

2021 Manitoba Open, Winnipeg, MB, 2021-11-27

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

Deadline: Sat. 2021-11-20, e-mail (1) Entry Form (2) Payment via Interac E-Transfer To: seanmazur1@gmail.com.

Date: Saturday, November 27, 2021, Start Times To Be Determined By # of Entries
Location: Norwood Community Center, 87 Walmer St., Winnipeg MB R2H 3H4,
Entry Fee: Cost: \$30=Youth (Under 17), \$40=Junior, Senior, Masters. All Entries are non-refundable.
e-Mail (1) Entry Form (2) E-Transfer To: seanmazur1@gmail.com., Use password "hercules" for E-Transfer.
The entry form + Interac E-Transfer must be e-mailed on the same day to be accepted.
Deadline: Saturday 2021-11-20 @ 5 PM, No Late Entries Accepted
Of Lifters: 36 Lifters Accepted, Maximum Of 18 Male/Female Lifters Per Session What Ever Fills Up First, Two Sessions Only
Expenses: Participants are responsible for their own expenses going to, while at, and from this event.
Eligibility: Open to Lifters registered and in good standing with the Manitoba Weightlifting Association or their Provincial Sport Organization (PSO) or their State Organization. * All CWFHC coaches must be RIS certified to participate *
Events: Men and women in all classes will be included. Awards will be presented to the top 3 per class and to the best Male & Female lifters. 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 2021.11.25
Awards: Medals will be presented to the top three (3) per class
Organizer/Director: Hercules WL Club, Contact Ken Mazur. If you have a question e-mail to kenmazur@me.com
Sanction: Manitoba Weightlifting Association (MWA) Committee
e-mail Form+Payment to: seanmazur1@gmail.com
Competition Venue: Norwood Community Center, 87 Walmer St., Winnipeg MB R2H 3H4,
Weigh-in & Officials Room: Norwood Community Center, Main Level
Change Rooms: Norwood Community Center, Main Level, male/female
Doping Control Station: Norwood Community Center, Main Level Mezzanine level
COVID Regulations: All Lifters, Coaches, Officials and spectators must present COVID-19- Vaccination Cards @ entrance

Competition Rules And Regulations The most recent IWF – Rule Book will govern the competition. All Athletes, Coaches, and officials participating in the 2021 Manitoba Open at Norwood Community Center (including the warm-up area) must be accredited. In order to be accredited, all individuals must be registered and in good standing with the Manitoba Weightlifting Association or their Provincial Sport Organization (PSO) or their State Organization.

Medical: The contest will be "subject to doping control". The Canadian Centre for Ethics in Sport (CCES) (the drug testing body in Canada - similar to USADA in the US) will perform the tests at their prerogative. Doping Control Station will be the Gym Washrooms.

Communications During the Contest MWA Committee will be available on the day of the event to direct questions and concerns. During the Contest: Athletes and/or Coaches will be given a copy of the Start List as soon as possible after each weigh-in. After the Contest A copy of the results package will be available.

Training Available: Due to the limited time permitted to set up there will NOT be available time.

Weigh-In : All weigh-ins will take place at the weigh-in room at the competition venue.

Scale: Electronic scale to 0.01 kg, **Lifting Suits:** Lifting Suits will be mandatory at this MWA Competition.

Name: _____ E-mail _____

Club: _____ Coach _____ City/Province/State//P.C/Zip _____

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

Entry Fee (CAD) :\$30=Youth (Under 17), \$40=Junior, Senior, Masters, Payment Options: Interac e-Transfer

WAIVER AND RELEASE OF LIABILITY

In consideration of entering and participating in the 2020 La Coupe du Voyageur Championship 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/ Guardia