

**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**

Weigh In  
Body Weight \_\_\_\_\_ KG

Equipment Check @ Weigh In

# Southern Open Powerlifting Championships

Saturday August 8, 2026

*Full Power, Bench, Push-Pull, Deadlift, Strict Curl*

## Jarvisburg Church of Christ

121 Forbes Road  
Jarvisburg, NC 27947

**Meet Director: Gene Berry**    252-202-1784    [dberry90@live.com](mailto: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 = _____							
TOTAL AMOUNT ENCLOSED:										\$ _____							

**ALL ENTRIES ARE DUE BY  
Wednesday July 29, 2026**

**Make Checks or Money order to:**  
**Gene Berry**  
**PO Box 127**  
**Jarvisburg, NC 27947**

**Early Weigh-Ins:**  
Friday August 7, 2026  
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

**Strict Curl**  
Starts @ 9:00am  
Saturday Morning

**Full Power**  
Starts After Curl  
Saturday Morning

**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 Releasee'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 (**August 8, 2023 to August 8, 2026**)

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 **2026 100% RAW Southern 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 **2026 100% RAW Southern 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: \_\_\_\_\_



# 2026 Southern 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](mailto:dberry90@live.com)

**Date:** Saturday August 8, 2026 **Strict Curl, Full Power, 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 7 4:00-6:00 pm - Professional Digital Scale  
Saturday, August 8 7:00-8:00 am

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

**Strict Curl will start at 9:00am Saturday Full Power will start right after Curl**

**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](http://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 Wednesday **July 29 2026** **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**

**Lunch:** Included with entry **Catered by Wise Guys Pies, Grandy, NC**

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

Attire	4 <sup>th</sup> 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

**Gopher Curl Bar**  
Kilo Calibrated Weights  
Texas Deadlift Bar & Power Bar