



Metroflex Strength Association (MSA)  
 presents  
**Metroflex-Gear Rep Challenge**  
 Saturday, April 7, 2018 10:00 A.M.

Spectator admission: \$25.00 includes Vendor Expo and all events (10am-5pm)

Location	This event will be taking place at The Fort Worth Convention Center on Saturday, April 7, 2018. Lifting begins at 10:00 A.M.
Director	Stephen Marino, Metroflex Gym, (214) 632-9299 or <a href="mailto:Stephen@metroflex-gear.com">Stephen@metroflex-gear.com</a>
Entry Fees	Entry fee is \$45.00. Email: <a href="mailto:Stephen@metroflex-gear.com">Stephen@metroflex-gear.com</a> to Enter! Teen student and military with ID \$30.00. We will not issue refunds for cancelations due to any reason. If cancellation is due to an injury, we will credit entry fee toward the next MSA event directed by Stephen Marino / Brian Dobson only.
Entry Deadline	Entry must submitted before April 1, 2018 or a late fee of an additional \$25.00 will be added. Late entries are not guaranteed a trophy. Email <a href="mailto:Stephen@metroflex-gear.com">Stephen@metroflex-gear.com</a> to Enter!
Divisions	There are three divisions: Teen, Open, and Masters 40-50, 50+ years of age.

Weight Classes	Men: Deadlift- 2x bodyweight Bench- Bodyweight  Women: Deadlift- 1.5x Bodyweight <b>Bench-</b> 0.5x Bodyweight
Awards	Top 3 Men/ Women lifters trophies! Top 3 overall rep winners will receive cash prizes.
Weigh-In	All weigh-ins will take place at the Fort Worth Convention Center, Saturday, April 7, 2018 from 8:30-9:30 A.M.
Rules	This is a RAW lifting event. The only thing you can wear is a belt (no straps, no knee wraps, no wrist raps). You are NOT required to wear a lifting suit or singlet. You can wear jeans, tee shirt and cowboy boots if you want.  Each lifter will get one attempt for max reps on Deadlift . These lifts will be in flights. Competitors will do Bench and deadlifts last. The Flights will be structured by your weight. All lifts will be judged. Full Lock out on every rep must happen in order to count as a rep. You will get one warning from the judge if your reps are not clean. Second warning results in disqualification at whatever number you ended on. The judge will explain this at the athlete's meeting Sat morning at 9:30 am! Email Stephen Marino at
<b>Athlete's Meeting</b>	The mandatory athlete's meeting is Saturday, August 5, 2016, at 9:30 A.M. at the Dallas Market Center. Lifting begins immediately after the meeting, at 10:00 A.M.
MSA Membership	MSA membership is required of all lifters, membership cards will be available at weigh-in. Membership fee \$15.00, Metroflex Gym members \$10.00, Student-Teen-Military with ID \$5.00

### Metroflex Strength Association – April 7, 2018 - Metroflex-Gear Rep Challenge

Name	Sex: M F	MSA Card: Y N
Address	City	State Zip
Day Phone	E-Mail	
Weight Class	Age	DOB
Division: Teen Open Master		
Must be a MSA member. Memberships available at the meet site.		
You must register before <b>August 1, 2017</b> or a late fee of \$25.00 will be added. Late entries are not guaranteed a trophy. Email Stephen Marino at <a href="mailto:stephen@metroflex-gear.com">stephen@metroflex-gear.com</a>		
Email Stephen Marino at <a href="mailto:Stephen@metroflex-gear.com">Stephen@metroflex-gear.com</a> to ENTER!		

\*\*\*\*\*YOU MUST BRING THIS AT CHECK-IN IN ORDER TO COMPETE\*\*\*\*\*

**RELEASE FROM LIABILITY**

On behalf of myself, my heirs, executors and assigns, I hereby irrevocably waive and release and fully discharge Metroflex-Gear and Metroflex-Gear.com, Metroflex Strength Association (MSA), Metroflex Gym, their respective officers, directors, employees, agents and shareholders, of and from any and all rights, claims demands, lawsuits and causes of action due to or arising from any accident, injury, damage or loss directly, indirectly or in any way associated with my participation in the Metroflex-Gear Rep Challenge on April 7, 2018.

I represent that I know of no medical reasons or conditions that would impair my ability to participate in this event, and I hereby assume any and all risk of accidental, medical injury or consequential damages resulting from my participation. I acknowledge, understand and accept the inherent risks of competing in the Metroflex-Gear Rep Challenge.

I have read the above release, understand its meaning and consequences, and intend to be legally bound by its terms and have signed this release freely and voluntarily.

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Signature (in full) of applicant

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Date

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Signature (in full) of parent or guardian if applicant is under 18 years of age

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Date