



## 2024 Dakota Norak Open

Sunday, April 21, 2024

Hosted by Dakota Weightlifting Club & Norak Weightlifting Club

**Competition Venue:** Norak Crossfit, 51 Heaton Ave, Winnipeg, MB, R3B 0J4

**Entry Fee:** (CAD) \$75 Master, Senior, and Junior Athletes. All Entries are non-refundable. Payable by eTransfer only. Cheques will not be accepted.

**Entry Deadline:** Friday, April 12, 2024 @ 5 PM, no late entries will be accepted. *Email completed entry form and submit eTransfer to [dakotaweightlifting@gmail.com](mailto:dakotaweightlifting@gmail.com).* Dakota Weightlifting uses auto deposit. No password required.

**Number of Lifters:** Maximum of 48 lifters. Four session maximum with 12 lifters male/female lifters per session. Sessions will be assigned based on best totals submitted (not by weight class).

**Eligibility:** Open to all lifters registered and in good standing with the Manitoba Weightlifting Association or their Provincial Sport Organization or their State or National Organization. All coaches must be *Respect in Sport* certified to participate. **DO NOT REGISTER FOR THE COMPETITION WITHOUT A VALID MWA 2023-2024 MEMBERSHIP.**

**Events:** Men and women in all classes will be included. Awards will be presented to the top 3 lifters per class and the best overall male & female lifters. Schedule to be determined based upon entries. The start list & session times will be e-mailed to coaches and posted to the MWA web site by Monday, April 15, 2024.

**Co-Organizer/Co-Director:** Kristin Macaulay and Ana Pfund

Please contact the Co-Directors with any questions by email [kristinnmacaulay@gmail.com](mailto:kristinnmacaulay@gmail.com)

Do not send registration forms or fees to this email address. Please refer to the Dakota email address listed about.

**Sanction:** Manitoba Weightlifting Association (MWA) Committee

**Competition Rules and Regulations:** The most recent IWF Rule Book will govern the competition. All Athletes, Coaches, and officials participating in Dakota Norak Open at Norak CrossFit (including the warm-up area) must be members in good standing with the Manitoba Weightlifting Association or their Provincial Sport Organization or their State or National Organization. The contest will be subject to doping control. The Canadian Centre for Ethics in Sport (CCES) will perform the tests at their prerogative. Lifting Suits will be mandatory at this competition.

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

Email: \_\_\_\_\_ Club: \_\_\_\_\_

Coach: \_\_\_\_\_ RIS #: \_\_\_\_\_

Address: \_\_\_\_\_

Male:  Female:  Year of Birth: \_\_\_\_\_ Weight Class: \_\_\_\_\_ kg

Best Total: \_\_\_\_\_

Current 2023-2024 MWA Member \_\_\_ YES, as of \_\_\_\_\_ (provide date)

*Please do not submit your competition registration form without submitting your MWA Membership form BEFOREHAND.*

**WAIVER AND RELEASE OF LIABILITY:** In consideration of entering and participating in the *Dakota Norak Open* hosted by Dakota Weightlifting Club, Norak Crossfit and the Manitoba Weightlifting Association (the "Organizers"), and any and all activities related to the Competition, the undersigned acknowledges and agrees that: • The risk of injury from the activities involved in the Competition is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, coaching and personal discipline may reduce this risk, the risk of serious injury exists. My participation in this activity is purely voluntary and I elect to participate in spite of the risks. If I require medical assistance, I acknowledge that the expenses for such medical assistance shall be at my own expense or the expense of my personal insurer(s). I UNDERSTAND AND AGREE THAT THE ORGANIZERS WILL NOT PAY FOR ANY COST OR EXPENSE INCURRED BY ME IF I AM INJURED. • I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and I assume full responsibility for my participation. 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 hazard immediately to the attention of the hosting club, the Manitoba Weightlifting Association and/or its officials immediately. • I, FOR MYSELF AND ON BEHALF OF MY HEIRS, ASSIGNS, PERSONAL REPRESENTATIVES AND NEXT OF KIN, HEREBY RELEASE AND HOLD HARMLESS THE ORGANIZERS, INCLUDING THEIR RESPECTIVE OFFICERS, DIRECTORS, OFFICIALS, AGENTS AND/OR EMPLOYEES, OTHER PARTICIPANTS, SPONSORING AGENCIES, ADVERTISERS, AND, IF APPLICABLE, OWNERS AND LESSORS OF PREMISES USED TO HOST TRAINING OR CONDUCT THE EVENT ("RELEASEES"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, OR LOSS OR DAMAGE TO PERSON OR PROPERTY, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE. I further grant the Organizers the right without reservation or limitation, to photograph, videotape, and/or record me (and/or my child(ren)) and to use my (and/or my child(ren)'s) name, face, likeness, voice and appearance in connection with publicity, advertising and promotional materials. 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.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

If under 18, Signature of Parent/ Guardian

Signature: \_\_\_\_\_ Date: \_\_\_\_\_