

**Metroflex Gym MidCities &
Metroflex Strength Association (MSA)
Presents
First Annual KING OF THE IRON JUNGLE
Push/Pull Meet
Raw Bench Press/Deadlift
Saturday March 19, 2011**

Location	Metroflex Gym MidCities 1820 Reliance Parkway, #100 Bedford, TX 76021
Director	David Hampton, Metroflex Gym Midcities (817)266-8082 or metroflexmidcities@gmail.com
Entry Fees	Entry Fee per Division, Per Lifter is \$40.00 \$60.00 for Both Teen Student and military with ID Entry Fee per Division, Per Lifter is \$30.00, \$45.00 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 toward the next MSA event directed by David Hampton only.
Entry Deadline	Entry must be postmarked by March 10, 2011 or late fee of an additional \$15.00 will be added. Late entries are not guaranteed a trophy.
Divisions	There are 6 divisions: Teen Novice (must have never won 1 st place) Open Submasters 35-39 Masters 40-49, 50-59, 60-69 and 70+ years of age Military/Police/Fire (must show ID)
Weight Class	Men: 98, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, SHW
Awards	1 st to 3 rd per division per weight class & "Champion of Champions" Trophy
Weigh-ins	All weigh-ins will take place at Metroflex Gym MidCities. Early weigh-in Friday, March 18 - 5:30- 7:30 p.m. Regular weigh-in Saturday, March 19 – 5:00 p.m. – 7:00 p.m.
Rules	MSA rules apply. Complete rules at www.metroflexmidcities.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, tee shirt and cowboy boots if you want)
Rules Meeting	5:00 P. M. date of meet Saturday March 19, 2011 at Metroflex Gym Midcities Lifting begins immediately after rules meeting at 6:00 P. M.
MSA Membership	Membership required of all lifters, membership cards available at weigh-in. Fee \$ 15.00 Metroflex Gym Midcities Members \$ 10.00 Student, Teen, and Military with ID \$ 10.00

Metroflex Strength Association

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Name	Sex M F	MSA Card: Y/N
Address	City	State
Day phone	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 March 19, 2011 or late fee of an additional \$ 15.00 will be added. Late entries are not guaranteed a trophy.	
Please make check payable to: Metroflex Gym Midcities		
Mail entries to:	Metroflex Gym Midcities 1820 Reliance Parkway, #100 Bedford, TX 76021	

RELEASE FROM LIABILITY

On Behalf of myself, my heirs, executors and assigns, I hereby irrevocably waive and release and fully discharge the Metroflex Strength Association (MSA), MetroFlex Gym Midcities, 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 powerlifting competition sponsored by MetroFlex Gym Midcities.

I represent that I know of no medical reasons or condition 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 or powerlifting.

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 of applicant

Date

Signature of parent or guardian if applicant is under 21 years old

Date