

# 38th Annual Power Day

BENCH • DEADLIFT • STRICT CURL •  
And PA STATE BENCH PRESS CHAMPIONSHIPS!!!

**MEET DIRECTOR:** Jay Siegel [engrave2@verizon.net](mailto:engrave2@verizon.net)

**SCHEDULE:** All events take place at the **BIGLER YMCA 61 Walker Rd. Bigler, PA 16825**

**Friday May 5, 2017** 5:00 PM to 6:30 PM - *Early weigh-ins*

**Saturday May 6, 2017** 7:00 AM to 8:30 AM - *Weigh-ins*

TECHNICAL MEETING: 8:30 AM

LIFTING STARTS PROMPTLY: 9:15 AM

**ENTRY FEE:**

\$40.00 for each **OPEN** BENCH, DEADLIFT and PA STATE BENCH (PA lifters only) contest.

\$40.00 for each **AGE GROUP** BENCH, DEADLIFT and PA STATE BENCH (PA lifters only) contest.

\$30.00 for the **OPEN** STRICT CURL contest.

\$30.00 for the **AGE GROUP** STRICT CURL contest

Make check payable to: DWC  
304 Daisy St.  
Clearfield, Pa 16830

**DEADLINE:** Entries must be recieved no later than May 1, 2017

**ELIGIBILITY:**

Must be a current 100% RAW member to compete. Cards will be available for sale at the meet.

\$30 for Adults and \$15 for athletes 19 & Under and Special Olympians.

*No credit cards accepted at meet site, cash or check only.*

Membership cards are good for all 100% RAW sanctioned events for one year from purchase date.

## RECORDS:

### This is a SANCTION II EVENT

State and National Records can be set

## DRUG TESTING:

For help/info contact the USOC hotline at 1-800-233-0393 or check [www.wada-ama.org](http://www.wada-ama.org) for banned substances list. It is important that all athletes take responsibility for what they put into their body.

*10% of lifters will be drug tested!*

## AWARDS:

Awards for Top 3 in each division.

“Best Lifter” awards as appropriate depending on turnout per division.

## ATTIRE:

**Raw:** Non-supportive one-piece (singlet) lifting suit, 24” wrist wraps (cannot use thumb loop) and a 4” wide powerlifting belt allowed. (No Velcro). Knee high socks must be worn in deadlift.

## FORMAT:

Flight system will be used. Weights will be in kilos. Single platform contest.

Order of events: Bench Press, Strict Curl, Deadlift.

## WEIGHT CLASSES:

**Youth:** 55, 66, 77, 88, 97

**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:

**Open**

**Youth:** 11 & Under

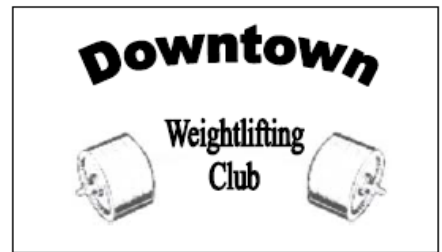
**Teen:** Teen 12-13, Teen 14-15, Teen 16-17, Teen 18-19

**Junior:** 20 - 24

**Submaster:** 35 - 39

**Master:** 40- 44, 45- 49, 50- 54, 55- 59, 60- 64, 65 - 69, 70-74, 75-79...

**\*\*\*Sign and return pages 3 and 4 of this application\*\*\***



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

## 38th Annual Power Day Classic

**BENCH • STRICT CURL • DEADLIFT • PA State Bench Press Championships**

**Saturday May 6, 2017**

**Official Send-in Entry Form** (Please print legibly!)

Name \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_ Male  Female

100% RAW Membership # \_\_\_\_\_ Expiration Date \_\_\_\_\_

*Membership cards available at the meet.*

**Please enter me in the following:** Check all that Apply

- |   |   |
|---|---|
| <input type="checkbox"/> OPEN BENCH (PA and Non-PA residents) \$40        | <input type="checkbox"/> AGE GROUP BENCH (PA and Non-PA residents) \$40   |
| <input type="checkbox"/> OPEN DEADLIFT \$40                               | <input type="checkbox"/> AGE GROUP DEADLIFT \$40                          |
| <input type="checkbox"/> OPEN STRICT CURL \$30                            | <input type="checkbox"/> AGE GROUP STRICT CURL \$30                       |
| <input type="checkbox"/> Pa State BENCH Championships (PA residents) \$40 | <input type="checkbox"/> Pa State BENCH Championships (PA residents) \$40 |

### Circle Weight Class

(Youth classes for state records only: 55, 66, 77, 88, 97)

**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

**Circle the Division(s)** you will be lifting in. Circle all that apply. Each Division has all weight classes.

- **Open**
- **Youth:** 11 & Under
- **Teen:** Teen 12-13   Teen 14-15   Teen 16-17   Teen 18-19
- **Junior:** 20 - 24
- **Submaster:** 35 - 39
- **Master:** 40- 44, 45- 49, 50- 54, 55- 59, 60- 64, 65 - 69, 70-74, 75-79, 80-84, 85-89, 90-94

I've enclosed a total dollar amount of \$\_\_\_\_\_ Payable to **DWC**

#### Send Payments To:

DWC  
304 Daisy St.  
Clearfield, Pa 16830

**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 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 two years (May 6, 2015 - May 6, 2017) 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 2017 - 100% RAW 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 2017 - 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 Release'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 "Releases'" 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 Releases' Name Above, I Will Indemnify, Save, And Hold Harmless Each Of The Releases' 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.

## HOTEL ACCOMMODATIONS: (all within 10 miles of meet site)

**Hampton Inn** 1777 Industrial Park Rd. Clearfield, 814-765-8300

**Comfort Inn** 1821 Industrial Park Rd. Clearfield, 814-768-6400

**Budget Inn** 6321 Clearfield-Woodland Highway, 814-765-2639

**Holiday Inn Express** 1625 Industrial Park Road, Clearfield, 814-768-7500

**Best Western Plus** 14424 Clearfield-Shawville Highway, Clearfield 768-1049

**Rodeway Inn** 6259 Clearfield-Woodland Highway, Clearfield, 814-765-7587

**Super 8 Motel** 14597 Clearfield-Shawville Highway, Clearfield, 814-768-7580

**Harbor Inn** 810 N. Front St., Philipsburg, 814-342-0250

**Note:**

- Industrial Park Road and Clearfield-Shawville Highway (Rt. 879) hotels are all at Exit 120 off of Interstate-80
- Clearfield-Woodland Highway motels are economy motels on Rt. 322, a mile closer than newer I-80 hotels

## FOOD:

**Breakfast & Lunch**  
**will be available for purchase at the event**

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