

CrossFit Retribution and CrossFit Duration

Present

BAR WARS RETURN OF THE PRESS

Saturday October 5th, 2013

Crossfit Retribution- 61 John Street, Westminster, MD 21791

Meet director: Beau Bryant | 540-454-6697

Email: beau82nd@gmail.com

Men's and women's CrossFit Total Divisions:

Open Only (raw) Belt and neoprene sleeves only

No singlet required

Weight Classes:

Women's light weight under 150lbs

Women's heavy weight 150lbs and over

Men's light weight under 200lbs

Men's heavy weight 200lbs and over

Entry information:

-Limited to the first 50 females and 50 males

-Awards will be given to the winner of each class with an additional best lifter for each class given by formula

-The entry fee will be \$35.00 early registration (before September 5th), \$45.00 late registration

-Mail signed entry and payment by check to **CrossFit Retribution, 61 John Street, Westminster, MD 21791**

Schedule:

Schedule subject to change based on number of entries received. If we get 50 male and 50 female entries this meet will be moved to two days. Women will compete on Saturday and men will compete on Sunday.

7am – 8am women's check in and weigh-ins

8:30am rules briefing

9am women's lifting starts

11:30am – 12:30pm men's weigh-ins

1pm rules briefing

1:30pm men's lifting starts

Entry Form:
Please print clearly

First Name: _____ Last Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ Email: _____
Date of Birth: _____ Age: _____
Division: (Male/Female) *circle one* Weight class: _____
Entry Fee: (\$35.00 post marked before 5 September, \$45.00 postmarked after 5 September)

Participant's Emergency Contact Information

Name: _____ Relationship: _____
Contact Phone number: _____

RELEASE FROM LIABILITY

ALL LIFTERS and MEET PARTICIPANTS, INCLUDING LOADERS AND SPOTTER, REFEREES, AND PLATFORM WORKERS, MUST SIGN THIS PRIOR TO WEIGH-IN OR THE COMMENCEMENT OF THE MEET, WHICHEVER IS APPLICABLE
IMPORTANT: READ THIS RELEASE CAREFULLY. WHEN YOU SIGN IT YOU WILL BE GIVING UP IMPORTANT LEGAL RIGHTS.

In consideration of my participation in the 2013 Bar Wars CrossFit Total Competition as a competitor, as a loader/spotter, as a referee, as a platform worker, or as in any other capacity, I intend to be legally bound, for not only myself but also for my heirs, executors, representatives, agents, successors, assigns, and administrators. By signing this Release of Claims, I waive, release, and forever discharge CrossFit Retribution and officials, the meet directors(s), the loaders and spotters, the referees, all meet personnel, and all CrossFit Retribution administrative personnel, agents, independent contractors, and employees associated with this competition, from any and all claims, demands, damages, costs, expenses, loss of services, actions and causes of action, that I, my heirs, personal representatives, or assignees, may have against CrossFit Retribution and the aforementioned parties for all injuries and damages, known or unknown, that I may incur as a result of my participation and/or involvement in the above-described event or by my use of the facility in which this competition is held.

I do further agree that I shall indemnify and save harmless CrossFit Retribution and officials, the meet directors(s), the loaders and spotters, the referees, all meet personnel, and all CrossFit Retribution administrative personnel, agents, independent contractors, and employees, from any and all claims, demands, damages, loss of service, or expense for property damage and for personal injuries or actions brought by a third party resulting or arising from my participation in the above-described competition or my use of the facility in which this competition is held.

Further, I assume the risk of my participation in this sport and in this competition, which is potentially dangerous, like most other sports. Serious to minor injuries can and do occur. I further recognize that my participation in this competition is voluntary and requires that I assume the risk of this potentially dangerous sport and, therefore, I assume the risk of potential injury.

I agree to pay any attorney fees and litigation expenses incurred by any person, real or corporate, whom I may sue in an effort to challenge this Release of Claims. I understand that my agreement to pay attorney fees and litigation expenses is the sine qua non for the acceptance of my entry in this contest or my participation in this competition. If any provision of this Release of Claims shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release of Claims shall remain in full force and effect. I also certify with my signature that this Release of Claims cannot be modified orally.

BY SIGNING BELOW, I ACKNOWLEDGE THAT I HAVE READ AND FULLY UNDERSTAND THE INFORMATION CONTAINED IN THIS DOCUMENT AND THAT I SIGN THIS RELEASE OF CLAIMS VOLUNTARILY WITH KNOWLEDGE THAT I WAIVE IMPORTANT LEGAL RIGHTS.

Signature of Participant

Signature of parent of guardian if
Participant is under 21

Print your name Date

Print your name date