



# Sanction II Event 100% RAW Beasty Bash 2018



[www.rawpowerlifting.com](http://www.rawpowerlifting.com)

## Full Power, Push/Pull, Single Lift, Strict Curl

**Meet Director:** Suzanne LaForge, Fitness CF Gym, 18840 Highway 441, Mount Dora, FL 32757  
Feel free to text any questions (352) 459-8902

**Head Judge:** Bill Beekley, Tampa Bay

**Venue:** Fitness CF Gym  
18840 Highway 441  
Mount Dora, FL 32757

**SORRY, no kids under 12 inside the gym!**

**Date:** Saturday, December 29, 2018

**Entry Deadline:** December 15, 2018

**Limit of 40 lifters. The roster will be emailed to all immediately after the entry deadline.**  
Watch email for updates leading up to the meet.

**Lifting: Strict Curl, Full Power** - squat, bench press, and deadlift, **Push/Pull** - bench press and deadlift, and **single lift** bench press or dead lift.

**Time:** Lifting starts at 8:00 am (Strict Curl) and 10:00 am (Powerlifting)

**Weigh-in:** Friday 7 - 8:00 p.m., Saturday 7 - 7:30 a.m. CURLERS only, 8-8:45 Powerlifters

**Technical Meeting:** Strict Curl: 7:30. Powerlifting: 10:00 a.m.

**Meet Gear:** Professional digital scale, Ivanko plates, Texas deadlift bar

**Arrivals/Transportation:** Ample parking is available at the convention center. For best directions, [www.google.com](http://www.google.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 and recreational/social club ID's are not acceptable.

**Federation Membership Fee:** Current federation membership is required. Present your I.D. card at weigh-in. If needed, join online: [rawpowerlifting.com](http://rawpowerlifting.com)

**Entry Fee:** All fees - federation membership and meet entry - should be paid by the **deadline date: December 15, 2018**

**Awards:** Medals for 1st-3rd place per age group/weight class division, Male & Female Best lifter trophy by Wilks score, depending on division participation

**Order of Events** 1. Weigh-Ins 2. Rules 3. Competition 4. Awards

**Attire** Required: Singlet, Socks up to the knee cap for deadlifters.  
Allowed: Belt, knee sleeves (no wraps), wrist wraps (see rules online for more details)





# Beasty Bash 2018

## Full Power, Push/Pull Single Lift, Strict Curl

Saturday December 29, 2018  
Fitness CF Gym, Mount Dora, Florida



[www.rawpowerlifting.com](http://www.rawpowerlifting.com)

Meet Director: Suzanne LaForge 352-459-8902 / [suzannelaforge2014@gmail.com](mailto:suzannelaforge2014@gmail.com)

Lifting in which federation (check one): 100% RAW \_\_\_\_\_ StrongLife (RAW United) \_\_\_\_\_  
**PLEASE PRINT:**

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

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

DAY PHONE: \_\_\_\_\_ NIGHT PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

BODY WEIGHT: \_\_\_\_\_ lb 100% RAW CARD NUMBER: \_\_\_\_\_ EXPIRATION: \_\_\_\_\_ (Join online.)

### DIVISIONS

Check as many as you want to enter more than 1 are cross-overs.  
Each division has all weight classes.

STANDARD  POLICE/FIRE/MILITARY  HANDICAPPED

### WEIGHT CLASS (lbs) - Circle yours

WOMEN	97	105	114	123	132	148	165	181	198	198+				
MEN	97	105	114	123	132	148	165	181	198	220	242	275	308	SHW

### AGE GROUP - Check yours.

YOUTH 11 & UNDER	<input type="checkbox"/>	TEEN: 12-13	<input type="checkbox"/>	14-15	<input type="checkbox"/>	16-17	<input type="checkbox"/>	18-19	<input type="checkbox"/>	JUNIOR: 20-24	<input type="checkbox"/>	
OPEN: (25-34) & ALL AGES	<input type="checkbox"/>	SUB MASTERS 35-39	<input type="checkbox"/>	MASTERS:			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"/>		<input type="checkbox"/>	

T-SHIRT Size SM  MED  LG  XL  2XL  3XL

### MEET FEES

T-SHIRT(S) \_\_\_\_\_ # x \$20 \_\_\_\_\_

EVENT ENTERED: \_\_\_\_\_

<input type="checkbox"/> FULL POWERLIFTING, or	\$60	
<input type="checkbox"/> PUSH/PULL		
<input type="checkbox"/> SINGLE LIFT - Bench or Deadlift	\$40	BP or DL
<input type="checkbox"/> STRICT CURL	\$40	

CROSS-OVERS: # OF CROSS-OVERS X \$20 \_\_\_\_\_  
e.g. age group plus open = 1 cross-over

TOTAL AMOUNT ENCLOSED: \_\_\_\_\_

Make checks payable and send entries to:

Suzanne LaForge  
Fitness CF Mount Dora Gym  
18840 U.S. Highway 441  
Mount Dora, FL 32757

ENTRY DEADLINE: Dec. 15!

State and USA National records are up for grabs at this meet. Find current records at [rawpowerlifting.com](http://rawpowerlifting.com).

### Weigh In:

Friday - 7 - 8 p.m.

Saturday 7 - 7:45 a.m.

**Rules:** 100% RAW lifters: 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](http://www.wada.com)

### Rules Meeting:

Technical Meeting:

Saturday

Strict Curl 8:00 a.m.

Power lifts 10:00 a.m.

**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., Paul Bossi, Suzanne LaForge, Fitness CF Mount Dora 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 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. I will not warm up without having a proper spotter in the warm up room with me.

**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 (**June 28, 2015 to June 29, 2018**)

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., Paul Bossi, Suzanne LaForge**, and all parties associated as a result for testing positive for banned substances and the utilization of strength-inducing chemicals. I give permission to post my name and make it public if I test positive.

**My entry into the 100% RAW Beastly Bash 2018 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 from the federation for a 2 year term.**

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 release'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 "releases" 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 releases name above, i will indemnify, save, and hold harmless each of the releases 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: \_\_\_\_\_  
Street City State Zip Code

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