



A HARDCORE TRAINING FACILITY

# OFFICAL ENTRY FORM & INFO

## METROFLEX GYM RAW STRENGTH AND ENDURANCE EXTRAVAGANZA

DATE/TIME: Saturday - August 13th, 2011. 10am Event Start Time  
LOCATION: Dallas Convention Center, Hall F - Dallas, TX. Europa Sports EXPO  
PRICE: \$50.00, plus \$10.00 for MSA card if not a member. NO REFUNDS.  
EVENT DIRECTOR: Brian Dobson [metroflexgym@att.net](mailto:metroflexgym@att.net)

EUROPA Sports & Fitness EVENT WEB SITE: [www.visionstarinc.com](http://www.visionstarinc.com)

### **EVENTS**

1. **CHIN-UPS**: Bodyweight for reps, overhand grip only. Use of lifting straps is prohibited. Each repetition must begin from a dead-hang, chin must clear the top of the bar.

2. **BENCH PRESS**: Bodyweight for reps for men, 75% bodyweight for women. Bar must touch the chest, butt must remain on the bench. Touch and go permitted, no bouncing the bar. Each rep must be fully locked out. Belt and wrist wraps are allowed.

3. **SQUAT**: 1.5 times bodyweight for reps for men, bodyweight for women. Top of thigh must be parallel to floor. Each rep must be fully locked out. Belt and knee wraps are allowed. Feet no wider than 24 inches. Repetitions do not begin until "down" command is given.

4. **DEADLIFT**: Double bodyweight for reps for men, 1.5 times bodyweight for women. Belt may be worn, lifting straps are prohibited. No hitching. Shoulders must be flexed to the rear to complete each repetition. Repetitions do not end until "down" command is given.

5. **BARBELL CURL**: Half of bodyweight for reps. Bar must touch thighs at the beginning of the repetition. Belts are allowed. No other supportive equipment will be allowed. No hitching or use of legs.

Judges rulings are final. Judges will count good repetitions, and use the command "no lift" for bad repetitions. Competitors get one bad repetition per event, any other bad repetitions afterward will end that competitor's turn. Rules and events subject to change. Competitors must hold MSA cards. MSA cards will be available at the show for \$10.00. NO REFUNDS.

**DIVISIONS:** Teen (W/M): 13-19  
Men's Open: 18+  
Women's Open: 18+  
Masters (W/M): 40-49, 50-59, 60-69

<b>WEIGHT CLASSES (lb):</b>	<b>MEN</b>	<b>WOMEN</b>
Bantamweight:	Under 145	N/A
Lightweight:	Under 175	Under 125
Middleweight:	Under 195	Under 100
Light Heavyweight:	Under 215	N/A
Heavyweight:	Under 245	Under 175
Super Heavyweight:	Under 275	N/A
Unlimited:	Over 275	Over 175

**AWARDS:** 1<sup>st</sup> through 3<sup>rd</sup> for each weight class in each division.

**RELEASE FROM LIABILITY:** In consideration of being permitted to participate in competitions sanctioned by the Metroflex Strength Association (MSA), I hereby release Brian Dobson, Metroflex Gym Inc., Visionstar Inc., their assistants and/or employees and all persons associated there with or rendering service thereto from any responsibility or liability for any injury or personal loss to myself, including those caused by the negligent act or omission arising out of or connected with my participation in MSA competitions or the use of any equipment at the competitions. In signing this Release form, I acknowledge and represent the following:

1. Weightlifting is a strenuous athletic event. As a sport, accidents can and do happen periodically as a result of the normal danger involved.
2. There is a risk of participation. Lifter recognizes this risk and accepts it. Lifter shall have the duty to examine all equipment prior to use and immediately inform the proper people of any dangerous condition observed with the equipment, personnel or event venue. The lifter has sole responsibility for the condition of his personal lifting gear i.e. bench press shirts, lifting suits, belts, wraps and other lifting gear and it is the responsibility of the lifter to wear such gear in a manner that is safe and least likely to result in injury. Neither the MSA and its meet directors and employees, nor Metroflex Gym Inc., Visionstar Inc., its owners or employees, are responsible for lifting gear blowouts, tears or any defects in lifting gear.
3. I am in excellent health and capable of performing the feats of strength attempted.
4. I am the sole decider of the amount of weight to be lifted. I will act in a reasonable manner at all times and not lift weights beyond a safe and prudent level.
5. I have the right to bring my own spotters and assistants. If I do not do so, I may use such spotters as provided by the meet director, solely as a courtesy to Lifter.
6. Neither the MSA, Metroflex Gym Inc., Visionstar Inc., nor any subdivision thereof, nor any agent, servant or employee of the MSA or Metroflex Gym Inc., Visionstar Inc., nor any other competitor shall be liable to me for any harm or damage to me, unless such harm is the result of the intentional or reckless conduct of such person, which conduct shall not be imputed to any other person or organization. No action of negligent entrustment shall exist.
7. I will be responsible for my behavior and acts and those of my guests. If I do not act in accord with the rules of the MSA for competition or behavior, I may be asked to leave the event immediately by an event director and will do so voluntarily and shall forfeit all fees paid to the meet director. In the event litigations shall occur, I shall be responsible for payment of reasonable attorney fees of the prevailing party
8. This Release is reasonable, executed freely, without duress and undue influence and after opportunity for careful and independent review. In consideration of acceptance of my entry form in this weightlifting competition, I intend to be legally bound for not only myself, but also for my heirs, executors, and administrators. In signing this release from liability, I waive and release everyone connected with this competition from any and all liability and negligence which may arise from it.

# OFFICAL ENTRY FORM

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**I HAVE READ THE ABOVE LIBILITY WAIVER.**

PRINT NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE (Under 18): \_\_\_\_\_

**Mail entry forms to:**

**Metroflex Gym  
2921 Cooper St #109  
Arlington, TX 76015**