

100%
RAW

U.S. COAST GUARD — POWERLIFTING CHALLENGE —

POWERLIFTING & SINGLE LIFTS CHAMPIONSHIPS

BENCH PRESS ★ DEADLIFT ★ SQUAT



DATE

NOVEMBER 06
2026



TIME

0900



PLACE

U.S. COAST GUARD
BASE ELIZABETH CITY
GYM / AEROBICS CENTER
(BUILDING 5)



MEET DIRECTORS

KRYSTAL BROWN
Krystalize@email.com

PAUL BOSSI
rawlifting@aol.com



ELIGIBILITY

OPEN TO ALL
COAST GUARD LIFTERS
ALL AGE AND
WEIGHT CLASSES



ENTRY FORMS AND RULES

Visit: WWW.RAWPOWERLIFTING.COM

STRENGTH ★ HONOR ★ SEMPER PARATUS

US Coast Guard - MWR Powerlifting Challenge

November 6, 2026

Elizabeth City Coast Guard

1664 Weeksville Rd
Elizabeth City, NC 27909



Powerlifting, Bench Press, Deadlift, Push/Pull

Meet Directors: Paul Bossi (252) 339-5025
Krystal Brown (202) 210-7091

Date: Friday November 6, 2026

Venue: **MWR GYM**, 1664 Weeksville Rd, Elizabeth City, NC

Time: Doors open – 7:30am, Lifting starts at 9am

Weigh-in: Thursday November 5th 12:00 to 4:00pm

Friday November 6th 7:30am

Technical Meeting: Friday November 6th 8:15am

Scales: Professional digital scale

Arrivals/Transportation: Please arrive by 8:00 a.m. Ample parking is available in the side lot.
For best directions, please go to www.maps.com.

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: **All lifters in this event will receive a link for a free 1-year membership card value \$60, prior to the event that will need to be filled out.** Current federation membership is required. All lifters must produce photo identification and 100% Raw Powerlifting Federation membership cards prior to weigh-ins.

Entry Fee: All fees should be paid by Wednesday September 30, 2026

\$50 FEE for this event for the Military Division, \$25 per Crossover if you want to also enter the Open class or age group class. Records are posted on our website for all age groups. Open to the first 50 lifters to sign up.

Custom 4" Medals made for this event.

Correspondence (email preferred): Questions regarding 100% Raw Powerlifting Federation events should be sent to the Meet Director and or President of the Federation.

Attire	4 th Lift	Order of Events		Music
Singlet is mandatory. Athletic shoes only	State, National & World Record attempts only.	1. Squat	2. Bench Press	yes
		3. Deadlift		

100% RAW Powerlifting Federation
Paul Bossi - President

Eleiko Combo Rack
Rogue Calibrated Weights
Texas Deadlift Bars & Power Bars

Official use only:
Weight: _____
Squat: _____
Bench: _____
Deadlift: _____
Strict Curl: _____



Powerlifting Federation

www.rawpowerlifting.com

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CO-Meet Directors: Paul Bossi (252) 339-5025 / rawlifting@aol.com

Krystal Brown (202) 210-7091 krystalmuscle@gmail.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: _____

WEIGHT CLASSES: Please circle which you will compete in:

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

Men: 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.									
MASTER	40-44 ☐	45-49 ☐	50-54 ☐	55-59 ☐	60-64 ☐	65-69 ☐	70-74 ☐	75-79 ☐	
JUNIOR: 20-24 ☐	Open: 25-34 ☐		MILITARY: ☐		SUB MASTERS: 35-39 ☐				
☐ (25-29) ☐ (30-34) These age groups are for cross over only purposes for state records only.									
ALL ENTRIES ARE DUE September 30th, 2026. ** No refunds**									
☐ Powerlifting				\$50	Weigh-Ins: Nov 5th Thursday 12-4pm Nov 6th Friday 7:30am @ Venue: MWR GYM				
☐ Bench Press				\$50					
☐ Deadlift				\$50					
☐ Push/Pull				\$50					
CROSSOVERS: # OF CROSSOVERS _____				X \$25 = _____		Rules Meeting: Friday: 8:15am Lifting Starts 9:00am			

TOTAL AMOUNT ENCLOSED:

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.

MAKE CHECK OR MONEY ORDER
PAYABLE TO MEET PROMOTER:

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

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, Krystal Brown, US Coast Guard MWR**, 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 (**November 6, 2023 – November 6, 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, Krystal Brown, and all parties associated with the **2026 100% RAW Powerlifting Federation, Inc. US Coast Guard MWR Challenge** as a result of testing positive for the utilization of strength-inducing chemicals.

My entry into the **2026 100% RAW Powerlifting Federation, Inc. US Coast Guard MWR Challenge** 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 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: _____