



# GREAT LAKES POWERLIFTING CHAMPIONSHIPS

## Sinai Sports

### POWERLIFTING - BENCH - DEADLIFT

**Meet Director:** Diane Lewis [purpleinkgraphics@yahoo.com](mailto:purpleinkgraphics@yahoo.com) or 814-566-2488

**Location:** Sinai Sports, 2311 W. 15th Street, Erie, PA 16505

**Date:** Saturday, May 16, 2026

**Time:** Doors open at 7:45am, First session starts at 9am, 2nd session to be announced by April 27th

We will run 2 sessions, youth, women and lightweight men will be in the first session. Heavyweight classes will lift in the afternoon. All times and scheduled weight classes will be determined by the total lifters entered by April 24th. Emails will be sent out April 27th with details on times for each weight class. Please print legibly to be sure your email gets to you.

**Weigh-In:** Friday, May 15th 5-6pm, Saturday, May 16th 7:45-8:30am

**Technical Meeting:** Saturday - 8:30am

**Entry Forms:** All entry forms should be mailed to PO Box or the emailed listed. **DO NOT** send to venue.

**Spectators:** \$10 (ages 12 and up)

**Arrivals/Transportation:** For best directions, please go to [www.maps.google.com](http://www.maps.google.com)

**Identification:** Photo Identification is necessary for security, to verify every lifters entry information and to help validate drug testing. Acceptable identification includes driver's license, state ID, school ID or passport. Work ID badges and recreational/social club ID's are not acceptable.

**Federation Membership Fee:** Current federation membership is required. New applicants must purchase a membership through the website prior to the event.

**Entry Fee: Limited to 50 Lifters - All fees and completed entries Must be received by April 24, 2026**  
\$95 for Powerlifting, \$65 for Bench or Deadlift, \$40 per Crossover. **No refunds or transfers.**

**Awards:** Top 4 places in the Open Powerlifting event, top 3 places in all other events  
Outstanding Lifter awards based on turnout.

Attire	4th Lift	Order of Events	
Singlet is mandatory Athletic shoes only T-shirt (no profanity or XXX) Deadlifters must have knee socks	National and World Record attempts only	1. Squat	2. Bench Press
		3. Deadlift	4. Awards



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**PLEASE PRINT:**

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

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

BODY WEIGHT: \_\_\_\_\_ lb (Please print clearly - email will be sent 2 weeks before meet)

TEAM/GYM: \_\_\_\_\_ **RAW CARD NUMBER:** \_\_\_\_\_ EXPIRATION DATE: \_\_\_\_\_

<b>CIRCLE WEIGHT CLASS:</b>																	
<b>WOMEN</b>	77	97	105	114	123	132	148	165	181	198	198+						
<b>MEN</b>	97	105	114	123	132	148	165	181	198	220	242	275	308	SHW			
<b>DIVISIONS (CHECK AS MANY AS YOU WOULD LIKE TO ENTER): Each Division has all weight classes</b>																	
<b>YOUTH 11 &amp; UNDER:</b> <input type="checkbox"/>		<b>TEEN:</b> 12-13 <input type="checkbox"/>		14-15 <input type="checkbox"/>		16-17 <input type="checkbox"/>		18-19 <input type="checkbox"/>		<b>JUNIOR:</b> 20-24 <input type="checkbox"/>		<b>SUB MASTERS:</b> 35-39 <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+ <input type="checkbox"/>	
<b>OPEN: (ALL AGES)</b> <input type="checkbox"/>				<b>POLICE/FIRE/MILITARY:</b> <input type="checkbox"/>				<b>SPECIAL OLYMPICS</b> <input type="checkbox"/>									
<b>ALL ENTRIES ARE DUE NO LATER THAN APRIL 24, 2026</b>									<b>NO REFUNDS OR TRANSFERS</b>								
<b>EMAIL WILL BE SENT APRIL 27TH ON DETAILS FOR EACH SESSION</b>																	
<b>T-SHIRTS:</b>		S x _____		M x _____		L x _____		XL x _____		2XL x _____		3XL x _____					
EVENT T-SHIRTS ARE ONLY \$15 EACH WHEN ORDERED ALONG WITH REGISTRATION. YOU CAN ORDER AS MANY AS YOU LIKE.																	
<input type="checkbox"/> <b>Powerlifting</b>								<b>Weigh-Ins:</b> Friday, May 15th 5-6pm Saturday, May 16th 7:45-8:15am @Venue: Sinai Sports									
<input type="checkbox"/> <b>Bench Press Only</b>								<b>Visit Great Lakes Powerlifting Championships Facebook page for Meet information and updates</b>									
<input type="checkbox"/> <b>Deadlift Only</b>																	
<input type="checkbox"/> <b>Crossovers:</b> # Of Crossovers _____																	
<input type="checkbox"/> <b>T-Shirt(s)</b> _____ \$15 each								<b>MAKE CHECK OR MONEY ORDER PAYABLE TO MEET DIRECTOR - SEND TO ADDRESS BELOW:</b>									
<input type="checkbox"/> <b>Team Entry (Roster of 10)</b>																	
<b>TOTAL AMOUNT ENCLOSED:</b>								<b>Diane Lewis</b> <b>PO Box 15, Waterford, Pa 16441</b>									
<b>RULES:</b>								<b>Payment can be made to Venmo @Diane-Lewis-194</b> <b>Email entries to: purpleinkgraphics@yahoo.com</b>									
100% RAW rules can be found online -www.rawpowerlifting.com 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, Paul Bossi, Diane Lewis, or any 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 the 100% RAW, (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.

**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 also understand that 100% RAW Powerlifting Federation, Inc. reserves the right to publish drug-testing results (passes and failures).**

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 **Diane Lewis or Sinai Sports** and all parties associated with the **"Great Lakes Powerlifting Championship Meet "** 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 "Great Lakes Powerlifting Championships Meet" 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 a period to be fixed by the meet director(s).**

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.

Printed name of Parent or Guardian \_\_\_\_\_ Phone: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ zip \_\_\_\_\_

Parent/guardian signature (only if participant is under the age of 18): \_\_\_\_\_ Date: \_\_\_\_\_