

X

PUSH | PULL

X

# POWERLIFTING

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PRAIRIE RIDGE FITNESS - AUGUST 4, 2018

MEET

X

Promoter: Prairie Ridge Fitness  
 Date: Center August 4, 2018  
 Time: 11:30 a.m. Athlete Meeting  
 12:00 p.m. Meet  
 Location: Prairie Ridge Fitness Center  
 15 Division Street  
 Elbow Lake, MN 56531  
 Cost: \$20.00 on or before July 28  
 \$25.00 after July 28

## MENS DIVISIONS:

### Age

Under 17, 18 to 35, 35+

### Weight Classes

Under 150, 151-200, 201-250, 251+

## WOMENS DIVISIONS:

### Age

Under 17, 18 to 35, 35+

### Weight Classes

Under 125, 126-160, 161+

This will be a push/pull (Bench Press/Deadlift) event. Athletes will choose 3 weights for each lift and will have a total of 3 attempts per lift. Athlete will receive an up/good command on the bench press and a good command for the deadlift. This is not a sanctioned meet and will be open to all. This event will be held outdoors (weather permitting) but we will host indoors if the weather is not cooperating.

**Entry Fee is \$20.00 and due on or before July 28<sup>th</sup> and can be mailed to:**



Prairie Ridge Fitness  
 ATTN: Missy Amundson  
 1411 Hwy 79 E  
 Elbow Lake MN 56531

You can sign up the day of the meet but the cost will be increased to \$25.

Please contact Clayton at Prairie Ridge Fitness with any questions. Our number is 218-658-4348, or email at [canderson@prairiehealth.org](mailto:canderson@prairiehealth.org).

# Registration and Liability Form:

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

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

\_\_\_\_\_  
Signature (Parent/Guardian signature required if contestant is under 18 years of age) Date

By signing the form you are agreeing to the terms of the waiver below

**RISK OF INJURY AND WAIVER OF CLAIMS.** I assume all risks of injury and waive all rights to pursue money damages or any other relief of any kind as a result of anything occurring at or near Prairie Ridge Fitness. In the event I am injured while on Prairie Ridge Fitness property or during a Prairie Ridge Fitness sponsored event, I will hold harmless Prairie Ridge Fitness and anyone facilitated with the facility including all of their owners, employees, agents, successors, and assigns from all claims of any sort for damages or for other relief, including but not limited to claims for contribution. I acknowledge there is possible danger connected with any physical activity (including the dangers of physical injury and death) and knowingly and voluntarily waive my right to make a legal or equitable claim of any sort against Prairie Ridge Fitness and all of their owners, employees, agents, successors, and assigns from all claims of any sort for damages or for other relief, including but not limited to claims for contribution. This assumption of risk and waiver of liability applies to my family members, successors, heirs, and assigns.

**DAMAGED, LOST OR STOLEN PROPERTY.** I understand that Prairie Ridge Fitness is not responsible for any of my personal property that is damaged, lost or stolen while in or around the facility.

**ACKNOWLEDGMENT OF LIABILITY.** I am liable for all damage I cause to the equipment or physical infrastructure of the facility and will reimburse Prairie Ridge Fitness.

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, and my assigns, waive and release all rights and damages I may have against Prairie Ridge Fitness Center, Prairie Ridge Health Services, City of Elbow Lake and any affiliation with the contest at all, any and all sponsors of the event, their representatives and assigns, for any and all injuries incurred by me in conjunction with this meet and in traveling to and from the event. And in further consideration of permission being granted to me to participate in the Powerlifting Meet and its related events, I hereby grant **Prairie Ridge Fitness** and/or any other approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me here under are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at any time in connection therewith. Nothing contained herein shall be deemed to obligate **Prairie Ridge Fitness Center** and/or any other approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that **Prairie Ridge Fitness Center** and/or any other approved video or entertainment organization, are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to **Prairie Ridge Fitness Center** and/or any other approved video or entertainment organization here under. Therefore I affix my signature above.