

# Weight Lifting Meet

Hosted by:

## Relentless Team and Mt. Sinai Gym

Bench, Squat, Deadlift, Curl, Bench Only, Push/Pull, Full Meet

Upon Conclusion of Meet there will be a bench off, awards will be given to the person with the most reps

Two Weight Classes for Bench Off - 198 and below - 199 and above

Awards will be handed out in each weight class/division

**Saturday, September 2nd, 2017** at Mt. Sinai Gym

**2045 Lathrop Ave. Racine, WI 53405**

**Deadline for Submission: Aug. 18th,2017**

**Additional \$5 per lift after August 18th**

**\*\*\*Space is limited to 50 lifters competing\*\*\***

Weight-ins: Morning of Meet: **8:30am - 9:45am**

Mandatory Rules Meeting: **10:00am - 10:30am**

Competition will start at **10:30am**

Clothing requirements: Tight shorts and shirt (for fair judging) Socks required for dead lift.

Will be following NASA Powerlifting rules and guidelines

Any additional questions contact Alexander @ [ersingalexanderrelentless@gmail.com](mailto:ersingalexanderrelentless@gmail.com)

Name \_\_\_\_\_ Birth Date: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

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

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

**\*\*\*All fields required\*\*\***

Check Appropriate:

Weight Classes:

Men: 114\_\_124\_\_132\_\_148\_\_165\_\_181\_\_198\_\_220\_\_242\_\_275\_\_308\_\_SHW\_\_

Women: 97\_\_105\_\_114\_\_124\_\_132\_\_148\_\_165\_\_181\_\_198\_\_SHW\_\_

Age Division:

Open\_\_ Teen\_\_13-15\_\_16-17\_\_18-19\_\_ Junior:20-23\_\_ SubMaster:33-39

Master: \_\_40-44\_\_45-49\_\_50-54\_\_55-59\_\_60-64\_\_65-69\_\_70-74\_\_75-79\_\_80+

CHECK APPROPRIATE:

Bench \$35 \_\_\_ Squat \$35 \_\_\_ Deadlift \$35 \_\_\_ Curl \$35 \_\_\_ Push/Pull \$70 \_\_\_ Full Meet (All Lifts) \$100 \_\_\_

\*\*\*Push/Pull consist of Bench and Deadlift \*\*\*Bench off \$10 \_\_\_\_\_

\*\*\*Additional \$5 per lift after Feb. 15th\*\*\*

CHECK APPROPRIATE: I am competing in: UNTESTED \_\_\_\_\_ OR DRUG TESTED \_\_\_\_\_

I am competing: RAW \_\_\_\_\_ OR EQUIPPED \_\_\_\_\_

**Release from Liability:**

I hereby release Mt. Sinai Gym and Relentless Team and associates, from any responsibility or liability for any injury or personal loss to myself, including those caused by the negligent act or omission arising out of or connected with my participation in Relentless Team Powerlifting meets or the use of any equipment at the power lifting competitions. In signing this Release form, I acknowledge and represent the following:

1. Power lifting is a strenuous athletic event. As a sport, accidents can and do happen periodically as a result of the normal danger involved.
2. There is a risk of participation. Lifter recognizes this risk and accepts it. Lifter shall have the duty to examine all equipment prior to use and immediately inform the proper people of any dangerous condition observed with the equipment, personnel or event venue. The lifter has sole responsibility for the condition of his personal lifting gear i.e. bench press shirts, lifting suits, belts, wraps and other lifting gear and it is the responsibility of the lifter to wear such gear in a manner that is safe and least likely to result in injury. Anytime Fitness and Relentless Team and its meet directors and employees are not responsible for lifting gear blowouts, tears or any defects in lifting gear.
3. I am in excellent health and capable of performing the feats of strength attempted.
4. I am the sole decider of the amount of weight to be lifted. Lifter will act in a reasonable manner at all times and not lift weights beyond a safe and prudent level.
5. I have the right to bring my own spotters and assistants. If I do not do so, I may use such spotters as provided by the meet director, solely as a courtesy to Lifter.
6. Neither Mt. Sinai Gym or Relentless Team shall be liable to me for any harm or damage to me, unless such harm is the result of the intentional or reckless conduct of such person, which conduct shall not be imputed to any other person or organization. No action of negligent entrustment shall exist.
7. I will be responsible for my behavior and acts and those of my guests. If I do not act in accord with the rules of the Relentless Team for competition or behavior, I may be asked to leave the event immediately by an event director and will do so voluntarily and shall forfeit all fees paid to the meet director. In the event litigations shall occur, I shall be responsible for payment of reasonable attorney fees of the prevailing party.
8. This Release is reasonable, executed freely, with no duress or undue influence and after opportunity for careful and independent review. In consideration of acceptance of my entry form in this power lifting competition, I intend to be legally bound for not only myself, but also for my heirs, executors, and administrators. In signing this release from liability, I waive and release everyone connected with this competition from any and all liability and negligence which may arise from it.
9. Entry fee for meet will **NOT** be refunded. Failure to report to weigh-ins and rules meeting could result in forfeiture of Entry Fee.

By signing on the line below I (The Applicant) have read and agree with the "release from liability"

Signature of Applicant: \_\_\_\_\_

Signature of Parent if Under 18: \_\_\_\_\_

Send Entry Fee - \*\*\*money order only\*\*\* - and Make Payable to:

Mt. Sinai Gym

2045 Lathrop Ave. Racine, WI 53405