

# 2<sup>nd</sup> Annual Athletic Club Strongest Member Competition At the NAC, February 22, 2020

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

Club: \_\_\_\_\_ (MAC, NAC, FAC)

Telephone: (    ) \_\_\_\_\_ E-mail: \_\_\_\_\_

**Please check the division(s) you will be lifting in:**

Men over 200 pounds    Men under 200 pounds    Women under 140 pounds    Women over 140 pounds

**ENTRY FEE (S):**

**\$15.00 – Powerlifting Competition [Squat, Bench Press and Deadlift]**

**T-shirt SIZE(s):**    S    M    L    XL    XXL    XXXL

**Important Note:** ENTRY DEADLINE IN FEBRUARY 20, 2020

**RULES:**

- 1) **Must be a member of the MAC, NAC or FAC (Limited to 20 competitors in each division)**
- 2) **Participants must sign and weigh in 30 minutes before competition.**
- 3) **Each participant is given 3 attempts at each lift.**
- 4) **The order of lifts will be Squat, Bench Press, Dead Lift.**
- 5) **Participants are given 60 seconds to complete the lift.**
- 6) **Squat must be below 90 degrees, bench press must touch chest, dead lift must lock legs and hips.**
- 7) **Competitors must help spot.**
- 8) **No performance enhancing gear, i.e. straps, body suits, slingshots, etc.**
- 9) **Protective gear will be allowed, example: weight belts, knee sleeves, wrist wraps.**

**RELEASE FROM LIABILITY WAIVER**

In consideration of my participation in the **Athletic Club Strongest Man/Woman competition** as a competitor, as a loader/spotter, as a referee, as a platform worker, or as in any other capacity, I intend to be legally bound, for not only myself but also for my heirs, executors, representatives, agents, successors, assigns, and administrators. By signing this Release of Claims and Liability, I waive, release, and forever discharge MAC, NAC, FAC officers and officials, the meet directors(s), the loaders and spotters, the referees, all meet personnel, and all employees associated with this competition, from any and all claims, demands, damages, costs, expenses, loss of services, actions and causes of action, that I, my heirs, personal representatives, or assignees, may have against Athletic Clubs and the aforementioned parties for all injuries and damages, known or unknown, that I may incur as a result of my participation and/or involvement in the above-described event or by my use of the facility in which this competition is held.

I do further agree that I shall indemnify and save harmless Athletic Clubs officers and officials, the meet directors(s), the loaders and spotters, the referees, all meet personnel, and all USAPL administrative personnel, agents, independent contractors, and employees, from any and all claims, demands, damages, loss of service, or expense for property damage and for personal injuries or actions brought by a third party resulting or arising from my participation in the above-described competition or my use of the facility in which this competition is held.

Further, I assume the risk of my participation in this sport and in this competition, which is potentially dangerous, like most other sports. Serious to minor injuries can and do occur. I further recognize that my participation in this competition is voluntary and requires that I assume the risk of this potentially dangerous sport and, therefore, I assume the risk of potential injury.

By signing below, I acknowledge that I have read and fully understand the information contained in this document and that I sign this Release of Claims and Liability voluntarily with the knowledge that I waive important legal rights.

\_\_\_\_\_  
Signature of Participant                      Date

\_\_\_\_\_  
Signature of Parent or Guardian if Participant is under 18 years old

\_\_\_\_\_  
Printed Participants Name                      Date

\_\_\_\_\_  
Print Name of Parent or Guardian if Participant is under 18 years old

**Send Checks payable to: The MAC, 710 Memorial Blvd., Suite 120, Murfreesboro, TN 37129**

**Send questions to: Rick Canada, [rcanada@athleticclubs.org](mailto:rcanada@athleticclubs.org), 615-396-0999**