



VERMONT POWERLIFTING PRESENTS 2008 SUPREME FITNESS CHALLENGE II

Meet Director: Bret Kernoff – Vermont Powerlifting LLC

Where: Brattleboro, VT

2 National Records possible w/ 1 lift

Date: Saturday September 20, 2008

Venue: Supreme Fitness, 1589 Putney Road, Brattleboro, VT

Time: Doors open – 9:00 am, Lifting starts at 12:00 pm

Weigh-in: at Supreme Fitness Saturday September 20, 2008 - 9:30 – 11:00 am only.

Rules Meeting: Saturday September 20, 2008 11:15 am

Equipment: Forza Bench, Ivanko Certified Plates, Bar load projection system, Ivanko certified 20 KG Power Bar and Ivanko Chrome 2.5 KG certified collars!

Arrivals/Transportation/Hotel: Parking at Supreme Fitness is FREE. Please check the internet for hotels in the area. Anywhere in the Brattleboro area is very close by.

AAU Membership Fee: Current AAU membership is required. All lifters are asked to produce photo identification and AAU powerlifting membership cards prior to weigh-ins. If lifters are picking up their membership cards at the event, they should do so before weighing in. A table will be set up at registration to sell membership cards at the meet. Lifters wishing to lift in the dual sanction 100% RAW meet also must be members of 100% RAW powerlifting federation.

Entry Fee: All fees should be paid by August 25th, 2008. \$80 per individual lifter for the Competition and \$35 per Crossover. Dual Sanctioned lifters pay \$100 for the dual sanctioned Push-Pull meet and \$35 per crossover. Strict Curl entry fee is \$60, individual events are \$65 each and \$35 per crossover. Late fee after August 25 is \$25.00. Late entries may be rejected if space does not allow.

Awards: Custom awards will be presented in all divisions and weight classes. Master's divisions will be in 5 year increments. Late entries will receive medals instead of custom awards.

Contact Information: Bret Kernoff at bret@vermontpowerlifting.com or 802-865-2747.

Attire	4 th Lift	Order of Events	
Singlet is mandatory.	National & New England Records at this meet!	1. Weigh-Ins	2. Rules
		3. BP-DL-Curl	4. Awards

CONTACT US AT VERMONTPOWERLIFTING.COM

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 this Powerlifting ("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 AAU, 100% RAW Powerlifting, Vermont Powerlifting LLC, Bret Kernoff, 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 AAU, 100% RAW Powerlifting, Vermont Powerlifting LLC, Bret Kernoff, (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.

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.) and understand I am giving my express consent to drug test me at random. If I refuse the drug test, all lifts from the meet will be disqualified and I will be banned from future AAU Powerlifting events.

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: _____