

1st Annual
9 1 1 Powermeet
RAW Bench Press & Deadlift
January 15th, 2011

Name: _____ Date: _____
Address: _____
City: _____ State: _____ Zip: _____
Email: _____
Weight class: _____ Age: _____ DOB: _____

Circle one or both: Bench Deadlift

**MUST BE A MSA MEMBER, MEMBERSHIPS WILL BE AVAILABLE
AT MEET SITE.**

Entry Deadline: Entry must be postmarked by January 4,
2011 or late fee of an additional \$15.00 will be added.

Please make check payable to: Metroflex Austin
16717 Central Commerce Dr.
Round Rock, TX 78664

As a participant in the Metroflex Austin 2010 9 1 1 Power meet ("Event"), I acknowledge that a participation in any 2010 Events exposes me to a possible risk of personal injury. I, hereby release Metroflex Gym Austin, hereby known as the: "company" and its officers, directors, employees, agents, licensees, subsidiaries, consultants, independent contractors and affiliates, from any and all liability from property damage, personal injuries or other claims arising from on in connection with my participation in the Event including claims that are known and unknown, foreseen and unforeseen or contingent. I covenant that I will not now or at any time in the future, directly or indirectly, commence or prosecute any action, suit or other proceeding against Company and its officers, directors, employees, agents,

licenses, subsidiaries, consultants, independent contractors and affiliates, arising out of or relating to the actions, causes of action, claims and demands hereby waived, released or discharged by me.

For good and adequate consideration, which I acknowledge I have received, I hereby grant, release, and quitclaim to Company the right and authority to use, sell, reproduce, and distribute, quoted material, biographical information, my photograph, likeness, recorded voice or videotaped filmed appearances (the "Materials") for promotional and advertising purposes or programs as Company in its sole discretion will deem appropriate. I acknowledge that I have read and fully understand this Injury Waiver and General Release form. This agreement will be binding on me, my spouse, my children, legal representatives, heirs, successors and assigns.

Athletes Signature _____ Date: _____

Parent's Signature if Athlete is under 18 years of age: _____
Date: _____

**Metroflex Gym Austin
Present
First Annual 911 Power Meet
Raw Bench Press/Deadlift
January 15th, 2011**

Location: Metroflex Austin
16717 Central Commerce Drive
Austin, TX 78664

Director: Chris Rhodes - Metroflex Austin
chris@metroflexaustin.com

Deadline: Entry deadline is 01/04/11
Meet-day entries will be accepted but a late
fee of \$15 will be charged

Entry Fee: Entry fee per division
Per lifter is \$30.00/\$50.00 for both
We will not issue refunds for cancellations due to any reason.
If cancellation is due to an injury we will credit entry fee to
the next MSA event directed by Chris Rhodes

Divisions: Lightweight - 148 lbs & Under.
Midweight - 148 lbs - 198 lbs
Heavyweight - 199 lbs - 274 lbs
SuperHeavyWeight - 275 & Above

Weigh-ins: All weigh-ins will take place at the Metroflex
Gym of Austin. January 15, 2011

Awards: 1st - 3rd place per division per weight class &
a 'Champion of Champions' Trophy

Rules: MSA rules apply. Complete rules at: www.metroflexaustin.com
All rules will be reviewed in rules meeting.
1 rep max 3 attempts.
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. (You can wear
jeans, T-shirt and cowboy boots if you want).

Rules

Meeting: 1:30 p.m. date of meet January 15th. 2011 at Metroflex
Gym of Austin. Lifting Begins immediately after rules
meeting at 2:00pm.

MSA: Membership required of all lifters, membership cards
available at weigh-in.

Fee:	\$15.00
Metroflex Austin Members:	\$10.00
Student, Teen and Military w/ID	\$10.00