

2017 Manitoba Junior & Senior Championships

Sanctioned by Manitoba Weightlifting Association (MWA), Hosted by CrossFit Rocked

****Entry Deadline: December 2nd****

- Date: Sunday, December 10, 2017
- Location: CrossFit Rocked, 215 6th Street, Brandon, MB
- Entry Fee: Youth (Under 18) - \$30. Junior/Senior/Masters - \$40. Entry fees are non-refundable.
- Eligibility: Must be registered and in good standing with the Manitoba Weightlifting Association or Provincial/State Association.
- Events: Men and women in all classes included. Schedule to be determined based upon entries. The start list and session times will be posted on the MWA web site by December 7th.
- Awards: Awards will be presented to the top 3 per class and to the Best Male/Female lifters.
- Organizer/Director: CrossFit Rocked; Jenn McMillan, jenn.d.mcmillan@gmail.com
- Mail entries to: CrossFit Rocked, 215 6th Street, Brandon, MB, R7A 3N3, payment by cash or cheque (payable to CrossFit Rocked)
- Rules: The current IWF – Rule Book (the “Rules”) will govern the competition.
- Medical: The contest is “subject to doping control”. The Canadian Centre for Ethics in Sport (CCES) may be on site to perform testing.
- Weigh –In: All weigh-ins will take place at the competition venue in accordance with the Rules.
- Scale/Suits: Electronic scale to 0.01 kg. Lifting Suits are mandatory.

Complete, sign and submit with payment to CrossFit Rocked no later than December 2nd.

Name:	Club:	Coach:
Address:		Year of birth:
Weight Class:	Entry: <input type="checkbox"/> Youth (under 18) <input type="checkbox"/> Junior/Senior/Master	<input type="checkbox"/> Female <input type="checkbox"/> Male

WAIVER AND RELEASE OF LIABILITY

In consideration of entering and participating in this event, including any and all activities related to this event (the “Competition”), hosted by CrossFit Rocked and sanctioned by the Manitoba Weightlifting Association (the “Organizers”), I, the undersigned acknowledges and agrees that:

- The risk of injury from the activities involved in the Competition is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, coaching and personal discipline may reduce this risk, the risk of serious injury exists. My participation in this activity is purely voluntary and I elect to participate in spite of the risks. If I require medical assistance, I acknowledge that the expenses for such medical assistance shall be at my own expense or the expense of my personal insurer(s). I UNDERSTAND AND AGREE THAT THE ORGANIZERS WILL NOT PAY FOR ANY COST OR EXPENSE INCURRED BY ME IF I AM INJURED.
- I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE ORGANIZERS or others, and I assume full responsibility for my participation. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such hazard immediately to the attention of the Organizers.
- I, FOR MYSELF AND ON BEHALF OF MY HEIRS, ASSIGNS, PERSONAL REPRESENTATIVES AND NEXT OF KIN, HEREBY RELEASE AND HOLD HARMLESS THE ORGANIZERS, INCLUDING THEIR RESPECTIVE OFFICERS, DIRECTORS, OFFICIALS, AGENTS AND/OR EMPLOYEES, OTHER PARTICIPANTS, SPONSORING AGENCIES, ADVERTISERS, AND, IF APPLICABLE, OWNERS AND LESSORS OF PREMISES USED TO HOST TRAINING OR CONDUCT THE EVENT (“RELEASEES”), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, OR LOSS OR DAMAGE TO PERSON OR PROPERTY, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

I further grant the Organizers the right without reservation or limitation, to photograph, videotape, and/or record me (and/or my child(ren)) and to use my (and/or my child(ren)’s) name, face, likeness, voice and appearance in connection with publicity, advertising and promotional materials.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signature of Participant (or parent/guardian if participant is under 18 years of age):

Date: _____