



# ***Beast of the Bench!***

## ***Bench Press Only Contest***

**Sanctioned by R.A.W. UNITED Powerlifting Federation**

Meet Directors:

**Mitch Thornton \* [dfitptc@gmail.com](mailto:dfitptc@gmail.com) \* (208)750-8676**

**Daniel Gonzalez \* [danielgonzalez84@icloud.com](mailto:danielgonzalez84@icloud.com) \* (208)553-3371**

**VENUE:**

**Cross Fit Rove \* 1026 Bryden Ave \* Lewiston, Idaho**

**SCHEDULE OF EVENTS:**

***Friday, December 11, 2020***

Early Weigh-Ins & Registration \* 4:00 pm to 6:00 pm

***Saturday, December 12th 2020***

Contest Weigh-In & Registration \* 8:00 to 9:00 am

Rules Clinic \* 9:00 to 9:15 am

Warm-Ups, first flight \* 9:15 am to 10:00 am

Contest Starts \* 10:00 am

**ORDER OF LIFTING:**

Order of lifting will be determined after registration according to weight class, number of participants, and 1<sup>st</sup> attempt.

### MEET ATTIRE & RULES:

One piece lifting suit (wrestling singlet or non-supportive powerlifting singlet) **is recommended**. 4" Belt and wrist wraps allowed. Rules will be discussed along with proper lifting demonstrations at the rule's clinic. Please review R.A.W. United rules at [www.StrongLife610.net](http://www.StrongLife610.net)

### 2020 R.A.W. UNITED MEMBERSHIP:

*ALL LIFTERS* must present their 2020 R.A.W. UNITED Membership Card or bring \$**10.00** to weigh-ins to purchase a current 2020 membership.

### AGE GROUPS:

Youth: 13 & Under \* Teenage: 14-15, 16-17, 18-19 \* Open: All Ages, \* Master: 40-44, 45-49, 50-54, 55-59, etc. (4-year increments)

### WEIGHT CLASSES:

Women: 66, 77, 88 (Youth Only) 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+

Men: 66, 77, 88 (Youth Only) 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+

### RAW ONLY ATTIRE:

A one-piece wrestling/powerlifting singlet is required to set records. T-Shirt tucked into shorts will be allowed for new lifters. Contestants can utilize a 4" leather belt and wrist wraps.

### EARLY REGISTRATION DEADLINE:

Early Registration: Completed entry forms and fees must be received (not postmarked) no later than, **November 14<sup>th</sup> 2020** to receive meet t-shirt. You may register at weigh in, but are not guaranteed at meet shirt.

### ENTRY FEES:

Lifters in all classes and age groups (includes meet shirt for early registrants) \$25.00

**First Responders:** Active Duty Military or Reserve, Police, Fire, EMT, Nurses & Doctors (includes meet shirt for early registrants) \$15.00 **Thank You For Your Service!**

### PAYABLE TO:

Please make checks payable to Agape Harvest Northwest – Dfitptc

### MAIL TO:

Please mail completed entry forms and payment to:

**Agape Harvest Northwest – Dfitptc**

724 Preston Avenue \* Lewiston, Idaho 83501

# **BEAST OF THE BENCH**

**Sanctioned by R.A.W UNITED Powerlifting Federation**

## **Official Entry**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip Code: \_\_\_\_\_

E-Mail address: \_\_\_\_\_ Phone: \_\_\_\_\_

Age: \_\_\_\_\_ Weight: \_\_\_\_\_ (Circle One) Male Female

CIRCLE ONE:

First Responder: Military Law Enforcement Fire Fighter/ EMT Nurse/Physician (Agency) \_\_\_\_\_

Shirt Size: Youth Medium Youth Large  
Adult Medium Adult Large Adult XL Adult XXL

Please Note:

ALL lifters will automatically be "crossed over" to all eligible age groups for record purposes. In other words, a 15-year-old lifter will be entered in both the Teenage Division (14-15) and the Open Division. Likewise, a 51-year-old lifter will be entered in both the Masters Division (50-54) and the Open Division.

**ATHLETES MUST COMPLETE AND SIGN THE R.A.W. UNITED RELEASE, WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY, AND THE PARENTAL CONSENT AGREEMENT (MINORS RELEASE).**

In consideration of being permitted to participate in a powerlifting event or activity, I, my personal representative, assigned heirs, and next of kin: 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. I 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 "RELEASES" NAMED BELOW; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time. 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. I HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO any and all contest staff members, 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 R.A.W. United Meet Director (each considered one of the "RELEASES: herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMEAGES OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATION, NEGLIGENT SECURITY, TRAVE, AND RECREATIONAL OPERATIONS AND ACTIVITIES; AND I FURTHER AGREE that if, despite this RELEASE AND WAVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf makes a claim against any or all of the Releases, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASES from any litigation expense, attorney fees, liability, damage, or cost which may incur as a result of such claim.

Printed name of participant: \_\_\_\_\_

Participants Signature: \_\_\_\_\_

Date: \_\_\_\_\_

- Minors Release/ Parental Consent on back -

**MINORS RELEASE / PARENTAL CONSENT:**

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTANDING THE NAURE 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, AND COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASES FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT 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 NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS, LIABILITY, DAMAGE, OR ANY COST THAT MAY INCUR AS A RESULT OF ANY SUCH CLAIM.

Printed name of Parent/Guardian: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

*Mail Completed Entry Form and Fees (payable to **Agape Harvest Northwest – Dfitptc**) to:*

*Agape Harvest Northwest -Dfitptc*

*724 Preston Avenue*

*Lewiston, Idaho 83501*

*First Responder fee: \$15.00 (includes shirt for early registrants)*

*All other classes fee : \$25.00 (includes shirt for early registrants)*

Further information please contact:

***Mitch Thornton \* Dfitptc@gmail.com \* (208) 750-8676***

***Daniel Gonzalez \* danielgonzalez84@icloud.com \* (208)553-3371***

