

1  
PLEASE DO NOT WRITE HERE, STAFF USE ONLY:

DATE RECEIVED: \_\_\_\_\_ PAID: Check  Cash  Money Order

**COMPLETE, SIGN AND MAIL THIS SHEET WITH YOUR PAYMENT. THANK YOU!**

# 3rd Annual High School Individual & Team Push-Pull Challenge

**Saturday, May 8, 2010  
Mechanicsville, VA**

**PLEASE PRINT:**

NAME: \_\_\_\_\_  
FIRST LAST

DATE OF BIRTH: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: M \_\_\_\_\_ F \_\_\_\_\_ BODY WT: \_\_\_\_\_ bs.  
M M D D Y Y

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

DAY PHONE: \_\_\_\_\_ NIGHT PHONE: \_\_\_\_\_

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

**Please Print:**

TEAM NAME: \_\_\_\_\_

HIGH SCHOOL: \_\_\_\_\_

**CIRCLE WEIGHT CLASS:** (all lifters must circle one) *Kilograms/Pounds*

**FEMALE:** 40/88 44/97 48/105 52/114 56/123 60/132 67/148 75/165 82/181 90/198 90/220 90/220+

**MALE:** 40/88 44/97 48/105 52/114 56/123 60/132 67/148 75/165 82/181 90/198 100/220 110/242 125/275 140/308

140/308+

Check the box to the left of each appropriate Category listed below.

**Push-Pull:**

TEEN (12-13)  TEEN (14-15)  TEEN (16-17)  TEEN (18-19)

**MAKE CHECK OR MONEY ORDER PAYABLE TO:**

**Virginia Powerlifting  
6108 Pine Slash Road  
Mechanicsville, VA 23116**

**ALL LIFTERS MUST COMPLETE AND SIGN THE AAU RELEASE, WAIVER OF LIABILITY,  
ASSUMPTION OF RISK, INDEMNITY, AND THE PARENTAL CONSENT AGREEMENT**

**Release, Waiver of Liability, Assumption of Risk, Indemnity, and parental Consent Agreement (“agreement”)**

In consideration of being permitted to participate in an Amateur Athletic Union of the U.S. Inc. activity (“activity”) I, my personal representatives, assigned heirs and next to kin:

1. **ACKNOWLEDGE**, agree, and represent that I understand the nature of the activity and that I am qualified, in good health and in proper physical condition to participate in such activity. I further agree and warrant that if at any time I believe conditions to be unsafe; I will immediately discontinue further participation in the activity.

2. **FULLY UNDERSTAND** that: (a) **ATHLETIC ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH (“Risks”)**: (b) these Risks and dangers may be caused by my own actions or the actions of others participating in the activity, the condition in which the activity takes place, or **THE NEGLIGENCE OF THE “RELEASEES” NAMED BELOW**: there may be **OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES** either not known to me or not readily foreseeable at this time: and **I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES** I incur as a result of my participation or that of the minor in the activity.

3. **HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE** the Amateur Athletic Union of the U.S. Inc. (AAU), including its parent company, related affiliated and subsidiary companies of each, as well as the officers, directors, agents, employees and assigns of each, and the AAU’s Associations, clubs, coaches, officials, administrators, members, volunteers, participants, sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place, and any other party indemnified and held harmless by the AAU, (each considered one of the **“RELEASEES”** herein) **FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE “RELEASEES” OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, NEGLIGENT SECURITY, TRAVEL, AND RECREATIONAL OPERATIONS AND ACTIVITIES; AND I FURTHER AGREE** that if, despite this **RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I**, or anyone on my behalf, makes a claim against any of the Release’s, **I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES** from any litigation expense, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

**I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOT WITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.**

Printed name of participant: \_\_\_\_\_ Phone: \_\_\_\_\_

Participant’s signature (only if age 18 or over): \_\_\_\_\_ Date: \_\_\_\_\_

**Minor’s RELEASE**

**AND I, THE MINOR’S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF ATHLETIC ACTIVITIES AND THE MINOR’S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE’S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR’S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE “RELEASEES” OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE. I THE MINOR OR ANYONE ON THE MINOR’S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAME ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.**

Printed name of parent or Guardian: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City State Zip Code

Parent/guardian signature (only if participant is under the age of 18): \_\_\_\_\_ Date: \_\_\_\_\_

# 3rd Annual High School Individual & Team Push-Pull Challenge

## INFORMATION SHEET

**SATURDAY MAY 8, 2010**  
**Lee Davis High School**  
**7052 Mechanicsville Turnpike**  
**Mechanicsville, Virginia**

### **FEES:**

\$35.00 per athlete (6-10 athletes per team)

### **LIFTING ATTIRE:**

One-piece lift suit (wrestling singlet) or shorts and t-shirts are allowed.  
Shorts must be above the knee. This is a RAW MEET only, no assisted equipment

### **WEIGH-IN:**

Friday, May 7<sup>th</sup> 4:00-5:30 p.m.  
Saturday, May 8<sup>th</sup> 6:30-8:00 a.m.

### **RULES BRIEFING:**

Saturday, May 8th, 8:00 a.m.

### **CONTEST:**

Push-Pull (bench, and deadlift), AAU RULES APPLY

### **AWARDS:**

1<sup>st</sup>-3<sup>rd</sup> awards individual awards will be given along with team awards

### **RECORDS:**

This meet will be sanctioned by AAU so that AAU American records may be set at this meet

### **LOCATION:**

Lee Davis High School (gymnasium), 7052 Mechanicsville Turnpike, Mechanicsville, VA 23111

### **ELIGIBILITY:**

All contestants must be current AAU members.

### **RULES:**

All AAU rules apply. See [www.aausports.org](http://www.aausports.org) -- Click on Handbook

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Triple Crown Entry Form 2002.doc.dot.dot  
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Author: Steve Wood  
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