



106 Eyrie Ln  
Elizabeth City, NC 27909  
[rawlifting@aol.com](mailto:rawlifting@aol.com)  
252-339-5025

## The 2024 American Challenge (National Championship)

On May 17-18<sup>th</sup>, 2024 the 100% RAW Powerlifting Federation will hold our 12<sup>th</sup> American Challenge National Championship.

This meet will take place in many locations across the country over 6 weekends allowing our lifters to compete locally against lifters across the entire country.

Registered lifters will enter and compete in the Full Powerlifting, Bench Press, Deadlift and Strict Curl at a local meet and have their results compared to the other 100% RAW lifters competing that same day.

After our State Chairman forward all results, the unofficial results will be compiled and posted.

When drug testing results are received, the winners will be made official and awarded the title of being the National Champion.

100% RAW Team USA National Championship warm up suits, and Custom-made plaques will be available for all lifters. The plaques will be posted online for you to view as will the jackets for you to view and purchase.

Josten's will be providing National Championship rings for sale for winners in any age group or division.

All lifters will receive 100% RAW Custom medals the day of the competition.

This meet will officially serve as our National Championship meet for 2024.

All Open Winners will automatically be selected for Team USA for the 2024 World Championships.

The last few years this event averaged between 700-750 lifters. We expect this year to be very similar.

If you have ever wanted to lift in a 100% RAW National Championship event but were not able to travel, this is your chance to be a National Champion!

Paul Bossi - President  
100% RAW Powerlifting Federation, Inc.  
[www.RawPowerlifting.com](http://www.RawPowerlifting.com)  
[Rawlifting@aol.com](mailto:Rawlifting@aol.com)  
252-339-5025



Sanction III Event  
**2024 American Challenge  
National Championships**

**Powerlifting / Bench / Deadlift / Strict Curl**

**Meet Director:** Paul Bossi, 106 Eyrie Ln, Elizabeth City, NC 27909 (252) 339-5025

**Venue:** Currituck County High School, 4203 Caratoke Hwy, Barco, NC 27917

**Date:** **Friday May 17<sup>th</sup> Strict Curl** & Saturday May 18<sup>th</sup> (All other lifts).

**Hotel Options:** Elizabeth City, Chesapeake, Kitty Hawk

**Lifting:** **Curl on Friday**, The Powerlifting, Bench Press, Deadlift on Saturday.

**Time:** **Friday May 17<sup>th</sup> Strict Curl 6:00 @ Currituck County High School**  
Saturday May 18<sup>th</sup>: Doors open – 8am, Lifting starts at 9am (All other lifts)

**Weigh-in:** Friday May 17<sup>th</sup> (4PM - 7PM) @ Currituck County High School  
Saturday May 18<sup>th</sup>, (7-8) AM

**Technical Meeting:** Friday at 5:15pm for Curl, Sat at 8:15am all other lifts.

**Scales:** Professional digital scale

**Arrivals/Transportation:** Ample parking is available in the lot.

**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.

**Federation Membership Fee:** Current federation membership is required.

**Entry Fee:** All fees should be paid by the **Deadline Date: May 4, 2024**

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

Attire		Order of Events		Music
Singlet is mandatory.	THIS IS A DRUG FREE EVENT AND DRUG TESTING WILL TAKE PLACE.	1. Weigh-Ins	2. Rules	Yes
		3. Competition	4. Awards	

Ivanko Certified Chrome Plates  
Ivanko Bar, Texas Deadlift Bar  
Legends Fitness Comp Bench  
Strict curl Platform

State Records  
National Records  
World Records



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

## American Challenge 2023

Friday May 17<sup>th</sup> & Saturday May 18<sup>th</sup>  
 Currituck County High School  
 4203 Caratoke Hwy, Barco, NC 27921

Meet Director: Paul Bossi 252-339-5025 / [rawlifting@aol.com](mailto:rawlifting@aol.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:**

<b>WOME</b>	97	105	114	123	132	148	165	181	198	198+						
<b>MEN</b>				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.**

<b>YOUTH 11 &amp; UNDER:</b> <input type="checkbox"/>	<b>TEEN: 12-13</b> <input type="checkbox"/>	14-15 <input type="checkbox"/>	16-17 <input type="checkbox"/>	18-19 <input type="checkbox"/>	<b>JUNIOR: 20-24</b> <input type="checkbox"/>			
<b>MASTERS:</b> 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"/> <b>OPEN: (25-24) &amp; ALL AGES</b>			<input type="checkbox"/> <b>POLICE / FIRE / MILITARY:</b>		<input type="checkbox"/> <b>SUB MASTERS: 35-39</b>			

<b>T-SHIRT:</b>	S <input type="checkbox"/> x _____	M <input type="checkbox"/> x _____	L <input type="checkbox"/> x _____	XL <input type="checkbox"/> x _____	2XL <input type="checkbox"/> x _____	3XL <input type="checkbox"/> \$5 extra	4XL <input type="checkbox"/> \$5 extra
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Event t-shirts are only \$20 each when ordered along with registration. You can order as many as you like.

<input type="checkbox"/> Full Powerlifting	\$80
<input type="checkbox"/> Bench Press Only	\$65
<input type="checkbox"/> Deadlift Only	\$65
<input type="checkbox"/> Strict Curl	\$65
<input type="checkbox"/> Push/Pull (bench/deadlift combo)	\$80
<input type="checkbox"/> Team Fee (15x18 custom plaque)	\$75
<b>CROSSOVERS: # OF CROSSOVERS</b> _____ X	\$35
<b>T-Shirt(s)</b> ___ X \$20 each 3X/4X Add \$5	= \$ _____
<b>TOTAL AMOUNT ENCLOSED:</b>	_____

**ALL ENTRIES ARE DUE BY**  
 May 4, 2024

**Send Payment to:**

**Paul Bossi**  
 106 Eyrie LN  
 Elizabeth City, NC 27909

**Sanction III Event**  
**World Records**  
**National Records**  
**State Records**

**Weigh-Ins:**

**Currituck High School**  
 Friday May 17<sup>th</sup> (4PM - 7PM)  
 Sat May 18<sup>th</sup> (7-8)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)

**Rules Meeting:**

**Technical Meeting:**  
 Friday May 17, 5:15pm **Strict Curl only**  
 Saturday May 18<sup>th</sup>, 8:15am **All other lifts**  
 Lifting Starts at 9:00am

**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, Currituck County Public Schools** 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. I will not warm up without having a proper spotter in the warm up room with me.

**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 (**May 17, 2021 to May18, 2024**)

**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, Currituck County Public Schools** and all parties associated with the **2024- 100% RAW AMERICAN CHALLENGE NATIONAL CHAMPIONSHIPS** 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 2024 - 100% RAW AMERICAN CHALLENGE CHAMPIONSHIPS 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: \_\_\_\_\_