



3-6 ADA March Mayhem Power Lifting Competition March 16, 2013



**at Rinehart Fitness Center
Competition starts at 8:00 am**

Open to Active Duty, Family Members, Retirees, DoD and Lawton Community

Events include Squat, Benchpress, Deadlift

Awards 1st - 3rd Overall Male and Female / 1st - 3rd per weight class

Registration Form

(Registration Closes 14 March 2013)

NAME*: _____ AGE*: _____ GENDER*: _____

CITY, STATE ZIP: _____

PHONE: _____ EMAIL: _____

Registration Cost is \$35

T-SHIRT SIZE (circle one):

Adult S M L XL 2XL

Men

Weight Class (circle one):

Bantamweight <165lbs

Middle 166 - 205lbs

Cruiser 206 - 250lbs

Heavyweight 251+lbs

Women

Weight Class (circle one):

Bantamweight < 120lbs

Middle 121-155lbs

Cruiser 156-200lbs

Heavyweight 200+lbs.

LIABILITY WAIVER. PLEASE READ BEFORE SIGNING.

I understand there are inherent risks involved in my participation in the 30th ADA March Mayhem Power Lifting Competition held on 16 March 2013 at Rinehart Fitness Center, Fort Sill, Oklahoma. My participation in this competition is voluntary, and I have full knowledge of the risks involved with lifting weights. I hereby agree to release the United States, the Department of the Army, Fort Sill, and all their employees and volunteers from any and all claims and demands resulting from any loss, damage, death, or injury that may arise due to my participation in this weight lifting competition. Furthermore, I hereby for myself, my heirs, my executors, or anyone who might claim on my behalf, covenant not to sue the United States, the Department of the Army, Fort Sill, and all their employees and volunteers for any claim of death or personal injury resulting from my participation in the 30th ADA March Mayhem Power Lifting Competition.

I certify that I am an adult, over 18 years of age, or, in the event that I am not, I certify that this form has also been signed by my parent or guardian

SIGNATURE*: _____ DATE: _____

SIGNATURE OF PARENT/GUARDIAN (If under age 18): _____ DATE: _____

Please bring this form and check/money order to the Family & MWR Sports Office, 4744 Mow-Way Road, between 0730 - 1600

Make checks/money orders payable to: FORT SILL MWR FUND