

NSA HR - HEADQUARTERS MWR | FITNESS

POWERLIFTING COMPETITION

**THURSDAY,
JULY 29**

FREE!

**10:30 A.M. - 1:30 P.M.
IN BLDG. NH-30**



PREREGISTRATION & WEIGH-IN:
Preregister up until 11:30 a.m. on July 29.
Weigh-ins - 9:30 to 11:30 a.m.
on Thursday, July 29.
(Lifting will commence at 10:30 a.m.)
AWARDS FOR TOP 3 MALES & FEMALES.

COMPETITION CONSISTS OF TWO LIFTS:
Squat & Deadlift.
Competition will be scored using the
Schwartz/Malone System.

REGISTRATION FORM ON BACK. →

OPEN TO ACTIVE DUTY, RESERVISTS, DOD CIVILIANS AND ELIGIBLE FAMILY MEMBERS AGE 18 & OLDER.

**** A WAIVER MUST BE SIGNED AT REGISTRATION TO PARTICIPATE IN THIS EVENT. ****

CALL FOR MORE INFORMATION.



757-836-1823

NSAHQ-MWR-2105-985-JW

NavyLifeHQ.com

@NSAMWR

#nsamwr

No Navy endorsement implied.

NSA HR - HQ POWERLIFTING COMPETITION - THURSDAY, JULY 29 FROM 10:30 A.M. - 1:30 P.M.

Male Female Body weight _____

Name _____

(Circle one) Active Duty - Reservist - Eligible Family Member - DoD Civilian

Rank/Rate _____ Phone# _____

Duty Station (if applicable) _____ Command _____

Email Address _____

Return entries to: NSA HR - HQ Fitness & Sports
NH-30 Gym



In consideration of the acceptance of this entry, I, the below signed, intending to be legally bound for myself, heirs, executors and administrators, waive and release all rights and claims for damages and personal injury that I may have against MWR NSAHR-HQ and any persons and all sponsors, organizers and their representatives, successors and assign for any and all injuries suffered by me traveling to, performing in and traveling from said event. I verify that I am physically fit and have sufficiently trained for the completion of this event. I grant permission to use photographs, video recordings or any record of this event for legitimate purposes. My condition has been verified by a licensed medical doctor.

Signature _____ Date _____

(You must sign in order to be accepted into this event.)