

At this Meet you can
break
World Records
National Records
State Records



Openers given @ weigh in

Squat _____ kg
Bench _____ kg
Deadlift _____ kg
Strict-Curl _____ kg

OFFICIAL
Body Weight _____ KG

2024

OBX Open Powerlifting Championships

Friday October 4, 2024 Strict Curl
Saturday October 5, 2024 Full Power, Bench, Push-Pull, Deadlift

Jarvisburg Church of Christ

121 Forbes Road
Jarvisburg, NC 27947

Meet Director: Gene Berry 252-202-1784 dberry90@live.com

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+	
	6-7 <input type="checkbox"/>		8-9 <input type="checkbox"/>		10-11		12-13		14-15 <input type="checkbox"/>		16-17 <input type="checkbox"/>		18-19 <input type="checkbox"/>		20-24 <input type="checkbox"/>			
	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		75-79 <input type="checkbox"/>			
	<input type="checkbox"/> OPEN: (ALL AGES)						<input type="checkbox"/> LAW / FIRE / MILITARY:						<input type="checkbox"/> SUB MASTERS: 35-39					
	25-29 <input type="checkbox"/>		30-34 <input type="checkbox"/>		(Only as a cross-over Open)													

<input type="checkbox"/> Powerlifting	\$85.00
<input type="checkbox"/> Bench Press	\$70.00
<input type="checkbox"/> Deadlift	\$70.00
<input type="checkbox"/> Strict-Curl	\$70.00
<input type="checkbox"/> Push-Pull (bench/deadlift combo)	\$85.00
<input type="checkbox"/> CROSSOVERS: # OF CROSSOVERS	\$30 = _____

**ALL ENTRIES ARE DUE BY
Tuesday September 24, 2024**

Make Checks or Money order to:

Gene Berry
PO Box 127
Jarvisburg, NC 27947

TOTAL AMOUNT ENCLOSED: \$ _____

Early Weigh-Ins:

Friday October 4, 2024
Between 4:00-6:00 pm

Jarvisburg Church of Christ
121 Forbes Rd -Jarvisburg, NC 27947

Weighs ins between 7:00am - 8:00am
on the morning of event

Full Power
Starts @ 9:00am
Saturday Morning

Strict Curl
Friday 6:30 Starts After
Early Weigh ins

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.

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., Gene Berry, Jarvisburg Church of Christ** 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 three years (October 4, 2021 to October 4, 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. **Gene Berry, Jarvisburg Church of Christ** and all parties associated with the **2024 100% RAW OBX Open Powerlifting Championships** 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 **2024 100% RAW OBX Open Powerlifting 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 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 Releasees Name Above, I Will Indemnify, Save, And Hold Harmless Each Of The Releasees 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: _____



2024 OBX Open

Powerlifting Championships

Powerlifting, Bench Press, Deadlift, Push/Pull & Strict Curl

Jarvisburg Church of Christ

121 Forbes Road
Jarvisburg, NC 27947

Meet Director: Gene Berry, PO Box 127, Jarvisburg, NC 27947
252-202-1784 dberry90@live.com

Date: **Friday October 4, 2024 STRICT CURL** Saturday October 5, 2024 FullPower, Push-Pull, Bench, Deadlift

Venue: **Jarvisburg Church of Christ – Jarvisburg, NC 27947 252-202-1784**

Time: Doors open to public – 8:00 am, - Cost of Admission \$5.00 - kids under 12 free

Weigh-in: Friday, August 2 4:00-6:00 pm - Professional Digital Scale

Saturday, August 3 7:00-8:00 am

Rules Meeting: Saturday, August 3 8:15 am Full Power Lifting Starts at 9:00 am

Strict Curl will take place on Friday Evening October 4 @ 6:30pm After Early Weigh-Ins

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. New applicants should submit a completed membership form online at rawpowerlifting.com before weigh-in. All lifters must produce photo identification and 100% Raw Powerlifting Federation membership cards at weigh-ins

Entry Fee: All fees should be paid by **Tuesday September 24, 2024** **Make Checks or money order to Gene Berry**

Bench Press- \$70, Deadlift- \$70, Strict Curl- \$70, Push/Pull - \$85, Powerlifting -\$85 Age group crossover- \$30.

Awards: Will be supplied by **Elizabeth City Trophy**

Drug Testing: This will be a drug tested event. You are responsible for what you put in your body.

Attire	4 th Lift	Order of Events		Music
Singlet is mandatory. Athletic or cloth-soled shoes only	State, World, National Record attempts	1. Squat	2. Bench Press	No
		3. Deadlift	4. Strict Curl	

Gene Berry
NC State Chairman
100% RAW Powerlifting Federation

Eleiko ER Rack
Kilo Calibrated Weights
Texas Deadlift Bar & Power Bar