



Metroflex Strength Association (MSA)
 presents
Metroflex-Gear Rep Challenge
 Saturday, October 27, 2018, 11:00 A.M.

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

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| Location | This event will be taking place at The Texas Legends Championships Dallas Market Center, 2100 N Stemmons FWY, Dallas, TX 75207 on Saturday, October 27, 2018. Lifting begins at 11:30 A.M. |
| Director | Stephen Marino, Metroflex Gym, (214) 632-9299 or Stephen@Metroflex-gear.com |
| Entry Fees | Entry fee is \$50.00. Email: Stephen@Metroflex-gear.com to Enter! Teen student and military with ID \$40.00. 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 October 20, 2018 or a late fee of an additional \$25.00 will be added. Late entries are not guaranteed a trophy. Email Stephen@Metroflex-gear.com to Enter! |
| Divisions | There are three divisions: Teen, Open, and Masters 40-50, 50-60, 60-70 and 70+ years of age. |

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| Weight Classes | Men: Deadlift- 2x bodyweight Bench- Bodyweight Women: Deadlift- 1.5x Bodyweight Bench- 0.6x Bodyweight |
| Awards | Top 3 Men/ Women lifters get prizes and trophies! Overall prize will be overall best totals from Women or MEN |
| Weigh-In | All weigh-ins will take place at the Dallas Market Center, Saturday, October 27, 2018 from 11-11:30A.M. |
| Rules | This is a RAW lifting event. The only thing you can wear is a belt and wrist wraps (no straps). You are NOT required to wear a lifting suit or singlet. Each lifter will get one attempt for max reps on bench, and deadlift. These lifts will be in flights. The order will Bench and then deadlifts. The Flights will be structured by your weight required to lift. 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 11:30 am! Email Stephen Marino at stephen@Metroflex-gear.com for any further questions! |
| Athlete's Meeting | The mandatory athlete's meeting is Saturday, October 28, 2018, at 11:30 A.M. at the Dallas Market Center. Lifting begins immediately after the meeting, at 11:30 A.M. |
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Metroflex Strength Association – October 27, 2018 - Metroflex-Gear Rep

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| Name | Sex: M F | |
| Address | City | State Zip |
| Day Phone | E-Mail | |
| Weight Class | Age | DOB |
| Division: Teen Open Master | | |
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| You must register before August 1, 2017 or a late fee of \$25.00 will be added. Late entries are not guaranteed a trophy. Email Stephen Marino at Stephen@Metroflex-gear.com | | |
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| Email Stephen Marino at Stephen@Metroflex-gear.com 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 LLC, 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 competition sponsored by Metroflex Gym.

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.

Signature (in full) of applicant

Date

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

Date