------|----------|
| 1. Weigh-Ins | 2. Rules |
| 3. Bench     | 4. Curl  |
| 5. Deadlift  |          |

-Knee-high socks required in the Deadlift.

**Sign and return pages 2 and 3 of this application:**

Mail to: Jay Siegel                      304 Daisy St. Clearfield, Pa. 16830



**MAKE CHECK PAYABLE TO: DWC**                      Contact : [engrave2@verizon.net](mailto:engrave2@verizon.net)

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

*Siegel*   
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**Downtown**  
 Weightlifting Club  

**2015 Power Day**

Sunday April 26, 2015

BIGLER YMCA

61 Walker Rd. Bigler, Pa.

Meet Director: Jay Siegel ([engrave2@verizon.net](mailto:engrave2@verizon.net))

NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_/\_\_\_/\_\_\_ AGE: \_\_\_ SEX: M  F   
 ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ COUNTRY: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 DAY PHONE: \_\_\_\_\_ NIGHT PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

RAW CARD NUMBER: \_\_\_\_\_ EXPIRATION: \_\_\_\_\_

**CIRCLE THE WEIGHT CLASS** (youth classes for state records only – 66, 77, 88, 99)

WOMEN	97	105	114	123	132	148	165	181	198	198+			
MEN	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: <input type="checkbox"/>	TEEN: 12-13 <input type="checkbox"/>	T 14-15 <input type="checkbox"/>	T 16-17 <input type="checkbox"/>	T 18-19 <input type="checkbox"/>	JUNIOR: 20-24 <input type="checkbox"/>	OPEN <input type="checkbox"/>	SUB <input type="checkbox"/>
MASTER 40-44 <input type="checkbox"/>	M 45- 49 <input type="checkbox"/>	M 50-54 <input type="checkbox"/>	M 55-59 <input type="checkbox"/>	M 60-64 <input type="checkbox"/>	M 65-69 <input type="checkbox"/>	M 70-74 <input type="checkbox"/>	M 75-79 <input type="checkbox"/>

<input type="checkbox"/> BENCH PRESS OPEN	\$40
<input type="checkbox"/> DEADLIFT OPEN	\$40
<input type="checkbox"/> BENCH AGE GROUP	\$40
<input type="checkbox"/> DEADLIFT AGE GROUP	\$40
<input type="checkbox"/> STRICT CURL OPEN	\$25
<input type="checkbox"/> STRICT CURL AGE GROUP	\$25
TOTAL AMOUNT ENCLOSED	\$ _____

**SEND PAYMENTS TO:**  
**Jay Siegel**  
**304 Daisy St.**  
**Clearfield, Pa. 16830**

**MAKE CHECK PAYABLE TO**  
**D.W.C.**

**Weigh-Ins:**  
**Bigler Y.M.C.A.**

Saturday 4/25 (5-6:30 pm) for all lifters

Sunday 4/26 (7-8:30 am) for all lifters

**Technical Meeting:**  
**Sunday April 26, 8:30 am**

**Rules:** 100% RAW rules can be found online or by requesting from our main office. Drug testing will be conducted so be sure to take responsibility for what you put into your body. For help/info contact the USOC hotline at 1-800-233-0393 or [www.wada.com](http://www.wada.com).

**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, 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 **100% RAW Powerlifting Federation, Inc., Jay Siegel, Bigler Y.M.C.A.** or 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 FEDERATION, INC., (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 three years (**April 26, 2012 - April 26, 2015**)

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, Inc. **Jay Siegel, Bigler Y.M.C.A.** and all parties associated with the 2015- 100% **POWER DAY** as a result of testing positive for the utilization of strength-inducing chemicals. Should I fail the drug test, I agree to forfeit my award that I may have won. I agree that if I fail the drug test my name will appear on a published list of suspended members. If the drug test to which I submit is positive, then I waive any claim, action or cause for which legal relief is available.

My entry into the 2015 - 100% RAW **POWER DAY** 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 lifetime by the federation.

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 Releasee’s Name Above, I Will Indemnify, Save, And Hold Harmless Each Of The Releasee’s From Any Litigation Expenses, Attorney Fees, Loss Liability, Damage, Or Cost Any May Incur As The Result Of Any Such Claim. I fully authorize my child to be tested for Steroids will during this competition to comply with the WADA drug free guidelines.

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: \_\_\_\_\_

## **Directions to Bigler YMCA Center, 61 Walker Rd. Bigler, PA 16825**

(1) Coming either East or West on I-80, exit at #123 and take PA 970 south about one mile to PA 322. Go east (left) on 322, exactly 2.8 miles to traffic light and make a right turn. Go one block and make another right and proceed about 50 yards to the YMCA on your left.

(2) Coming West on PA 322 travel 7.4 miles from Philipsburg (measured from the Harbor Inn/Sheetz intersection) to the traffic light in Bigler (it's the first light after Philipsburg) and make a left. Go one block as above and make a right to the YMCA.

(3) If driving East on 322 from western Pennsylvania, the Bigler traffic light is about 9 miles past Clearfield. Turn right, as above in (1).

(4) If coming from Virginia, Maryland or south central PA, go through Altoona on I-99 North to and through Tyrone to PA 350 north, to and through Philipsburg and take 322 West as above.

### **AVAILABLE HOTELS** *(Not listed in any specific order)*

Many Hotels are located at Exit #120 and on PA 322 just east of PA879

**Hampton Inn** at I-80 on PA 879, 814-765-8300

**Comfort Inn** at I-80 on PA 879, 814-768-6400

**Budget Inn** on PA 322 just east of PA 879, 814-765-2639

**Holiday Inn Express** at I-80 and PA 879, 814-768-7500

**Rodeway Inn** on PA322 just east of PA879, 814-765-7587

**Super 8 Motel** at I-80 on PA879, 814-768-7580

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