

RX/Scaled Fitness Challenge

Commissioner
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Date
 Saturday, July 23, 2022
 8:00 a.m. – Athlete meeting
 8:30 a.m. – Workouts begin

Site
 Anderson Health and Fitness Center
 2000 15th Street (lower level)
 Meridian, Ms 39301
Entry Fee
 \$45 per person
 \$90 for 2 person team
 \$35 Youth (12-18)

Deadline
 July 18, 2022 Pre-registration ONLY!

Events
 YOU WILL HAVE TO SHOW PROFICIENCY IN THE FOLLOWING EVENTS TO COMPETE:
 Bar Muscle ups (Pull ups, ring rows, chest to bar)
 Assault Bike
 Shoulder to overhead
 Power cleans
 Burpee box jumps (step overs)
 Row
 Lunges
 GHD situps
 Wall balls
 HR pushups
 Ski erg

Divisions
 INDIVIDUAL:
 RX Male or Female
 Scaled Male or Female
 Youth (12-14) Male or Female
 Youth (15-18) Male or Female
 Masters 40+ Male or Female
 Masters 50+ Male or Female

TEAMS OF 2:
 RX Male/Male or Female/Female
 Scaled Male/Male or Female/Female
 Masters 40+ Male/Male or Female/Female
 Masters 50+ Male/Male or Female/Female



Athlete #: _____

Date Received: _____

Confirmation: Yes No T-Shirt: Yes No Waiver: Yes No Input: _____

OFFICIAL USE ONLY

IMPORTANT! You MUST include the Team Roster & Waiver Form with this registration.

TO ENTER Information: 601.482.0205, www.stategamesofms.org or email sportsdirector@stategamesofms.org
PRINT clearly. Send entry & check or money order to: State Games of MS, P.O. Box 5866, Meridian, MS 39302.

Please check: RX or Scaled Youth Male (12-18) Youth Female (12-18) Male (19-39) Female (19-39)
 Masters (40+ Male) Masters (40+ Female) Masters (50+ Male) Masters (50+ Female)

Team check: RX or Scaled Male (19-39) Female (19-39)
 Masters (40+ Male) Masters (40+ Female) Masters (50+ Male) Masters (50+ Female)

Name: _____ Date of Birth: _____

Team Members (if team): _____ Date of Birth: _____

Address: _____ City: _____ Entry Fee(s): \$ _____

E-mail: _____ Phone (w): _____ (h): _____ XXL T-Shirt Fee: \$ _____

T-shirt size: S M L XL XXL (\$1 extra) **TOTAL ENCLOSED: \$ _____**

Individual Waiver Form

MUST BE INCLUDED with EVERY Individual Entry Form

THIS OFFICIAL WAIVER MUST BE SIGNED BY EVERY ATHLETE and LEGAL GUARDIAN (if athlete is under the age of 18). This Individual Waiver form is for individual athletes and coaches ONLY. Teams sign a separate waiver. Every individual not on a team MUST fill out this waiver.

Please **PRINT YOUR SPORT NAME ON THE LINE BELOW**, sign the form and include with entry.

YOUR SPORT: _____

IN CONSIDERATION of the Participant being allowed to participate in any way in the State Games of Mississippi athletics/sports programs and related events and activities, the undersigned: **ACKNOWLEDGE AND FULLY UNDERSTAND** that the participant will be engaging in activities that involve risk of serious injury and/or communicable disease (COVID-19), including permanent disability and death, and severe social and economic losses that might result NOT only from his or her own actions, inactions or negligence, but the actions, inactions or negligence of others, the rules of play or the condition of the premises or of any equipment used. Further, that there may be other risks not known or now reasonably foreseeable at this time. **ASSUME** all of the foregoing risks, known and unknown, and accept personal responsibility for the damages following such injury, permanent disability or death. **RELEASE, WAIVE, DISCHARGE, HOLD HARMLESS, INDEMNIFY AND COVENANT NOT TO SUE** State Games of Mississippi, Inc., sponsor of the State Games of Mississippi, the National and State Governing Sports bodies, City and County Government of Lauderdale County, their respective administrators, officers, directors, agents, representatives, coaches and other employees or volunteers of the organizations, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event, all of which are hereinafter referred to as "releases," from any and all liability to each of the undersigned, his or her heirs, executors, administrators, successors, assigns or next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise, to the fullest extent permitted by law. **CONSENT** to permit and authorize officials of the State Games of Mississippi to seek emergency medical treatment in the event of accident or injury and consent to permit and authorize those providing medical care to perform medical treatment as deemed necessary. **CONSENT** to allow Participant's picture and/or voice or likeness to appear in any official documentary, promotional (including all advertisements) television, radio, film coverage or world wide web of the State Games of Mississippi without compensation. **THE UNDERSIGNED HAVE READ THE ABOVE WAIVER, RELEASE OF LIABILITY AND AUTHORIZATION OF MEDICAL TREATMENT, UNDERSTAND THEY HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND ACKNOWLEDGE THAT THEY HAVE SIGNED IT VOLUNTARILY.**

X

Participant's Signature _____ Date _____

Printed Participant's Name _____

FOR PARENTS/GUARDIANS OF 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, release and agree to indemnify and hold harmless the involvement or participation in these programs as provided above, **EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES**, to the fullest extent permitted by law.

X

Parent/Guardian Signature _____ Date _____

Printed Parent/Guardian Name _____

State Games of Mississippi

General Information

Athletes participate in true competitions, and are awarded Olympic-style gold, silver and bronze medals for the top three places in each division or event within all sports.

Every athlete receives a t-shirt and entry to all venues. You can enter many ways! First, you can send back this entry form and all waivers. Make sure you mail in the entry by the due date listed. If you are interested in one of our other sports, simply call for a form (601-482-0205) or [go to our website, www.stategamesofms.org](http://www.stategamesofms.org) to enter on-line or download the entry forms and waivers.

To avoid late fees and long lines, be sure to get your entry form and check in early. **Confirmation materials are sent if we receive your entry form five days before your sport entry deadline.** Don't limit yourself to one sport!

Anyone who has been a resident of Mississippi for at least 30 days is qualified to participate in the State Games of Mississippi. In addition, students registered in Mississippi colleges and universities and military personnel assigned to facilities in Mississippi are eligible. Participants from other states are eligible if that state has no State Games organization or if their organization does not offer the sport in which the participant wishes to compete. Permission may be granted from other states for an athlete to participate out-of-state if they participate in their own State Games in a particular sport.



Refunds will be given only in the following circumstances:

- 1) Entry received after the deadline and the maximum number of teams or participants in your sport has been met;
- 2) Minimum number of teams or participants in your sport has not been met; or
- 3) Entry received from a non-qualified participant. **Important: No refunds will be given if events are cancelled due to weather or other acts of God.**

The State Games of Mississippi reserves the right to disqualify any coach or athlete from the Games for failure to exhibit the qualities and behavior or good sportsmanship. Unsportsmanship includes, but is not limited to: False representation of age, residency or eligibility; destruction of property; disorderly conduct; fighting; improper use of alcohol and/or drugs; and wearing clothing that reflects poorly on the Games.

The Opening Ceremonies and sports using outdoor sites are subject to weather, and we repeat: No refunds will be given if events are cancelled due to weather or other acts of God. Competitions will be conducted unless commissioners, facility manager and State Games of Mississippi officials determine the weather conditions to be potentially dangerous or life threatening, or if playing fields would incur damage.

It is the responsibility of each participant to obtain insurance. In some instances, the National Governing Body, which sanctions events, may have secondary coverage. In the event of an emergency, injury or illness, State Games of Mississippi will have medical aid available to assist the injured. Please note, preparation for competition, such as taping, will not be provided. No athlete will be allowed to participate without signing the appropriate waiver.