

2019 NORTHCOAST CHAMPIONSHIPS PUSH / PULL COMPETITION INFO

EVENT DATE: Saturday, May 25, 2019

Time: 9:00 am – 4:30 pm

Promoters: Aaron White (330.389.1134) / Dean Caputo (330.697.5678) / Gregg Krause (440.554.5692)

Meet Director: Aaron White (330.389.1134)

Contest Venue: KSU MAC Center 1025 Risman Dr. Kent, Ohio 44242.

Entry Fees:

\$50.00 Bench Press only

\$50.00 Deadlift only

\$80.00 Push/Pull (Bench Press & Deadlift)

Divisions: Male Open / Female Open

Male Weight Classes: 148, 165, 181, 198, 220, 242, 275, 308, SHW

Female Weight Classes: 114, 123, 132, 148, 165, 181, 198, SHW

Weigh-Ins:

Evening weigh-ins will be conducted Friday, May 24th from 5- 8pm at the meet site in the KSU MAC Center.

Morning weigh-ins will be conducted the day of the meet at the meet site from 6-7 am; no weigh-ins will be conducted after 7am the day of the meet, NO EXECEPTIONS!

Rules: Meeting will be held on Saturday May 25, 2019 at 8:15 am in the KSU MAC Center, with lifting starting around 9:15 am

Equipment: Chalk, Belt, Wrist wraps are permitted. Elbow and Knee sleeves will be permitted but must be approved by judge at weigh ins. One piece lifting suit (singlet) is required

All dead lifters must have some type of shoe/slipper type foot covering. No barefoot lifting or lifting in socks is permitted.

NOT Permitted: Bench shirts, Slingshots, Deadlift suits/ briefs, straps, gloves, etc are not permitted!!

Entry Deadline:

All lifters must be registered by May 1st, unless approved by the meet director.

Meet will be limited to the first 50 lifters!!!

Awards:

Custom awards will be given to 1st, 2nd, and 3rd for each Division /Weight class.

No awards will be given out prior to the trophy presentation at the end of the event.

Best Overall Male and Female: Will receive a cash prize! The WINNERS will also be the first Male and Female to be placed on the NorthCoast Powerlifting Wall of Champions (Only lifters doing Push/Pull can win Best Overall)!

CHECK or MONEY ORDER: Payable to: **Dean Caputo / Mail to: 226 Ruby Lane, Streetsboro, Ohio 44241**

***All Ticket Orders will be held at "Will Call" and may be picked up at the Friday check-ins or at the Door on Saturday.**

Host Hotel: Holiday Inn Express, 1215 Sanctuary View Dr. Kent, Ohio 44240 / Ph: 330.673.9200 and ask for the "Northcoast Championships" show rate / Website: www.holidayinnexpress.com/kentoh.

Spectator Tickets: \$20.00 Includes Push/Pull Powerlifting Competition, ALL NPC Events, Fitness Model Search and Expo.

2019 NORTHCOAST CHAMPIONSHIPS PUSH / PULL COMPETITION ENTRY FORM

Please send this portion of Entry Form to Dean Caputo at 226 Ruby Lane, Streetsboro, Ohio 44241

ENTRY FEE: \$50.00 Bench Press Only / \$50.00 Deadlift Only / \$80.00 Push / Pull Bench & Deadlift (Absolutely NO Refunds).

The entry fee must be sent with your application. Entry **MUST** be received by May 1, 2019.

Check or Money Order: payable to: **Dean Caputo** / Mail to: 226 Ruby Lane, Streetsboro, Ohio 44241.

Please enter me in the following Northcoast Championships Push / Pull Division:

Bench Press: ___ \$50.00 Deadlift: ___ \$50.00 Push / Pull - Bench Press & Deadlift: ___ \$80.00

Print Name: _____ Phone: _____ Age: _____ Sex: _____

Address: _____ City: _____ State: _____ Zip: _____

Weight Class: _____ Shirt Size: _____ Gym: _____

Do you wish to receive e-mails / entry confirmation from us? _____

Enter e-mail address here: _____

Please print

In consideration of being allowed to participate in any way in the **Northcoast Championships Push / Pull Competition** ("Event") promoted by Caputo's Northcoast Productions / Dean Caputo, Gregg Krause & Aaron White ("Promoters"), its related events and activities, I, (Please print name) _____, the undersigned, acknowledge, appreciate and agree that: **1.** The risk of injury from the activities involved in this Event is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, **2.** I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE PROMOTER AND/OR others, and assume full responsibility for my participation; and, **3.** I willingly agree to comply with the stated and customary terms and conditions for participation, if, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Promoters immediately; and, **4.** I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE Promoter and each of their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used for the activity (collectively, the "Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property associated with my presence at or participation in or in traveling to and from the Event, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. **The undersigned further consents and agrees that the undersigned will comply with all rules and regulations of the Hotel ("Hotel") including any rules or regulations prohibiting cooking and food preparation in the hotel rooms.** The undersigned further agrees that the undersigned will indemnify and hold harmless the Promoters from and against any damages caused by the undersigned to the Hotel or damages to a guest room or rooms occupied or registered to the undersigned. Finally, the undersigned acknowledges that the undersigned's failure to comply with any rule or regulation of the Hotel or damage to any guest room occupied by or registered to the undersigned may result in disciplinary action against the undersigned including, but not limited to, a ban from any future Northcoast Championships Push / Pull competitions. And in further consideration of permission being granted to me to participate in the Event and its related events. I hereby grant the Promoters and/or any other Northcoast Championships approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing on digital or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at anytime in connection therewith. Nothing contained herein shall be deemed to obligate the Promoter, and/or any other Northcoast Championships-approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that the Promoter and/or any Northcoast Championships-approved video or entertainment organization are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to the Promoter and/or any other Northcoast Championships approved video or entertainment organization hereunder. I, for myself and on behalf of my heirs, assigns, personal representatives HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE Promoter and each of their officers, officials, agents and/or employees responsible for sponsor prizes. Sponsors are responsible for the delivery of their prizes.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

X _____ Age: _____ Date Signed: _____

Participants Signature

FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE (UNDER AGE OF 18 AT 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 Releasees, and, for myself, my child and our heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's 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 _____ Age: _____ Date Signed: _____

Participants Signature