

OCTOBER IRON FEST

A Starting Strength Event

Saturday October 25th, 2014

CrossFit Retribution- 61 John Street, Westminster, MD 21791

Meet director: Beau Bryant | 540-454-6697

Email: beau82nd@gmail.com

Men's and women's Strength Event Divisions:

Open and masters- over 40, Only (raw) Belt and neoprene sleeves only
No singlet required

Weight Classes:

Men; up to 52kg, up to 56kg, up to 60kg, up to 67.5kg, up to 75kg, up to 82.5kg, up to 90kg, up to 100kg, up to 110kg, up to 125kg, and over 125kg

Women; up to 44kg, up to 48 kg, up to 52kg, up to 56kg, up to 60kg, up to 67.5kg, up to 75 kg, up to 82.5kg, up to 90kg, and over 90kg

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 \$40.00 early registration (before September 25th), \$50.00 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 may be moved to two days. Women will compete on Saturday and men will compete on Sunday.

7am – 8am check in and weigh-ins

8:30am rules briefing

9am women's lifting starts

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: _____ Masters/Open _____

Entry Fee: (\$40.00 post marked before 5 September, \$50.00 postmarked after 25 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 2014 October Iron Fest 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