

2020 Hercules Open: 2020-11-28

Sanctioned by Manitoba Weightlifting Association (MWA), Hosted by Hercules WL Club

****Deadline: Fri. 2020-11-20, e-mail (1) Entry Form**

Date: Saturday, November 28, 2020, Start Times To Be Determined By # of Entries
Location: Virtual Competition: Zoom event information provided at a later date.
Entry Fee: Manitoba Weightlifting Association: Membership **No Late Entries Accepted
Of Lifters 50 Lifters Accepted, Maximum Of 10 Male/Female Lifters Per Session. Five Sessions Only
Eligibility: Open to Lifters registered and in good standing with the Manitoba Weightlifting Association. *All CWFHC coaches must be RIS certified to participate *
Events: Schedule to be determined based upon entries. The start list & session times will be e-mailed to coaches before competition & posted on the MWA web site by 2020/11/23
Organizer/Director: Hercules WL Club, Contact Sean Mazur. If you have a question e-mail to sean.mazur@me.com
Sanction: Manitoba Weightlifting Association (MWA) Committee
e-mail Form to: sean.mazur@me.com
Competition Venue: Your personal gym
Weigh-in : Done virtually through Zoom

Competition Rules And Regulations The most recent IWF – Rule Book will govern the competition. All Athletes, Coaches, and officials participating in the 2020 Hercules Open must be accredited. In order to be accredited, all individuals must be registered and in good standing with the Manitoba Weightlifting Association.

Weigh –In : All weigh-ins will take place virtually through Zoom. Location of your choosing.

COVID-19: It is mandatory that every coach, athlete, official, volunteer and spectator respect the Province of Manitoba COVID-19 regulations. The Hercules Weightlifting Club and MWA is not responsible for non-compliance.

Name: _____ E-mail _____

Club: _____ Coach _____ City/Province/ _____

Gender: Male: ___ Female: ___ Year Of Birth : _____ Weight Class: _____ kg (Mandatory) Best Total: _____

WAIVER AND RELEASE OF LIABILITY

In consideration of entering and participating in the 2020 Hercules Open hosted by Hercules WL 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: _____ Under 18, Signature of Parent/ Guardian

Signature: _____ Date: _____