

# 2010 Raw Unity Meet

## Powerlifting, Bench Press and Deadlift Championships

### January 30-31, 2010

**MEET DIRECTOR:** Eric Talmant; 15311 Camrose Ave.; Spring Hill, FL 34610 Phone 727-233-3553 <http://www.rawunitymeet.com>

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

**HOTELS:** The Intercontinental Tampa and the Crowne Plaza Westshore. Information available to lifters, coaches, etc. upon request and in newsletters that are sent directly to all competitors.

**WEIGH-IN:** **Friday:** Noon to 2 p.m.; and 4 p.m. to 6 p.m. for all Saturday lifters.

**Saturday:** 7 a.m. to 8:30 a.m.-Saturday lifters only  
Noon to 2 p.m.-all Sunday lifters  
4 p.m. to 6 p.m.-all Sunday lifters

**Sunday:** 7 a.m. to 8:30 a.m.-Sunday lifters

Anyone needing other times must contact the meet director and get pre approval.

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

**UNIFORM:** Mandatory - **Must have one piece singlet or wrestling suit.** Wrist wraps, belt, and **NEOPRENE** knee sleeves optional. **Knee wraps are not allowed.**

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

**ENTRY FEE:** Entry fee for the full meet is \$60 and the bench only and deadlift only is \$50.

**The entry fee must accompany this entry form and be received (not postmarked by) no later than January 28, 2010; unless paying with PayPal. Entry forms still need to be filled out, signed, and mailed in (minus entry fee check) if using PayPal. The address to send Pay Pal payments is [etalmant@hotmail.com](mailto:etalmant@hotmail.com). Please note that this is not my Yahoo address!**

**Registrations received after January 28 will be accepted at an additional \$30 charge.** Refunds will be given on a case by case basis; and we are very fair.

**AWARDS:** Medals will be given to 1<sup>st</sup>-3<sup>rd</sup> place in each men's weight class, top 3 lightweight women, top 3 middleweight women, top 3 bench lightweights, top 3 bench heavyweights, top 3 lightweight deadlifters, and top 3 heavyweight deadlifters. There will also be cash awards. In each the men's lightweight, middleweight, and heavyweight division \$500 will go to 1<sup>st</sup> place, \$250 to 2<sup>nd</sup>, and \$125 for 3<sup>rd</sup>. For the female lightweight and middleweight divisions, \$300 for 1<sup>st</sup>, \$200 for 2<sup>nd</sup>, and \$100 for 3<sup>rd</sup>. Bench only will be \$300 to the best lightweight and \$300 to the best heavyweight. All cash awards will be according to Wilks points.

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

**2010 Raw Unity Meet & Bench Press Championships**

January 30-31, 2010

Jackson Springs Recreation Center; 8620 Jackson Springs Road; Tampa, FL 33615

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) \_\_\_\_\_

\*If you have been in the RUM then simply put "Raw Unity Meet 08 or 09"

\*If you received a direct invitation then put "Invitation".

Federation You Most Identify With (for the team competition) \_\_\_\_\_

**Events (Please circle ONLY ONE; you cannot enter multiple divisions):**

POWERLIFTING	Bench Press only	Deadlift Only
Wt Class: 105 <input type="checkbox"/> 114 <input type="checkbox"/> 123 <input type="checkbox"/> 132 <input type="checkbox"/> 148 <input type="checkbox"/> 165 <input type="checkbox"/> 181 <input type="checkbox"/> 198 <input type="checkbox"/> 220 <input type="checkbox"/> 242 <input type="checkbox"/> 275 <input type="checkbox"/> 308 <input type="checkbox"/> SHW <input type="checkbox"/>		

<b>Fees &amp; Payment:</b>	Full Power: \$60	\$ _____
	Bench Only: \$50	\$ _____
	Deadlift Only: \$50	\$ _____
	<b>Late fee after 01/28/10: \$30</b>	<b>\$ _____</b>
	<b>TOTAL DUE:</b>	<b>\$ _____</b>

**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 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.

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