

2011 Raw Unity Meet

Powerlifting, Bench Press and Deadlift Championships

January 22-23, 2011

MEET DIRECTORS: Eric Talmant and Johnny Vasquez; 15311 Camrose Ave.; Spring Hill, FL 34610 Phone 727-233-3553 (Eric) or 361-446-3983 (Johnny)
<http://www.rawunitymeet.com>

EVENT LOCATION: Jackson Springs Recreation Center; 8620 Jackson Springs Road; Tampa, Florida, 33615.

HOTELS: The Intercontinental Tampa. Guestroom rates are \$99/night for single or double occupancy. Here is the group reservations link that will be posted on our web site <https://resweb.passkey.com/go/8ef3fa2c>. Our group Code Name is **Raw Unity**. You can also make hotel reservations right now by calling 1-800-235-4670 and requesting the **Raw Unity Group Rate**. The group rates will be offered from Thursday, January 20th through Monday, January 24th. **The reservation due date is Friday, December 24th at 5pm Eastern Standard Time. If you have not made your reservation by this date then any rooms remaining in the block without confirmations will be released back to the hotel; and I will be personally charged with the deficit of the attrition allowance. PLEASE PLEASE PLEASE make your hotel reservations before Friday, December 24th!!!**

WEIGH-IN:

Friday:	12pm to 6pm for all Saturday lifters
Saturday:	7 a.m. to 8:30 a.m. all Saturday lifters only 12pm to 6pm all Sunday lifters
Sunday:	7 a.m. to 8:30 a.m. all Sunday lifters

EVENT START TIME: Both Days (Saturday and Sunday) **9:00 am**

Saturday will feature the deadlift competition at 9am, the women's full power at noon and the men's lightweight (up to 181) division at 3pm.

Sunday will feature the bench press competition at 9am, the men's middleweight (182-242) division at noon, and the men's heavyweight (243+) division at 3pm.

For the men's full power and bench press competition, the lightweights will be up to 181, the middleweights will be up to 242, and the heavyweights will be all those over 242.

For the women, lightweights are up to 132 and middleweights are 132+.

For the deadlift competition, the lightweights will be up to 198 and the heavyweights will be 198+.

UNIFORM: Mandatory -You must have one piece singlet or wrestling suit. Wrist wraps, belt, and **NEOPRENE** knee sleeves optional. **Knee wraps are not allowed.** A list of the approved neoprene knee sleeves can be found at:

<http://pdf.rawunitymeet.com/List+of+Approved+Knee+Sleeves.pdf>

CONTEST LIFTS: Full Meet (Squat/Bench/Deadlift), Bench Only, and Deadlift Only.

ENTRY FEE: The entry fee for the full meet is \$75. The bench only is \$60 and deadlift only is \$60. If you wish to compete in both the full power and one or both of the single lift competitions then you can do so. You will need to pay a separate entry fee for each division, and you will also need to perform during that particular section of the competition. In other words, the bench presses during your full meet do not count for the bench only competition. You would need to do the full meet and then bench press again during the bench competition if you want to do both. The same rules apply to the deadlift competition.

The entry fee must accompany this entry form and be **received (not postmarked by) no later than Friday, December 17th, 2010**; even if you are paying with PayPal. **Entry forms still need to be filled out, signed, and mailed in (minus entry fee check) by December 17th if using PayPal.** The address to send Pay Pal payments is etalmant@hotmail.com. **Please note that this is not my Yahoo address!**

Entry forms will not be accepted after December 17th. NO EXCEPTIONS. No refunds will be given for any reason. Sorry.

Please respect my job as meet director as I respect your abilities as the best raw lifters in the United States.

AWARDS: Medals will be given to 1st-3rd place in each men's weight class, top 3 lightweight women, top 3 middleweight women, top 3 bench lightweights, top 3 bench middleweights, top 3 bench press heavyweights, top 3 lightweight deadlifters, and top 3 heavyweight deadlifters. There will also be cash awards. In each of the men's lightweight, middleweight, and heavyweight division at least \$500 will go to 1st place, \$250 to 2nd, and \$125 for 3rd. For the female lightweight and middleweight divisions, \$300 will be awarded for 1st, \$200 for 2nd, and \$100 for 3rd. Bench only will be \$ TBA to the best lightweight, \$ TBA to the best middleweight, and \$ TBA to the best heavyweight. Deadlift only will be \$??? to the best lightweight and \$??? to the best heavyweight. We are hopeful that we will be able to add cash awards to the deadlift contest between now and the competition. However, as it stands currently we do not have any sponsors putting up cash awards for the deadlift only competition. There were no cash awards for the deadlift competition last year-but once again we are working hard to change that this year. All cash awards will be given out according to Wilks points.

Return Entry Form to: Eric Talmant; 15311 Camrose Ave.; Spring Hill, FL 34610 phone (727) 233-3553 erictalmant@yahoo.com

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Name: _____

Address: _____ City _____ State _____ Zip _____

Phone: _____ Email: _____

Weight Class: _____ Age: _____ Birth date: _____ Male _____ Female _____

Theme Song and Artist _____

Qualifying Meet and Total (include printout of meet results) _____

Federation You Most Identify With (for the team competition) _____

T-Shirt Size (Circle-For Ordering Purposes Only. T-shirts will be \$15):

Small Medium Large XL XXL XXXL XXXXL

Events (Please circle POWERLIFTING, and/or Bench only and/or Deadlift only):

POWERLIFTING

Bench Press only

Deadlift Only

Weight Class:

105 114 123 132 148 165 181 198 220 242 275 308 SHW

Fees & Payment:

Full Power: \$75 \$ _____

Bench Only: \$60 \$ _____

Deadlift Only: \$60 \$ _____

TOTAL DUE: \$ _____

Please make check or money order payable to: Eric Talmant; 15311 Camrose Ave.; Spring Hill, Florida 34610

Please list as much about yourself as possible so that Niko the announcer calling the event will have enough information for each of your attempts. We want to know where you are from, where you train, who you train with, interesting facts about you, how long you have been powerlifting, your personal best lifts, any kind of awards, records, or accolades, what you do, etc. The more we know about you the better for the audience. This is important so please take this seriously.

