

**JBPHH MWR**



**COMPETITION**

## **ENTRY FORM**

**Saturday, October 15, 2022 | 8AM | Joint Base Pearl Harbor-Hickam Fitness Center Main Gym**

Open to all DoD ID cardholders 16 and older. Limit 40 competitors.

**Entry form and \$20 entry fee must be received by 5pm, October 14, 2022 or until entry spots are full.**

**WEIGH-INS:** Friday, October 14, 2022 | 9-11am and 4- 5pm.

**DIVISIONS:** Open only-RAW-No Gear except Belt, Knee Wraps and Wrist Wraps.

**WEIGHT CLASSES:** FULL MEET ONLY-Lifters must wear gym shorts and T-Shirt or one-piece singlet must be worn as a minimum. Squat, bench and deadlift suits are NOT ALLOWED. **Classic Raw division** allows one piece singlet, 4 inch belt (buckle or lever), knee wraps and wrist wraps. Go to [www.uspa.net](http://www.uspa.net) to review current rules. THIS IS NOT A SANCTIONED EVENT BUT WILL FOLLOW USPA RULES except for allowing gym shorts and T-Shirt in lieu of one piece singlet.

### **EVENT DAY SCHEDULE (Oct. 15):**

Rules Briefing: 8-8:15am

Lifting Begins: 9am (SHARP)

\_\_\_\_\_  
Name \_\_\_\_\_ Age on 15 Oct \_\_\_\_\_ Birthdate \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zipcode \_\_\_\_\_

Ph no. \_\_\_\_\_ Email \_\_\_\_\_

### **ALL PARTICIPANTS MUST READ AND SIGN THIS WAIVER:**

I acknowledge that this event is an extreme test of a person's physical and mental limits and carries with it the potential for death and property loss. I hereby assume the risks of participating in this event and certify that I am physically fit, have sufficiently trained for participation in this event and have not been advised otherwise by a qualified medical person. I acknowledge that this form will be used by the Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation Department and the sponsors and organizers of JBPHH MWR events. I hereby take action for myself, my executors, administrators, heirs, next of kin and successors, and assign as follows: a) WAIVE, RELEASE, AND AGREE NOT TO SUE, from any and all liability for my death, disability, personal injury, property damage, property theft, or action of any kind which may hereafter accrue to me as a result of any participation in or my traveling to and from this event, THE FOLLOWING PERSONS OR ENTITIES: JBPHH MWR, representatives, agents and volunteers; b) INDEMNIFY AND HOLD HARMLESS the persons or entities mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of any of my actions during this event.

I HEREBY CERTIFY THAT I AM 18 (EIGHTEEN) YEARS OF AGE OR OLDER. I HAVE READ THIS DOCUMENT AND I UNDERSTAND ITS CONTENTS.

Participants must sign here: \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent or guardian  
if participant is under age of 18: \_\_\_\_\_ Date \_\_\_\_\_

**For info call 808-471-2000**