



**Powerlifting  
Federation**

# **TuffNutt Challenge Full Power Meet Sanction I Event**

**Meet Director:** Charles Johnson, [\(607\)651-7792](tel:6076517792)

**Venue:** East Shore Gym 24/7  
1767 East Shore Dr. Ithaca, NY 14850

**Date:** Saturday, April 8, 2017

**Time:** Doors open – 8:00am, Lifting starts at 10:00am

**Lifting:** Full Power (Bench Press, Deadlift, and/or Squat)

**Weigh-in:** Friday, April 7, 2017 6:00-7:00pm or Saturday, April 8, 2017 8:00-9:00am

**Scales:** Professional digital scale

**Technical Meeting:** Saturday, April 8, 2017 9:00 am

**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.

**Attire:** Singlet

**Awards:** Custom Made 100% RAW American Challenge Medals

**Registration Deadline:** **Saturday, March 18, 2017**



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



# TuffNutt Challenge Full Power Meet

## Sanction I Event

Saturday April 8, 2017  
East Shore Gym 24/7  
1767 East Shore Dr. Ithaca, NY 14850

Meet Director: Charles Johnson [607-651-7792](tel:607-651-7792)

**PLEASE PRINT:**

NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_/\_\_\_/\_\_\_ AGE: \_\_\_ SEX: M / F

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

Body Weight: \_\_\_\_\_ lbs Raw Card Number: \_\_\_\_\_ Exp.: \_\_\_\_\_

Circle Weight Class:

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

Check Division (Crossover Athletes Check Division and Open):

Youth:

11 years old and under

Teen:

- 12-13 years old
- 14-15 years old
- 16-17 years old
- 18-19 years old

Juniors:

20-24 years old

Sub Masters:

35-39 years old

Masters:

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

Open:

All Ages



**Registration and Payment:**

Total

Full Power (\$85) \$ \_\_\_\_\_  
Free Team TuffNuts T-Shirt (Adult Small-4XL) : \_\_\_\_\_

Individual Lifts (\$40 each): \$ \_\_\_\_\_

- Bench Press
- Deadlift
- Squat

Free Team TuffNuts T-Shirt (Adult Small-4XL) : \_\_\_\_\_

Crossover: \$ \_\_\_\_\_

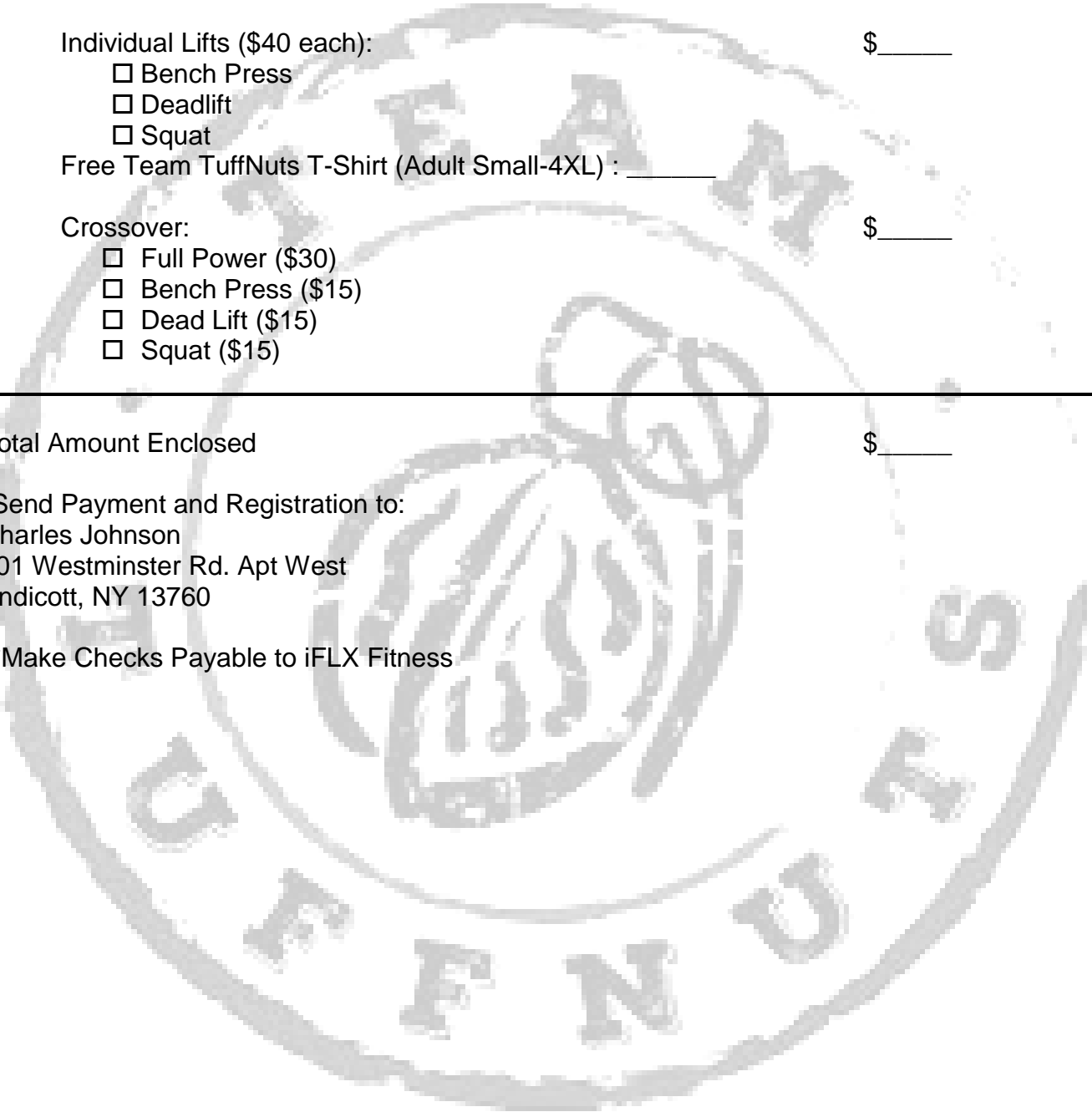
- Full Power (\$30)
- Bench Press (\$15)
- Dead Lift (\$15)
- Squat (\$15)

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Total Amount Enclosed \$ \_\_\_\_\_

\*Send Payment and Registration to:  
Charles Johnson  
901 Westminster Rd. Apt West  
Endicott, NY 13760

\*\*Make Checks Payable to iFLX Fitness





# **ATHLETES MUST COMPLETE AND SIGN THE RAW RELEASE, WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY, AND THE PARENTAL CONSENT 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., Paul Bossi, Charles Johnson, East Shore Gym 24/7** and 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 three years (**April 8, 2014 to April 8, 2017**)

**Inconsideration 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., Paul Bossi, Charles Johnson, East Shore Gym 24/7** and all parties associated with the **Bar Breaking Challenge** as a result for testing positive for banned substances and the utilization of strength-inducing chemicals. I give permission to post my name and make it public if I test positive.

**My entry into the Bar Breaking 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 from the federation for a 2 year term.**

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 Number: \_\_\_\_\_

Signature of Participant: \_\_\_\_\_ 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.

Printed name of Guardian: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Signature of Guardian: \_\_\_\_\_ Date: \_\_\_\_\_