

# RX Fitness Challenge

**Commissioner:**

Steve Cathy - 601-480-1892

**Dates:**

June 8, 2019  
 7:30 a.m. - Athlete meeting  
 8 a.m. - Workouts Begin

**Site:**

Caustic Cross Fit  
 127 Russell Drive ▪ Meridian, MS 39301

**Entry Fee:**

\$45 per person - \$15 per person additional events  
 \$90 for 2 person team  
 \$35 Youth

**Deadline:**

June 5, 2019

**Events:**

You will have to show proficiency in the following movements to compete:

- clean & jerk
- squat clean
- dead lift
- handstand push-up
- box jumps
- pull-ups
- kettle bell swings
- tire flips
- front squats
- push press

**Events: (continued)**

- burpees
- rowing
- jump rope

**Divisions:**

- Youth (boys/girls) 12-17
- Mens' RX
- Womens' RX
- Masters RX
- Mens' Scaled
- Womens' Scaled,
- Womens' Masters
- Female Team RX
- Male Team RX
- Female Team Scaled
- Male Team Scaled

**Format/Rules:**

Team consists of 2 same-sex athletes.

**SPONSORED BY**



Date Received: \_\_\_\_\_ \$ Received: \_\_\_\_\_ Athlete #: \_\_\_\_\_

Confirmation:  Yes  No Waiver:  Yes  No T-Shirt:  Yes  No Input: \_\_\_\_\_

**OFFICIAL USE ONLY**

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

**TO ENTER**

Information: 1-800-482-0205, StateGamesofMS.org or missye@stategamesofms.org

PRINT clearly.

Send entry & check or money order to: State Games of MS, P.O. Box 5866, Meridian, MS 39302.

- RX Fitness Challenge**  Youth 12-17  Mens' RX  Womens' RX  Masters RX  Mens' Scaled  Womens' Scaled  
 Womens' Masters  Female Team RX  Male Team RX  Female Team Scaled  Male Team Scaled

**BOX:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Team Members (if team):** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_ **Phone (w):** \_\_\_\_\_ **(h):** \_\_\_\_\_

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

Note: One shirt included in entry fee.

**Entry Fee(s):** \$ \_\_\_\_\_

**XXL T-Shirt Fee:** \$ \_\_\_\_\_

# Individual Waiver Form

## MUST BE INCLUDED with EVERY Individual Sport Entry Form

THIS OFFICIAL WAIVER MUST BE SIGNED BY EVERY ATHLETE and LEGAL GUARDIAN (if athlete under age 18). This Individual Waiver form for Individual Sport athletes and coaches ONLY. Teams will sign a separate waiver. Every individual not in a team sport MUST fill out this waiver. Note: Participants in equestrian events must fill out and sign both parts below.

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, 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 \_\_\_\_\_

### For Equestrian Events Only

**AGREEMENT TO HOLD HARMLESS:** I acknowledge every entry of this competition shall constitute an agreement and affirmation that all participants (including without limitation, the owner, lessee, trainer, manager, agent, coach, rider, handler and the horse) for themselves, their principles, representatives, employees and agents shall be subject to the constitution and rules of the competition; represent that every horse, rider and handler is eligible as entered; agree to be bound by the rules the competition and will accept as final the decision of the State Games of Mississippi officials; agree that as a condition of and in consideration of acceptance of entry, competition management may market, transfer, assign or otherwise make use of any photographs, likenesses, films, broadcasts, cablecasts, audio tapes or video tapes taken of the horse(s) and participants while on the grounds in any way seen fit for the promotion of the event, without compensation to any of them and hereby expressly and irrevocably waive and release any rights in conjunction with such use, including any claim of invasion of privacy, right to publicity or to misappropriation; and agree that they participate voluntarily in the competition fully aware that horse sports and competition involve inherent dangerous risks of serious injury or loss, and they agree to indemnify and hold the competition and their officials, the State Games of Mississippi, directors, employees and agents harmless from and against all claims directly or indirectly from the negligent acts or omissions of said officials, directors, employees and agents of the competition, or the State Games of Mississippi, and agree to hold the aforementioned parties harmless from any claim or loss or injury that may be alleged to have been caused directly or indirectly to any person or thing by the act of my (my child's) horse while in or upon the competition grounds, and I personally assume all responsibility and liability for

any such claim of theft, disappearance, death to horse or rider, I hereby assume sole responsibility.

X  
Rider's Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Rider's Name \_\_\_\_\_

X  
Horse Owner's Signature \_\_\_\_\_

### FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE

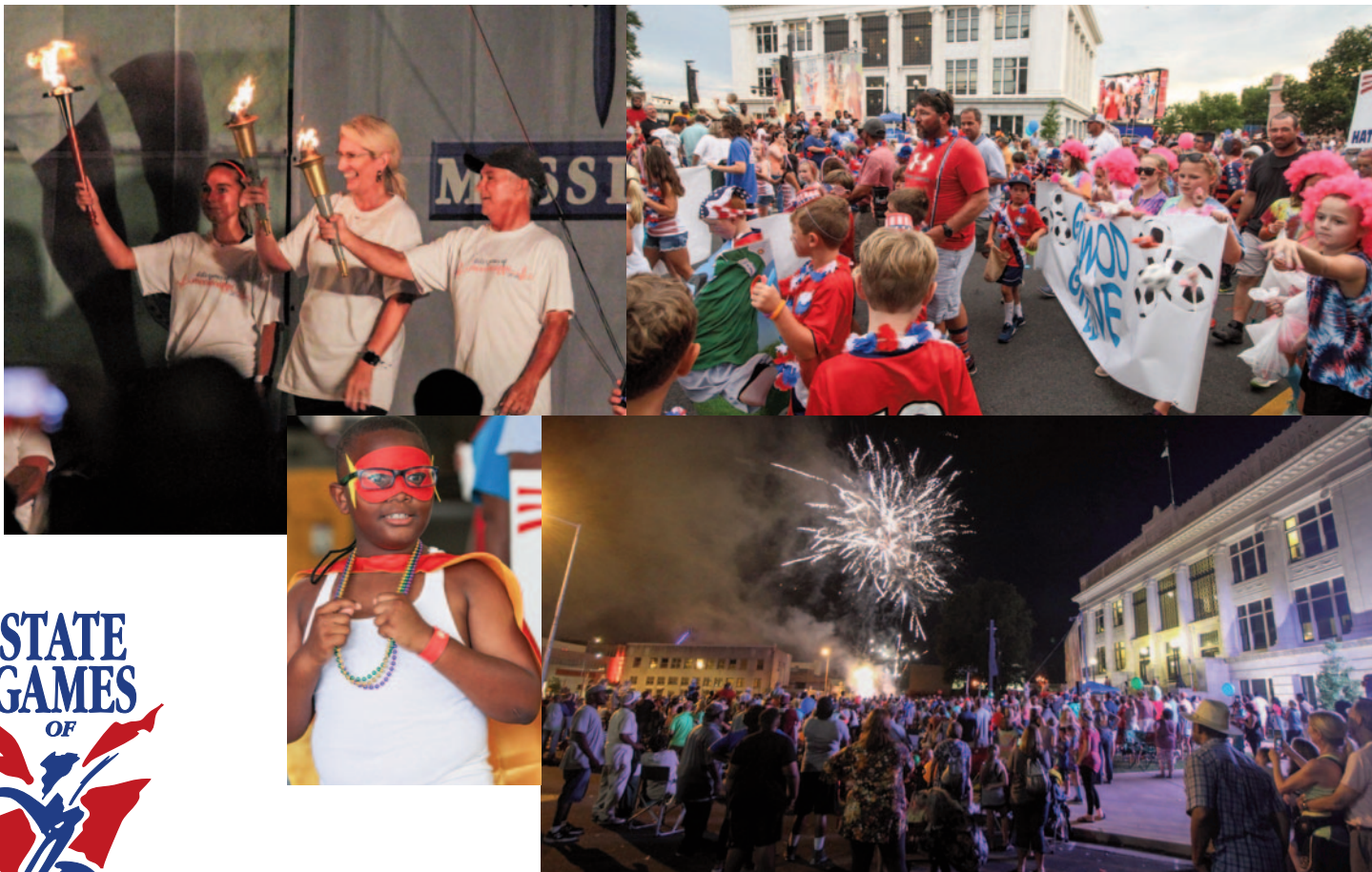
(Under age 18 at the time of registration.)

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 Opening Ceremonies



The State Games of Mississippi is for you—the amateur athlete—and it has all of the thrills of an Olympic-style event!

We invite you to enjoy **Opening Ceremonies Friday, May 31, 2019**, in downtown Meridian. All athletes will again participate and towns will be recognized during the parade of athletes. This year, the lighting of the State Games torch will signal a spectacular fireworks display that will light up Meridian's City Hall.

All athletes are encouraged to participate and show your **HOMETOWN** spirit as we recognize each hometown during our Parade of Athletes.

This year's Opening Ceremonies features live entertainment, food, games and more from 5 until 7 p.m. The Opening Ceremonies begins at 7:30 p.m.; athletes are asked to be lined up prior to that time. We look forward to seeing you here!!

# 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, Opening Ceremonies participation 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 (800-482-0205) 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.

# Opening Ceremonies • May 31, 2019

Sponsored by



Food, fun, parade of athletes, lighting of the State Games torch and spectacular fireworks!

Festivities kick-off at 5 p.m.

Opening Ceremonies begin at 7:30 p.m.

Downtown Meridian, MS

**STREET CLOSINGS**

**8 a.m. to 10 p.m.**

- 7th Street between 23rd Avenue to 24th Avenue

**5:30 to 10 p.m.**

- 7th Street from 23rd Avenue to 26th Avenue
- 25th between 7th & 8th Street
- East lane of 23rd Avenue between 6th and 7th Streets
- North lane of 6th Street by City Hall

**NO PARKING**

**AFTER 5:30 P.M.**

**FIREWORKS FALLOUT NO-PARK ZONES**

- 6th Street between 24th Avenue and 25th Avenue
- 5th Street between 24th Avenue and 25th Avenue



**GETTING to DOWNTOWN VIA 22ND AVE.:**

**From I-20 (Jackson/Hattiesburg)**

Take exit 153 off I-20.

At traffic light, take left onto 22nd Ave. (Sela Ward Blvd.)

**From I-20 (Tuscaloosa/Birmingham)**

Take exit 153 off I-20

At traffic light, take right onto 22nd Ave. (Sela Ward Blvd.)

**ONCE ON 22ND AVE.:**

Follow 22nd Ave. to 22nd Avenue overpass; continue until reaching 8th Street — take left on 8th street. Parking will be at the Arts District Parking Garage (722 24th Ave.) and throughout the downtown core.

[www.stategamesofms.org](http://www.stategamesofms.org)