

# 2018 NORCAL POWERLIFTING OPEN

“MENTAL HEALTH AWARENESS”



When: Sunday, October 28, 2018

Where: CROWNE PLAZA HOTEL, CONCORD, CA

**Contest:** This is a DRUG-FREE Powerlifting, Push/Pull, Bench Press Only & Deadlift Only Event. Raw, Raw+ Knee Wraps and Equipped. NORCAL Powerlifting rules apply. In conjunction with this Powerlifting Event, we will be celebrating “Mental Health Awareness.”

**Sanctioned by:** NORCAL POWERLIFTING FEDERATION

**Eligibility:** Lifters must be a current NorCal Powerlifting member (Sign up online or complete Membership Application page 6).

**Event Site:** Crowne Plaza Hotel– 45 John Glenn Drive, Concord, CA 94520 – (925) 825-7700.

**Divisions:** Youth / Teen / Juniors / Novice/ Open (all ages) / Sub-Masters / Masters / Special athletes.  
Awards: 1<sup>st</sup> – 5<sup>th</sup> each division. Best lifter and first place team award only.

**Weight classes:** \_\_\_\_\_ Men - 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+  
Women - 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 275+

**Lifting Attire:** One-piece lifting suit or compression shorts above knee & shirt.

**Registration/Weigh-ins/Gear Check:** **EXTENDED EARLY REGISTRATION HOURS!!!**

**Friday Night Weigh-ins & Mandatory GEAR Check:** Friday, October 26, 2018 from 4 pm - 7 pm at Raw Sports Performance Gym, 1543 Palos Verdes Mall, Walnut Creek, CA.

**Saturday Weigh-ins & Mandatory GEAR Check:** Saturday, October 27, 2018 from 12:00 pm – 4:00 pm at Raw Sports Performance Gym.

**Sunday Weigh-ins & Mandatory GEAR Check:** By Appointment ONLY. Please call 925-930-0519 for eligibility.

**Event Entry Fee:** \$90 Event entry fee per lifter. \$35 Event crossover fee. **NO FEE for Event team.**

**Rules Briefing:** 7:45 AM: **MANDATORY EVENT RULES BRIEFING and DRUG TESTING!**

**Lifting Starts:** At approximately **8:30AM.**

**Spectator Fee:** \$10 (10 and under – Free)

**Drug Testing:** NORCAL POWERLIFTING approved drug test policy applies. **Refer to Drug Policy for details.**

**Event Entry Deadline:** **1. To AVOID \$30.00 late fee ENTRIES must be POSTMARKED by October 8, 2018.**  
**2. ALL ENTRIES MUST be Postmarked (with LATE FEE, if applicable) by October 15, 2018.**

**Event Questions?:** Email: [NorCallifting@gmail.com](mailto:NorCallifting@gmail.com) or call (925) 930-0519.

**Accommodation:** CROWNE PLAZA HOTEL, CONCORD, (925)825-7700. Ask for Kathy Jackson for Special Room rate (limited number of rooms).

**NORCAL POWERLIFTING OPEN**

Sunday, October 28, 2018

**Event Entry Form**

**PLEASE PRINT CLEARLY**

Name: \_\_\_\_\_ Membership # \_\_\_\_\_

Email Address: \_\_\_\_\_ ; Social Media FB/Instagram): \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age on date of event: \_\_\_\_\_ Gender: \_\_\_\_\_ Body Wt.: \_\_\_\_\_ lbs.

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

**Registration Category:** Circle weight class in pounds: **(all lifters must circle one)**

Male: 97 105 114 123 132 148 165 181 198 220 242 275 308 308+

Female: 97 105 114 123 132 148 165 181 198 220 242 275 275+

**Circle lifting competition you wish to compete:** Raw Raw+ Knee Wraps Equipped

**Circle each category:** Powerlifting Push/Pull Bench Only Deadlift Only

**Circle each division you wish to compete:**

Special Athlete Youth (up to 11 years old) \_\_\_\_\_ Teen (12-19) \_\_\_\_\_ Juniors (20-23)

Novice (any division) Open Sub-Master (35-39) Masters (40 and over) \_\_\_\_\_ (40-44, 45-49, etc.)

**CIRCLE CHECKOUT OPTIONS:** **Postmarked after October 8, 2018 ADD (Late Fee of \$30).**

Entry: \$90 Crossover: \$35 Team Fee: NO FEE T-Shirt: \$25 (add \$5.00 for XXL Shirt)

NorCal Powerlifting Membership: \$45 **Late Fee: \$30**

**\*OPTIONAL – Circle type and size of Pre-Ordered Event Tee-Shirt (\$25): To assure you receive your ordered shirt size your ENTRY must be postmarked no later than October 8, 2018.**

Commemorative Women Event V-Neck Shirt: S M L XL XXL (please add \$5.00)

Commemorative Men Event Shirt: S M L XL XXL (please add \$5.00)

**Total Amount Enclosed: (ABSOLUTELY No Refunds or TRANSFERS) \$ \_\_\_\_\_**

Send check or money order payable to:

**Tom Pete**

**1543 Palos Verdes Mall**

**Walnut Creek, California 94597**

NORCAL POWERLIFTING DRUG-TESTING  
CONSENT FORM  
**PLEASE SIGN AND INITIAL WHERE INDICATED**

By signing this form, I \_\_\_\_\_ affirm that I am aware of the  
(Please Print Name)

NORCAL POWERLIFTING drug-testing program and have read the NORCAL POWERLIFTING Drug Education and Testing Policy Summary. \_\_\_\_\_

I acknowledge that doping or the use of drugs before or during competition is prohibited and a violation of the NORCAL POWERLIFTING Code. I consent and agree to urine drug testing to participate in any and all NORCAL POWERLIFTING events. I understand and agree that the collection process and testing procedures will be performed in accordance with the NORCAL POWERLIFTING Drug Testing Policy. \_\_\_\_\_

I acknowledge that NORCAL POWERLIFTING shall notify me of the results of the test by certified mail if found positive. **I FURTHER ACKNOWLEDGE AND AGREE THAT UPON RECEIPT OF THE RESULTS, IF THE ATHLETE'S SAMPLE HAS BEEN FOUND POSITIVE OF BANNED SUBSTANCES, NORCAL POWERLIFTING WILL NOTIFY THE ATHLETE OF THE RESULTS AND THE RESULTING PENALTY.** \_\_\_\_\_

I acknowledge that if I test positive, refuse to be tested, and/or fail to appear for testing, I will automatically be disqualified from any and all NORCAL POWERLIFTING events and may be subject to further penalties and/or sanctions under the policies and procedures set forth in the NORCAL POWERLIFTING Code. I acknowledge that I may request a hearing before the NORCAL POWERLIFTING Review Board to challenge my disqualification from any and all NORCAL POWERLIFTING events. I acknowledge and agree that this Consent shall be in effect for one (1) year from the date of signing. The parties herein agree that if any part of this Consent shall be deemed invalid and/or unenforceable, the remaining terms and provisions of said Consent shall remain in full force and effect. \_\_\_\_\_

I acknowledge that I have read this Consent and fully understand and agree with its contents. I further acknowledge that if I am selected to be tested, I may be required to sign another Consent Form. \*\*\* Also, by signing this form, you release, discharge and covenant not to SUE NORCAL POWERLIFTING, RAW SPORTS PERFORMANCE & CENTER FOR STRENGTH and other related parties.\*\*\* \_\_\_\_\_

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_

SIGNATURE \_\_\_\_\_

MEMBERSHIP NUMBER \_\_\_\_\_ RENEWAL \_\_\_\_\_ NEW MEMBER \_\_\_\_\_

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

### **PLEASE READ CAREFULLY**

For purposes of this “**Member Release**” document, “**Membership/Event**” means participation in any Raw Sports Performance & Center for Strength and or NorCal Powerlifting activity/training/workout or Event that I may attend now or in the future, at any location, any and all transportation to, from and between any Raw Sports Performance & Center for Strength and/or NorCal Powerlifting activity/workout/training or Event and ALL workout locations, all product testing at any activity/training/workout or Event, and all other activities related to my participation in any Raw Sports Performance & Center for Strength and or NorCal Powerlifting training/workout/or clinic. In consideration of the opportunity to participate in any activity/training/workout or Event, (the receipt and sufficiency of which is hereby acknowledged), I hereby irrevocably and unconditionally for myself, my heirs, estate, insurers, successors and assigns, agree as follows: [REDACTED]

**ASSUMPTION OF RISK:** Raw Sports Performance & Center for Strength or NorCal Powerlifting have made no representation to me as to the suitability, condition, or safety of any activity/training/workout or Event and I acknowledge that participation in any activity/training/workout or Event may involve risks and dangers of accidents, personal and bodily injury and property loss or damage. I confirm that I am in good health and have no medical or health condition that could endanger or limit my ability while participating in any activity/workout/training or Event. I understand and have considered and evaluated the nature, scope and extent of the risks involved, and I voluntarily and freely choose to assume these risks. In addition, I agree to comply with the reasonable instructions of the activity/workout/training or Event coaches during the course any activity/workout/training or Event. 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/workout/training or Event. [REDACTED]

**INSURANCE:** I understand that neither Raw Sports Performance & Center for Strength and or NorCal Powerlifting provide any insurance, whether life or medical or liability, for any illness, accident, injury, loss or damage that may arise in connection with my participation in any activity/training/workout or Event. [REDACTED]

**INDEMNITY:** To the maximum extent permitted by applicable law, I hereby irrevocably and unconditionally agree to hold harmless, indemnify and reimburse Raw Sports Performance & Center for Strength and or NorCal Powerlifting from and against any claim, sum, costs, damages or expenses (including reasonable legal fees) arising in connection with any accident, loss or damage arising out of my attendance or participation in any activity/training/workout or Event. [REDACTED]

**LIABILITY:** To the maximum extent permissible under law, I agree that any liability of Raw Sports Performance & Center for Strength and or NorCal Powerlifting relating to my participation in any activity/workout/training or Event is excluded except in case of negligence or willful misconduct. [REDACTED]

**FILM AND VIDEO RELEASE:** I acknowledge and agree that Raw Sports Performance & Center for Strength and or NorCal Powerlifting and its associates, affiliates, subsidiaries, licensees, agents, successors, assigns and commercial partners authorized (collectively, “Raw Sports Performance & Center for Strength and or NorCal Powerlifting Group”), may be filming, photographing or otherwise recording my attendance at an activity/training/workout or Event and any related activities for advertising, promotional and/or for Raw Sports Performance & Center for Strength and or NorCal Powerlifting internal purposes. I hereby irrevocably grant the Raw Sports Performance & Center for Strength and or NorCal Powerlifting Group the right to use, in perpetuity, throughout the world and without any compensation, any photograph, video, image or other recorded media or likeness of me for the purpose of advertising, promotion, or any other commercial purpose in connection with any activity/training/workout or Event promotional activities. I also hereby grant Raw Sports Performance & Center for Strength and or NorCal Powerlifting Group permission to display my name, standings and results, in any media and in any manner now known or hereafter developed. [REDACTED]

**LICENSE TO USE COMMENTS, FEEDBACK AND IDEAS:** I hereby grant to Raw Sports Performance & Center for Strength and or NorCal Powerlifting a perpetual license to use all comments, feedback and ideas I may share with them, without notice, compensation or acknowledgement to me, for any purposes whatsoever, including, but not limited to, developing, manufacturing and marketing products and services and creating, modifying or improving products and services. [REDACTED]

**RAW SPORTS PERFORMANCE & CENTER FOR STRENGTH AND OR NORCAL POWERLIFTING RIGHT TO REFUSE ENTRY:** I understand and acknowledge that Raw Sports Performance & Center for Strength and or NorCal Powerlifting shall at all times be entitled to refuse my attendance at, and/or my participation in Event activities in the event I do not comply with this agreement or with the directions of Raw Sports Performance & Center for Strength and or NorCal Powerlifting staff or representatives at any activity/training/workout or Event. [REDACTED]

**PERSONAL DATA PROTECTION:** I understand and agree that in order to participate in any activity/training/workout or Event I am required to supply certain information about myself in this form. Raw Sports Performance & Center for Strength and or NorCal Powerlifting has specified which information is mandatory in order to participate in any activity/training/workout or Event

I understand and agree that my personal information will be used by Raw Sports Performance & Center for Strength and or NorCal Powerlifting for the purposes of administering any activity/training/workout or Event and for the specific purposes described in this consent form. [REDACTED]

**NON TRANSFERABLE:** I understand that my participation in any Raw Sports Performance & Center for Strength and or NorCal Powerlifting is non-transferable and is not redeemable for cash. [REDACTED]

**VALIDITY:** If any clause in this agreement is held, in part or in full, to be invalid or unenforceable for any reason, the validity of the remaining clauses of this agreement shall not be affected, and they shall continue to be valid and enforceable. The invalid or unenforceable provision shall be replaced with a valid provision which is as similar as possible in substance to the invalid or unenforceable provision. This form supersedes any oral or written agreement made previously in relation to the activity/training/workout or Event. [REDACTED]

**I HAVE READ THE ABOVE CAREFULLY, FULLY UNDERSTAND ITS CONTENT, AND VOLUNTARILY AGREE TO ITS TERMS.**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**I AM UNDER THE AGE OF 18 — I UNDERSTAND MY PARENT/GUARDIAN HAS TO SIGN BELOW:**

## PARENT/GUARDIAN AGREEMENT

I am the parent who has parental authority or the legal guardian of the above named participant and I agree that the participant may take part in the activity/training/workout or Event supervised by a suitable Raw Sports Performance & Center for Strength and or NorCal Powerlifting coaches. On behalf of the participant, myself, the participant's parents or guardians, heirs, estate, insurers, assigns and anyone else who may make any claim for or on behalf of the participant, I hereby unconditionally:

- i. agree to all of the terms of this agreement;
- ii. agree to cause the participant to comply with the terms of this agreement; and
- iii. 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.

**I AM THE PARENT WHO HAS PARENTAL AUTHORITY OR LEGAL GUARDIAN OF THE BELOW NAMED PARTICIPANT WHO IS AGED UNDER 18 AND I HAVE READ THE ABOVE CAREFULLY, FULLY UNDERSTAND ITS CONTENT, AND VOLUNTARILY AGREE TO THESE TERMS ON BEHALF OF THE PARTICIPANT.**

**Name of participant:**

**Date of birth of participant:**

\_\_\_\_\_

\_\_\_\_\_

**Name of parent or legal guardian:**

**Parent or legal guardian's phone number:**

\_\_\_\_\_

\_\_\_\_\_

**Parent or legal guardian's signature:**

**Date:**

\_\_\_\_\_

\_\_\_\_\_



*\$45 - 1 Year*

Membership Card Application

NAME: \_\_\_\_\_ DOB: \_\_\_\_\_ SEX: M F

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

ZIP: \_\_\_\_\_ HOME PHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_ MEMBERSHIP CARD # \_\_\_\_\_ PAYMENT: CHECK CASH

Please make checks payable and send to: Tom Pete  
1543 Palos Verdes Mall  
Walnut Creek, CA 94597  
For more information on NorCal Powerlifting, please visit [NorCalPowerlifting.com](http://NorCalPowerlifting.com).

**DISCLOSURE AND RELEASE** Disclosure and Release - Please Read - Participating in powerlifting, like most sports, has associated risks of injury. By signing below, should I choose to compete and/or participate in a NorCal Powerlifting competition, I recognize and assume the risk of competing and participating in a NorCal Powerlifting meet, and I assume the risk of injury and serious injury. I know that NorCal Powerlifting strongly recommends that I consult my health care provider before competing in the sport of powerlifting to determine whether I am healthy enough to compete. By signing below, I assume the responsibility of choosing to compete whether or not I choose to consult my health care provider. Further, I fully understand that I may injure myself during the competition, including warming up; however, I hereby release NorCal Powerlifting and Raw Sports Performance, its officers, governing board, and employees, the meet directors of any meet that I might compete in, the loaders and spotters who may assist me during the competition, and all referees and officials who conduct the meet for any injury that I may sustain during my warm ups or during the competition, even if I claim or allege that my injury was caused by the fault and negligence of any of the parties that were listed above. Should I compete in a state where I am not able to release a party for fault or for negligence, I intend this release to be applied and interpreted in its fullest capacity and authority according to the applicable law.

In consideration of NorCal Powerlifting accepting by membership and permitting me to compete or otherwise participate in a NorCal Powerlifting meet, I, for myself, my personal representatives, administrators, heirs, and assigns, hereby hold harmless NorCal Powerlifting and Raw Sports Performance, its officers, governing board, and employees, the meet directors of any meet that I might compete in, the loaders and spotters who may assist me during the competition, and all the referees and officials from any claims, demands, and causes of action, including reasonable legal fees, arising from my participation in NorCal Powerlifting and from my competing in a NorCal Powerlifting sanctioned competition, whether the competition is held in the United States or abroad. I also know that before I sign this Disclosure and Release, I may consult an attorney of my choice to determine whether it is in my best interest to sign this. By signing below, I affirm that I have read the above, understand it, and agree to it.

**CONDITION OF MEMBERSHIP** As a condition of membership to NorCal Powerlifting, I agree to follow and obey all rules, regulations, and drug testing procedures. I further agree that the rules, regulations, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey NorCal Powerlifting rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that NorCal Powerlifting has approved in its rules, regulations, and drug testing procedures.

APPLICANT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

# NORCAL POWERLIFTING Event Team Entry Form

Name of Team: \_\_\_\_\_ Date: \_\_\_\_\_

| <u>WT. Class</u> | <u>Lifters</u> | <u>Division</u> | <u>Wilks Points</u> |
|------------------|----------------|-----------------|---------------------|
| 114              | _____          | _____           | _____               |
| 123              | _____          | _____           | _____               |
| 132              | _____          | _____           | _____               |
| 148              | _____          | _____           | _____               |
| 165              | _____          | _____           | _____               |
| 181              | _____          | _____           | _____               |
| 198              | _____          | _____           | _____               |
| 220              | _____          | _____           | _____               |
| 242              | _____          | _____           | _____               |
| 275              | _____          | _____           | _____               |
| 308              | _____          | _____           | _____               |
| 308+             | _____          | _____           | _____               |

## Event Team entry form instructions:

Lifters can be from any division, male and female. Team entry forms should be submitted for full power (Squat, Bench & Deadlift) only teams. A minimum of six lifters must be submitted to establish a team. If a team submits 12 lifters, the top six lifters from that team will be scored using the wilks formula then those numbers will be added together to create the Final Team Score. No age formula will be used to determine final scoring.