



2017 Ironman Nationals



Bench-Deadlift / Bench / Deadlift / Strict Curl

Venue: Powerhouse Training Facility ** 80 Denslow Rd. Suite 130 - East Longmeadow, MA 01028

Date: Saturday July 29th, 2017

Weigh-ins: Friday, July 28th at 5-7 PM or Saturday morning *by appointment ONLY*. Email PowerhousetrainingLLC@gmail.com to set up a Saturday weigh in no later than July 21st.

Technical Meeting: 8:15 AM on July 29th. Lifting Starts PROMPTLY at 9:00 AM.

Lifting: The Powerlifting, Bench Press, Deadlift & Curl will be done all on the same day.

Bench Rep challenge & Deadlift Challenge Free to all Competitors.

Federation Membership Fee: Current 100% RAW Federation is required. Lifters can purchase ONLINE ONLY (www.rawpowerlifting.com).

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.

Entry Fee: \$70 any competition , \$30 for any crossover event or crossover age group. All entry fees are due by Friday, July 15th.

*******Limited to the first 50 Entries*******

Attire	4 th Lift	Order of Events	
Singlet is mandatory.	National, World	1. Weigh-Ins	2. Rules
	Record Attempts	3. Competition	4. Awards



2017



2017 Ironman Challenge

Saturday July 29, 2017
 Powerhouse Training Facility
 80 Denslow Road, Suite 130 – East Longmeadow, MA 01028
 Meet Director: Jon Davis / PowerhousetrainingLLC@gmail.com

Please Print:

NAME: _____ DATE OF BIRTH: ___/___/___ AGE: ___ SEX: M F
 ADDRESS: _____ CITY: _____ STATE: _____ COUNTRY: _____ ZIP: _____
 DAY PHONE: _____ NIGHT PHONE: _____ EMAIL: _____
 BODY WEIGHT @ weigh in: _____ / _____ kg / lb RAW CARD NUMBER: _____ EXPIRATION: ___/___/___

CIRCLE WEIGHT CLASS (lb):

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	308	

DIVISIONS (CHECK AS MANY AS YOU WANT TO ENTER): Each Division has all weight classes.

Youth 11 and under <input type="checkbox"/>	TEEN: 12-13 <input type="checkbox"/>	14-15 <input type="checkbox"/>	16-17 <input type="checkbox"/>	18-19 <input type="checkbox"/>	JUNIOR: 20-24 <input type="checkbox"/>			
MASTERS: 40-44 <input type="checkbox"/>	45-49 <input type="checkbox"/>	50-54 <input type="checkbox"/>	55-59 <input type="checkbox"/>	60-64 <input type="checkbox"/>	65-69 <input type="checkbox"/>	70-74 <input type="checkbox"/>	75-79 <input type="checkbox"/>	80-84 <input type="checkbox"/>
<input type="checkbox"/> OPEN: (ALL AGES)	<input type="checkbox"/> LAW / FIRE / MILITARY:			<input type="checkbox"/> SUB MASTERS: 35-39				
<input type="checkbox"/> 25-29	<input type="checkbox"/> 30-34	<input type="checkbox"/> (Only as a cross-over Open)						

<input type="checkbox"/> Ironman BP/DL Total – Open	\$70
<input type="checkbox"/> Ironman BP/DL Total - Age	\$70
<input type="checkbox"/> Bench - Open	\$70
<input type="checkbox"/> Bench - Age	\$70
<input type="checkbox"/> Deadlift - Open	\$70
<input type="checkbox"/> Deadlift – Age	\$70
<input type="checkbox"/> Strict Curl – Open	\$70
<input type="checkbox"/> Strict Curl – Age	\$70
<input type="checkbox"/> Crossovers each \$30	\$70
<input type="checkbox"/> CROSSOVERS: # OF CROSSOVERS _____ X	\$30 = _____
TOTAL AMOUNT ENCLOSED:	\$ _____

**ALL ENTRIES ARE DUE BY
July 15th, 2017**

**Send Payment / Checks to:
Powerhouse Training
80 Denslow Road, Suite 130
East Longmeadow, MA 01028**

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.

Early Weigh-Ins:

Friday 7/28/17
 Between 5-7 pm
 Powerhouse Training

Rules Meeting:

Technical Meeting: Saturday,
 7/29/2017 @ 8:15 am

Weighs ins Saturday morning BY
 APPOINTMENT ONLY – scheduled by
 7/21/17

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., Paul Bossi, POWERHOUSE TRAINING** 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 (**JULY 29, 2014 TO JULY 29, 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., Paul Bossi, POWERHOUSE TRAINING** and all parties associated with the **2017 - 100% RAW IRONMAN 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 2017 - 100% RAW IRONMAN 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, notwithstanding, 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.

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: _____

