

Official use only:

Weight: _____

Squat: _____

Bench: _____

Deadlift: _____



Powerlifting Federation

www.rawpowerlifting.com

100% RAW Florida Heat Championships

Powerlifting, Bench Press, Deadlift, Push/Pull, Strict curl
August 22, 2026

Debs Gym

1128 East Main St.
Lakeland, FL 33801

Meet Directors: Reno Birt (678) 967-1443 / 1mason4u@gmail.com

NAME: _____ DATE OF BIRTH: ____/____/____ AGE: ____ SEX: M ☐ F ☐

ADDRESS: _____ CITY: _____ STATE: ____ ZIP: _____

DAY PHONE: _____ NIGHT PHONE: _____ EMAIL: _____

BODY WEIGHT: _____ lb RAW CARD NUMBER: _____ EXPIRATION: _____

WEIGHT CLASSES: Please circle which you will compete in:

Women: 88 – 97 – 105 – 114 – 123 – 132 – 148 – 165 – 181 – 198 – 198+

Men: 105 – 114 – 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.									
YOUTH: ☐ 11 & under		TEEN: 12-13 ☐		14-15 ☐	16-17 ☐	18-19 ☐	JUNIOR: 20-24 ☐		
MASTER	40-44 ☐	45-49 ☐	50-54 ☐	55-59 ☐	60-64 ☐	65-69 ☐	70-74 ☐	75-79 ☐	80-84 ☐
OPEN: (ALL AGES) ☐			LAW / FIRE / MILITARY: ☐			SUB MASTERS: 35-39 ☐			
☐ (25-29) ☐ (30-34) These age groups are for cross over only purposes for state records only.									
T-Shirts	S ☐ x _____	M ☐ x _____	L ☐ x _____	XL ☐ x _____	2XL ☐ x _____	3XL ☐ x _____			
Event T-shirts are only \$15 each when ordered along with event registration. You can order as many as you like.									
☐ Powerlifting				\$65					
☐ Bench Press				\$50					
☐ Deadlift				\$50					
☐ Push/Pull				\$60					
☐ Strict Curl				\$50					
CROSSOVERS: # OF CROSSOVERS _____				X \$25 =					

TOTAL AMOUNT ENCLOSED: _____

Special discounted membership for all new lifters. Reach out to Reno Birt for a 1-time special ½ price membership fee code. This is for 1st time only lifters.

**Weigh-Ins: Aug 21st Friday 9-11am
Friday 3-5pm
Aug 22nd Saturday 7:30-8:15am**
@ Venue: **Debs Gym**
Rules Meeting:
Saturday: 8:15 am
Lifting Saturday: 9:00am

MAKE CHECK OR MONEY ORDER
PAYABLE TO MEET PROMOTER:

**Reno Birt
1860 Kinsman Way
Lakeland, FL 33809**

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 which includes contracting COVID-19** THAT 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, Reno Birt, Debs Gym** 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 the 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 (**August 22, 2023 – August 22, 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 thereto. I agree to have my name published on the 100% RAW Powerlifting website with the results of my drug test.

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 **Paul Bossi, Reno Birt, Debs Gym**, and all parties associated with the **2026 100% RAW Powerlifting Federation, Inc. Florida Heat Championships** as a result of testing positive for the utilization of strength-inducing chemicals.

My entry into the **2026 100% RAW Powerlifting Federation, Inc. Florida Heat 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 a period to be fixed by the Drug Testing Chairman and Board of Directors(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. I UNDERSTAND THERE ARE NO REFUNDS IF I CANNOT MAKE THIS COMPETITION FOR ANY REASON.

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: _____

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