



2010 RAW National Powerlifting Championship
and
International RAW Bench, Deadlift & Push-Pull Championship
April 24th & 25th 2010

Location: Bay State Athletic Club *New Venue
28 New Driftway
Scituate, MA

Hosted by: BIG IRON Fitness & Rehab LLC

Meet Director: Dave Mansfield (781-294-4201)
BIGIRONPowerlifting@comcast.net

Schedule: All Women, Special Athletes, Teens up to 19 years & Men up to and including 181 weight class will lift on Saturday, April 24th
All Men 198 weight class and up will lift on Sunday, April 25th

Divisions: All male and female weight and age classes.
Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+
Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 220+

Membership: All participants must be members of the AAU.
AAU athlete membership is \$32.

Entry Fee: \$75 per athlete & \$40.00 for cross-overs.
\$25 Late fee for all applications post-marked April 11, 2010

- This event is sanctioned by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect.
- Participants are encouraged to visit the AAU web site <http://www.aausports.org> to obtain their membership.

REGISTRATION:

Please Print:

NAME _____ AGE _____ WGT CLASS _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
PHONE (DAY) _____ (EVENING) _____
AAU # _____ TEAM (If applicable) _____
E-MAIL _____

I understand and will abide by all A.A.U. Powerlifting rules and regulations waive and release the A.A.U., the promoter and all parties involved with the meet from any legal action that may be taken as a result of participation in this event. I realize Powerlifting competitions are potentially dangerous and physically demanding and I do so at my own risk.

SIGNATURE OF ATHLETE _____ DATE _____

SIGNATURE OF PARENT OR GUARDIAN _____ IF UNDER 18

CIRCLE WEIGHT CLASS: (all lifters must circle one) *Kilograms/Pounds*

FEMALE:	30/66	35/77	40/88	44/97	48/105	52/114	56/123	60/132	67/148	75/165	82/181
	90/198	100/220	100+/220+								
MALE:	30/66	35/77	40/88	44/97	48/105	52/114	56/123	60/132	67/148	75/165	82/181
	90/198	100/220	110/242	125/275	140/308	140+/308+					

All lifters must register in one of the two Meets and check one Division in that meet. Then, you may “Crossover” to the other Meets and/or Division(s). Please check the box next to each Division(s) you wish to compete in. Remember, the first Division will cost \$75.00. All “Crossovers” will cost \$40.00 each. Team entries will require a separate application and cost \$75 per division entered.

Check the box to the left of each appropriate Division listed below.

RAW NATIONAL POWERLIFTING CHAMPIONSHIPS:

Check the box to the left of each Division you wish to compete in:

- SPECIAL ATHLETE
- YOUTH (UP TO 11 YEARS OLD)
- TEEN (12 – 19) TEEN LAW/ FIRE/ MILITARY
- JUNIOR (20-23) JUNIOR LAW/ FIRE/ MILITARY
- OPEN (ANY AGE) OPEN LAW/FIRE/ MILITARY
- SUB-MASTER (35-39) SUB-MASTER LAW/ FIRE/ MILITARY
- MASTER (40 AND OVER) MASTER LIFETIME MASTER LAW/FIRE/ MILITARY

Check the box to the left of each appropriate Division listed below.

INTERNATIONAL RAW BENCH PRESS CHAMPIONSHIP:

Check the box to the left of each Division you wish to compete in:

- SPECIAL ATHLETE
- YOUTH (UP TO 11 YEARS OLD)
- TEEN (12 – 19) TEEN LAW/FIRE/MILITARY
- JUNIOR (20-23) JUNIOR LAW/FIRE/MILITARY
- OPEN (ANY AGE) OPEN LAW/FIRE/ MILITARY
- SUB-MASTER (35-39) SUB-MASTER LAW/FIRE/MILITARY
- MASTER (40 AND OVER) MASTER LIFETIME MASTER LAW/FIRE/MILITARY

Check the box to the left of each appropriate Division listed below.

INTERNATIONAL RAW DEADLIFT CHAMPIONSHIP:

Check the box to the left of each Division you wish to compete in:

- SPECIAL ATHLETE
 YOUTH (UP TO 11 YEARS OLD)
 TEEN (12 – 19) TEEN LAW/FIRE/ MILITARY
 JUNIOR (20-23) JUNIOR LAW/ FIRE/ MILITARY
 OPEN (ANY AGE) OPEN LAW/ FIRE/ MILITARY
 SUB-MASTER (35-39) SUB-MASTER LAW/ FIRE/MILITARY
 MASTER (40 AND OVER) MASTER LIFETIME MASTER LAW/ FIRE/ MILITARY

Please Print:

NAME: _____

Check the box to the left of each appropriate Division listed below.

INTERNATIONAL PUSH/PULL CHAMPIONSHIP:

Check the box to the left of each Division you wish to compete in:

- SPECIAL ATHLETE
 YOUTH (UP TO 11 YEARS OLD)
 TEEN (12 – 19) TEEN LAW/ FIRE/ MILITARY
 JUNIOR (20-23) JUNIOR LAW/FIRE/ MILITARY
 OPEN (ANY AGE) OPEN LAW/ FIRE/ MILITARY
 SUB-MASTER (35-39) SUB-MASTER LAW/ FIRE/ MILITARY
 MASTER (40 AND OVER) MASTER LIFETIME MASTER LAW/FIRE/ MILITARY

NO REFUNDS ALLOWED

ENTRY FEE: (Includes One Division) \$75 = _____

TEAM ENTRY FEE: (Per Division) \$75 = _____

CROSSOVER FEES: NUMBER OF CROSSOVERS \$40 = _____

LATE FEE: IF POST-MARKED AFTER APRIL 11, 2010 \$25=_____

TOTAL AMOUNT ENCLOSED: (NO REFUNDS) _____

MAKE CHECK OR MONEY ORDER PAYABLE TO:

BIG IRON Fitness & Rehab LLC

SEND COMPLETED APPLICATION TO

DAVID MANSFIELD

58 HOLMES TERRACE

HANSON, MASSACHUSETTS 02341

Please Print:

NAME: _____

Release, Waiver of Liability, Assumption of Risk, Indemnity, and parental Consent Agreement (“agreement”)

In consideration of being permitted to participate in an Amateur Athletic Union of the U.S. Inc. activity (“activity”) I, my personal representatives, assigned heirs and next to kin:

1. **ACKNOWLEDGE**, 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 the 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 Amateur Athletic Union of the U.S. Inc. (AAU), including its parent company, related affiliated and subsidiary companies of each, as well as the officers, directors, agents, employees and assigns of each, and the AAU’s Associations, clubs, 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 AAU, (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 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.

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: _____

2010 A.A.U. RAW NATIONAL POWERLIFTING CHAMPIONSHIPS
and
INTERNATIONAL RAW BENCH PRESS, DEADLIFT AND PUSH/PULL CHAMPIONSHIPS

April 24-25, 2010
Bay State Athletic Club
Scituate, MA

INFORMATION SHEET

QUESTIONS, CONTACT:

Big Iron Powerlifting
Dave Mansfield 781-294-4201
Rich DeLeon after 12:00 p.m. 781-523-1547 (leave message)
E-MAIL: BigIronPowerlifting@comcast.net

ENTRY DEADLINE

April 11, 2010– **LATE FEE OF \$25 IF RECEIVED AFTER THIS DATE**
Please do not send your application by certified mail.

WEIGHT CLASS:

Women – 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 220+
Men - 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+

DIVISIONS

Teen /Juniors/Open (All Ages) /Sub-Masters /Masters /,Law,Fire,Military /Lifetime/
Special Athlete

LIFTING ATTIRE:

One-piece lift suit (wrestling singlet) is mandatory for all lifters. For more information go to www.ausports.org – click handbook, then costume.

CONTEST:

Women, Special Athletes, Teens, Youth, and All Men up to and including 181 will lift on Saturday, April 24th

All Men in weight classes 198 and up will lift on Sunday, April 25th.

This is a Raw full power, push-pull, single lift bench & deadlift meet. AAU rules apply
Meet may run in sessions or flights (to be determined week prior to meet)

MANDATORY EQUIPMENT CHECK AT WEIGH-IN'S

Kilogram plates will be used on the competition platform.

DO NOT CALL AND ASK WHO IS IN YOUR WEIGHT CLASS. There will be a lifter's program posted after weigh-in at the meet.

REGISTRATION/WEIGH-IN:

All Women, Special Athletes, Teens, Men up to and including weight class 181 lbs:
Friday, April 23rd 5:30-7:00 p.m. or Saturday, April 24th 6:00-7:30 a.m.

All Men in weight classes 198 and up:

Saturday, April 24th 5:30-7:00 p.m. or Sunday, April 25th 6:00-7:30 a.m.

RULES BRIEFING:

8:00 a.m. each morning prior to start of competition. **ALL LIFTERS MUST ATTEND THE RULES BRIEFING**

LIFTING STARTS:

9:00 a.m. each day SHARP

SPECTATOR'S FEE:

\$5.00 per person per day, children 12 and under free

AWARDS:

Awards will be awarded for 1st-3rd place in all divisions, weight classes
Awards will be awarded for 1st-3rd place teams.

RECORDS:

Breaking / setting records will require proof of age at the end of the meet. American records may be broken at this meet.

ENTRY FEE:

\$75.00 for registration and \$40.00 for each additional crossover.
\$75.00 for Team entry, all lifters must be entered
\$25.00 Late fee if application post-marked after April 11, 2010

ELIGIBILITY:

All contestants must be current AAU members. Cards may be purchased online at www.aausports.org Annual membership expires August 31st of each year. Purchase your membership card after September 1st. \$32.00 (adults), \$12.00 (ages 19 & under). Any coach that will be in the lifting area or on the platform with their athlete must have a coach's pass also (\$12.00)

RULES:

All AAU rules apply. See www.aausports.org –click on handbook for lifters

DRUG TESTING:

Athletes must sign a drug waiver form at the time of weigh-in. Failure to do so will disqualify you from the competition. Leaving prior to the announcement of drug testing participants will disqualify you from the competition and you will forfeit all records that were obtained during competition.

LOCATION:

Baystate Athletic Club
28 New Driftway
Scituate, Ma 02066
<http://baystateathletic.com/>

AIRPORTS:

Logan International, Boston, MA

MEET HOTEL:

Holiday Inn, Rockland, Ma
(781)-871-0545
A limited block of rooms have been reserved; mention that you are lifting at the AAU Nationals

Directions to Baystate Athletic Club

From Boston (North)

Merge onto I-93 S
Take exit 7 on the left toward Cape Cod 0.8 mi
Merge onto MA-3 S 10.3 mi
Take exit 13 for MA-53 N toward MA-123 0.3 mi
Turn left at MA-53 N/Washington St 0.6 mi
Turn right at MA-123 E/Webster St Continue to follow MA-123 E 5.8 mi
At the traffic circle, take the 2nd exit onto New Driftway
Destination will be on the left

From Providence (South)

Take I-95 N Entering Massachusetts
Take exit 12 to merge onto I-93 N toward Boston 6.7 mi
Slight right at Yankee Division Hwy 0.6 mi
Continue onto MA-3 S 10.3 mi
Take exit 13 for MA-53 N toward MA-123 0.3 mi
Turn left at MA-53 N/Washington St 0.6 mi
Turn right at MA-123 E/Webster St Continue to follow MA-123 E 5.8 mi
At the traffic circle, take the 2nd exit onto New Driftway
Destination will be on the left

From Worcester (West)

Merge onto I-90 E/Massachusetts Turnpike
Take exit 24B-24C on the left for I-93 N/I-93 S toward Concord NH/Quincy
Continue toward I-93 S and merge onto I-93 S
Continue onto MA-3 S 10.3 mi
Take exit 13 for MA-53 N toward MA-123 0.3 mi
Turn left at MA-53 N/Washington St 0.6 mi
Turn right at MA-123 E/Webster St Continue to follow MA-123 E 5.8 mi
At the traffic circle, take the 2nd exit onto New Driftway
Destination will be on the left