

# 2013 NORTH AMERICAN GRIP SPORT CHAMPIONSHIPS

**DATE:** June 1, 2013

**SIGN-IN:** 9:00am

**RULES:** 9:45am

**START:** 10:00am

**LOCATION:** **Durniat Strength**  
**3065 East Lincoln Way**  
**Wooster, OH 44691**

**ENTRY FEE:** \$50

**WEIGHT** 74kg (163 lbs.)  
**CLASSES:** 83kg (183 lbs.)  
93kg (205 lbs.)  
105kg (231.5 lbs.)  
105+kg (over 231.5 lbs.)  
Women's (no weight classes)

**EVENTS:** 20mm Block Set Grippers Both Hands – 4 attempts for max weight  
Max 2 Hands Pinch – euro device, 4 attempts  
Max Double Overhand Axle Deadlift – 4 attempts  
Medley ~ 58 possible points  
2" diameter Wrist Roller

**SCORING:** Grip Sport percentage based scoring will be used.

The best performance in the event is awarded 100 points. All other lifters' performances are divided by the best performance and then multiplied by 100 for their score.

For example if Lifter A lifts 350 lbs and this is the best lift in his/her division, he gets 100 points for his lift. If Lifter B lifts 320 lbs, his score is figured like so:  $100 \times 320/350 = 91.428$ .

**AWARDS:** Prize Package will be awarded to the top three finishers of each class.

**MAKE ALL CHECKS/ MONEY ORDERS PAYABLE TO:** **Optimal Performance**  
**MAIL ENTRY FORM AND FEE TO:**

**Andrew Durniat**  
**1154 Mindy Lane, Unit A**  
**Wooster, OH 44691**

## Release, Indemnification and Hold Harmless Agreement

In consideration of participating in health or fitness club activities, and for other good and valuable consideration, I hereby agree to release and discharge from liability arising from negligence Optimal Performance Training Systems, Inc. and Durniat Strength and its owners, directors, officers, employees, agents, volunteers, participants, and all other persons or entities acting for them (hereinafter collectively referred to as "Releasees"), on behalf of myself and my children, parents, heirs, assigns, personal representatives and estate, and also agree as follows:

(Initial the following)

1. \_\_\_\_\_ I acknowledge that health or fitness club activities involve known and unanticipated risks which could result in physical or emotional injury, paralysis or permanent disability, death and property damage. Risks include, but are not limited to, musculoskeletal injuries, broken bones, and /or overuse injuries, injuries caused by equipment that breaks or otherwise fails; death as a result of drowning or brain damage caused by near drowning; medical conditions resulting from physical activity; and damaged clothing or other property. I understand such risks simply cannot be eliminated, despite the use of safety equipment, without jeopardizing the essential qualities of the activity.
2. \_\_\_\_\_ I expressly accept and assume all of the risks inherent in this activity or that might have been caused by the negligence of the Releasees. My participation in this activity is purely voluntary and I elect to participate despite the risks. In addition, if at any time I believe that event conditions are unsafe or that I am unable to participate due to physical or medical conditions, than I will immediately discontinue participation.
3. \_\_\_\_\_ I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless Releasees from any and all claims, demands, or causes of action which are in any way connected with my participation in this activity, or my use of their equipment or facilities, arising from negligence. This release does not apply to claims arising from intentional conduct. Should Releasees or anyone acting on their behalf be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
4. \_\_\_\_\_ I represent that I have adequate insurance to cover any injury or damage I may suffer or cause while participating in this activity, or else I agree to bear the costs of such injury or damage myself. I further represent that I have no medical or physical condition which could interfere with my safety in this activity, or else I am willing to assume – and bear the costs of – all risks that may be created, directly or indirectly, by any such condition.
5. \_\_\_\_\_ In the event that I file a lawsuit, I agree to do so solely in the state where Releasees' facility is located, and I further agree that the substantive law of that state shall apply.
6. \_\_\_\_\_ I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

**By signing this document, I agree that if I am hurt or my property is damaged during my participation in this activity, then I may be found by a court of law to have waived my right to maintain a lawsuit against the parties being released on the basis of any claim for negligence.**

I have had sufficient time to read this entire document and, should I choose to do so, consult with legal counsel prior to signing. **I have read and understood this document and I agree to be bound by its terms.**

Signature \_\_\_\_\_ Print Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone ( \_\_\_\_\_ ) \_\_\_\_\_ Date \_\_\_\_\_

Expected Weight Class \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

Expected 2HP width \_\_\_\_\_ Food Allegries \_\_\_\_\_