



**The 2<sup>nd</sup> Annual Gym and TLS Raw  
Challenge**

**Saturday August 13th,  
2016  
Trooper, PA**

***Entry Deadline: August 11,  
2016***

This is a 3-lift and single lift competition being held in Trooper, Pennsylvania. **We will be limiting the competition to the first 40 lifters registered.** Get your entry in as soon as possible to reserve your spot in the meet.

**Attention:** This is a non-sanctioned meet, however we will follow the USAPL rules of performance. This will be an equipped and unequipped (raw) event. You can enter only equipped or unequipped (raw) – not both.

Out-of-State Lifters are welcomed to compete in the Out-of-State Division

**Event Location:** Gym & Tan Line Studio,  
Park Ridge Shopping Center  
2725 West Main Street  
Trooper, PA 19403

**Schedule: Saturday, August 13, 2016**

**Session 1:**

**7:00 am to 8:30 am:** Weigh-in – All lifters all weight classes

**9:00 am:** Session starts

Awards to be presented at the end of the event

**Eligibility: No qualifying totals.**

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**Fees: Powerlifting (3-lifts): \$60 for the first division; \$35 for each additional division**  
**Bench Press (single lift): \$40 for the first division; \$35 for each additional division**

**Spectators (Day of Event): No Charge**

**Weight Classes:**

<b>Women:</b> 97 lbs (Teen and Junior Only)	<b>Men:</b> 105 lbs (Teen and Junior Only)
105 lbs	114 lbs
114 lbs	123 lbs
123 lbs	132 lbs
132 lbs	148 lbs
148 lbs	165 lbs
165 lbs	181 lbs
181 lbs+	198 lbs
	220 lbs
	242 lbs
	275 lbs
	308 lbs
	SHW

**Requirements/Eligibility Requirements: No qualifying totals.** Out-of-State lifters are welcomed

**Awards:** All divisions will receive awards for the top three (3) lifters, by weight class.

**Raw Definition:** *Singlet, belt, and wrist wraps.*

**Equipped Definition:** *Single Ply Only.*

**Recommended hotels:**

Homewood Suites by Hilton Philadelphia – Valley Forge  
681 Shannondell Boulevard  
Audubon, PA 19403  
610-539-7300

Hampton Inn & Suites Valley Forge/Oaks  
100 Cresson Boulevard  
Phoenixville, PA 19460  
610-676-0900

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**Registration Form**

Name: \_\_\_\_\_  
Age: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_  
Address: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_  
Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

Male: \_\_\_\_\_ Female: \_\_\_\_\_

Raw: \_\_\_\_\_ Equipped: \_\_\_\_\_

Pennsylvania Resident: Yes No (Circle one)

Powerlifting: \_\_\_\_\_ Bench Press: \_\_\_\_\_ **Deadlift:** \_\_\_\_\_

**Division:**

Open	_____	Masters 40-49	_____
Youth 10-13	_____	Masters 50-59	_____
Sub-Jr. 14-15	_____	Masters 60-69	_____
Sub-Jr. 16-17	_____	Masters 70-79	_____
Sub-Jr. 18-19	_____	Masters 80-89	_____
Junior 20-23	_____	Special Olympian	_____
		Police/Fire/Military	_____

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**Total due:** \_\_\_\_\_

**Make checks payable to:** Don Wilson

**Mailing address:** 2725 W Main St, Trooper, PA 19403

**Contact:** [donwil405@aol.com](mailto:donwil405@aol.com)

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*All entries must be postmarked by August 6, 2016.*

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**Release from Liability**

*Please read this carefully before signing. You will be giving up important legal rights.*

In consideration of the acceptance of my entry form in this powerlifting competition, I intend to be legally bound for not only myself but also for my heirs, my executors and my administrators. In signing this release from liability, I waive and release everyone connected with, including but not exclusively limited to Don Wilson, Joe Braca, The Underground Gym, Gym & Tan Line Studio of Trooper, the spotters, the loaders, the facility owners, the referees and equipment manufacturers associated with this competition from any and all liability, including any result of negligence, which may arise from this competition. I agree to pay any attorney fee and litigation expenses by any person, real or corporate, whom I may sue in an effort to challenge this release form liability form. I understand that my agreement to pay attorney fees and litigation expenses is the SINE QUA NON for acceptance of my entry into this contest. If any provision of this Release from Liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release from Liability shall remain in force and effect. I also certify with my signature that this release/agreement cannot be modified orally.

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Signature of competitor

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Signature of parent or legal guardian,  
if the competitor is under 18 years of age