

16th ANNUAL HOCKING COLLEGE WEIGHTLIFTING COMPETITION

Hosted By the Fitness Management Class of 2019

NOVEMBER 8TH, 2018 @ the Hocking College Student Center

Participant Name _____ Phone _____

Address _____

City _____ State _____ Zip _____ E-Mail _____

Are you a Hocking College Student / Alumni / Staff or General Public (circle one)

Shirt Size _____ Openers: Bench _____ Deadlift _____ Squat _____

Entry Fee is \$15 for Hocking students, Alumni, or Faculty. \$20 for non-Hocking participants. Cash or Money Order only. To guarantee a shirt, paid orders must be received by **October 25th, 2018**. The date of the event is November 8, 2019. Walk-ins welcome, but not guaranteed a shirt after pre-registration deadline. Mail-ins must be Post marked by October 20th or received at Student Center Front Desk by Oct 23rd 2018.

Mail to: Hocking College

Student Center (Bill Finnearty), 3301 Hocking Parkway, Nelsonville, OH 45764 Money Orders made out to Hocking College Fitness Management c/o Bill Finnearty

Rules & Regulations: No squat suits, no straps, no gloves, no bench shirts, no knee wraps. Wrist Wraps, Knee Sleeves and Weight belts are allowed. Chalk is allowed, but NOT provided. Lifts must be in accordance with rules and regulations (JUDGES DECISION IS FINAL). All participants must weigh-in so Relative Weights (lift divided by body weight) can be calculated. 3 attempts per lift. 1st, 2nd, & 3rd place overall winners for male and female will receive a trophy (based on relative weight) and in addition, the highest gross (heaviest) lift for each event will receive a trophy. Warm-ups will be allowed prior to lifts, but once you have attempted a weight, you CANNOT go back down in weight. Contact Bill Finnearty (finneartyw@hocking.edu) or (740) 707-5649 for official rules or more details.

Registration and weigh-ins are from 8:00 am until 5:30 pm day of event (Thursday, November 8th), competition starts at 6:00 pm. Weigh-ins located in Conference Room A. Event will take place in adjacent Multiplex (3301 Hocking Parkway, Nelsonville, Ohio 45764).

Please Read and Sign Below. Signature below and release waiver on back required to compete.

Parental Signature (if under the age of 18) _____ Date _____

Signature of Entrant _____ Date _____

Register at Student Center Front Desk or mail-in (see above)

"Administration Only" Release signed and dated on back of this form: yes / no (circle one)

Paid _____ Received by _____

RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

IN CONSIDERATION of being permitted to enter the Hocking College Student Center and property for any purpose, including, but not limited to: observation, use of facilities or equipment, or participation in any way to include sponsored events both on and off the campus, the undersigned, for him/herself and any personal representatives, heirs, and next of kin hereby acknowledges, agrees, and represents that he or she has, or immediately upon entering, will inspect such premises and facilities. It is further warranted that such entry into the Hocking College Student Center for observation, participation or use of any facilities or equipment constitutes an acknowledgement that such premises and all facilities and equipment thereon have been inspected and that the undersigned finds and accepts same as being safe and reasonably suited for the purposed of such observation or use.

I understand that I am about to participate in an experience that may require a member of the Hocking College Student Center staff or Campus Safety to provide transportation.

THE UNDERSIGNED HEREBY RELEASES, WAIVES, DISCHARGES, AND COVENANTS NOT TO BRING LEGAL ACTION AGAINST The Hocking College Student Center or Hocking College, its President, Trustees, employees, agents or assigns (hereinafter referred to as "releases") from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releases or otherwise while the undersigned is in, upon, or about the premises or any facilities, property or equipment therein, or operated by the releases to include sponsored events.

THE UNDERSIGNED HEREBY AGREES TO INDEMINIFY AND SAVE AND HOLD HARMLESS the releases and each of them from any loss, liability, damage or cost they may incur due to the presence of the undersigned in, upon or about the Hocking College Student Center and/or while using the premises or any facilities or equipment hereon, or operated by the releases or events sponsored by Hocking College.

THE UNDERSIGNED further expressly agrees that the foregoing **RELEASE, WAIVER, AND INDEMNITY AGREEMENT** is intended to be as broad and inclusive as is permitted by the law of the State of Ohio and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, AND FURTHER AGREES THAT NO ORAL REPRESENTATIONS, STATEMENT, OR INDUCEMENT APART FROM THE FOREGOING WRITTEN AGREEMENT HAVE BEEN MADE.

I HAVE READ THIS RELEASE IN ITS ENTIRETY AND ALL INFORMATION WITHIN IS TRUTHFUL AND ACCURATE TO THE BEST OF MY KNOWLEDGE.

_____	_____
Print Name	Address or Student I.D. #
_____	_____
Signature	Date
_____	_____
Print Parent or Guardian Name	Date

Signature of Parent/Guardian for Applicants under age 18 _____ **Date** _____
*All applicants over age 18 must sign; one parent/guardian signature applies to all applicants under age 18.

Emergency Contact Name (if desired) _____ / Notification number _____