SportsFest at Cedar Beach - Allentown YMCA/YWCA
Bench Press and Deadlift Competition - Saturday July 26, 2008 – 10:00 am

Name: ____ Sex: _________ Phone: ___________________

Address: ____

City: _________________________________ State: _______________________ Zip: _______________

Age: _____________ Birth Date: _______________ Email:_______________________________________

Division (circle all that apply): **MALE/FEMALE RAW/EQUIPPED** Weight Class: _____________

OPEN TEEN/JUNIOR MASTER

WAIVER AND RELEASE OF LIABILITY

In consideration of being allowed to participate in any way in the LEHIGH VALLEY SPORTSFEST, INC., LEHIGH COUNTY & CITY OF ALLENTOWN, PA, program, related events and activities, the undersigned, acknowledges, appreciates, and agrees that:. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, 2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and, 3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and, 4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS the CITY OF ALLENTOWN, PA, LEHIGH COUNTY & LEHIGH VALLEY SPORTSFEST, INC., their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessons of premises used to conduct the event ("Releases"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE. 5. I, the undersigned declare on my honor that I am an amateur and agree to follow the rules of the City of Allentown, PA, Lehigh Valley SportsFest, Inc. & Lehigh County, obey my coach(as)/team leader(s), tournament officials, and directors. I am in good physical condition and have no disease or injury that would impair my doing my best in competition. 6. I hereby authorize my first aid, medication, medical treatment, or surgery deemed necessary in case of an emergency. I also authorize the attending medical personnel to execute on my behalf any permission forms and other appropriate medical documents and act on my behalf if I am not immediately available to do so. 7. I hereby consent to allow my picture or likeness to appear in any official document, sponsor advertisement, and/or exclusive television coverage of the Lehigh Valley SportsFest, Inc., Lehigh County & the City of Allentown. PA in any manner incidental to my participation in the Lehigh Valley SportsFest, Inc., Lehigh County & City of Allentown, PA without compensation to me. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT. FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION). This is to certify, that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releases, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify the Releases from any and all liabilities incident to my minor child's involvement or participation in the LEHIGH VALLEY SPORTSFEST, INC., LEHIGH COUNTY & CITY OF ALLENTOWN, PA, EVEN IF ARISING FROM THEIR NEGLIGENCE. In consideration of your accepting this entry, I waive all claims I may have against the employees, board members and trustees of the Allentown YMCA & YWCA and affiliates for any and all injuries suffered by me resulting from participating/being a part of the bench/deadlift competition.

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Signature Date Signature of parent or guardian if under 18 years of age.

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Lifting Divisions:

Men's Open — Women's Open
Men's Teen/Junior (23 and under) — Women's Teen/Junior (23 and under)
(Teen/Junior Classes: T1 = 13-15, T2 = 16-19, Jr. = 20-23)
Men's Master — Women's Master
(Master Classes: M1 = 40-44, M2 = 45-49, M3 = 50-54, M4 = 55-59, M5 = 60-64, M6 = 65-69, M7 = 70-74, M8 = 75-80)

Weight Classes: Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW
Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, SHW

Cup Trophies for First, Second, and Third Place in each division
Overall Trophies for Best Lifters using Schwartz/Malone Formula

Single Lift Entry Fee: $40.00 Adult, $30.00 Teen/Junior (Entry fee is for bench or deadlift, not both)
Bench & Deadlift Entry Fee: $55.00 Adult, $45.00 Teen/Junior
$20.00 for additional division entries (example: Open and Junior)

Make checks payable to **Lehigh Valley SportsFest**
Detach and mail entry to the **Allentown YMCA & YWCA**
425 South 15th Street
Allentown, PA 18102
Attn: Bench Press & DeadLift

All equipment that a lifter is going to wear on the platform must be checked in during equipment check. Lifters must appear at equipment check with all of their equipment present. All equipment must be clean and not torn. *Single ply, polyester shirts/suits ONLY. **No double/triple ply, denim, or open back shirts allowed. Bike shorts or singlet required – no baggy shorts.**

Schedule of events: July 25th - Early weigh-in – 6:00-8:00 pm – Allentown YMCA
July 26th - Weigh-in/equipment check 8:00 – 9:30 am – Cedar Beach - Rules Clinic at 10:00 am – Lifting begins directly after
Go to www.sportsfest.org or call Mike Macharsky or Bonnie Benner from the Allentown YMCA/YWCA at 610-434-9333 for questions.