



## The 2019 CrossFit Winnipeg Open and Manitoba Masters Championships

Saturday March 30, 2019

Hosted by the Dakota Weightlifting Club

**Competition Venue:** Crossfit Winnipeg, Unit 1 North Building, 739 Lagimodière Blvd, Winnipeg, MB R2J 0T8

**Entry Fee:** (CAD) \$30.00 Youth, \$40 Junior/Senior/Masters. All Entries are non-refundable. Payable by cheque or eTransfer.

**Entry Deadline:** Friday, March 22, 2019 @ 5 PM, no late entries will be accepted. Email completed entry form and submit eTransfer to [dakotaweightlifting@gmail.com](mailto:dakotaweightlifting@gmail.com), use password manitobamasters for the eTransfer. Mail completed entry form and cheque to 133 Langside Street, Winnipeg Manitoba, R3C 1Z5.

**Eligibility:** Open to all lifters registered and in good standing with the Manitoba Weightlifting Association or their Provincial Sport Organization or their State or National Organization. All coaches must be *Respect in Sport* certified to participate.

**Events:** Men and women in all classes will be included. Awards will be presented to the top 3 lifters per class, the best overall male & female lifters, and to the best male & female masters lifters. Schedule to be determined based upon entries. The start list & session times will be e-mailed to coaches and posted on the MWA web site by Monday, March 25, 2019.

**Organizer/Director:** Dakota Weightlifting Club, contact Craig Gilbert [craiggilbert001@gmail.com](mailto:craiggilbert001@gmail.com) with any questions.

**Sanction:** Manitoba Weightlifting Association (MWA) Committee

**Competition Rules and Regulations:** The most recent IWF Rule Book will govern the competition. All Athletes, Coaches, and officials participating in the 2019 CrossFit Winnipeg Open and Manitoba Masters Championships at CrossFit Winnipeg (including the warm-up area) must be members in good standing with the Manitoba Weightlifting Association or their Provincial Sport Organization or their State or National Organization. The contest will be subject to doping control. The Canadian Centre for Ethics in Sport (CCES) will perform the tests at their prerogative. Lifting Suits will be mandatory at this competition.

**Training:** Training will be available for travelling competitors, please contact [craiggilbert001@gmail.com](mailto:craiggilbert001@gmail.com) to make arrangements.

Name: \_\_\_\_\_

Email: \_\_\_\_\_ Club: \_\_\_\_\_

Coach: \_\_\_\_\_ RIS #: \_\_\_\_\_

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

Male: \_\_\_\_ Female: \_\_\_\_ Year of Birth: \_\_\_\_\_ Weight Class: \_\_\_\_\_ kg

Best Total: \_\_\_\_\_ Entry Fee : \_\_\_\_\_ ( CAD) \$30.00 Youth, \$40 Junior/Senior/Masters

intend to use this competition as a qualifier for the 2019 Masters World Championships

CMWFHC membership number (required for qualification): \_\_\_\_\_

**WAIVER AND RELEASE OF LIABILITY:** In consideration of entering and participating in the 2019 CrossFit Winnipeg Open and Manitoba Masters Championships hosted by Dakota Weightlifting Club and the Manitoba Weightlifting Association (the "Organizers"), and any and all activities related to the Competition, 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 RELEASEES 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 hosting club, the Manitoba Weightlifting Association and/or its officials immediately. • 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: \_\_\_\_\_ Date: \_\_\_\_\_

If under 18, Signature of Parent/ Guardian

Signature: \_\_\_\_\_ Date: \_\_\_\_\_