



CROSSFIT KIDS
M O N R O V I A

a **CrossFit Competition**
just for kids!

2010

**Fall
fit
Fest**

OCT. 2, 2010
10:00 am

at **CrossFit
Monrovia**

**147 W. Maple
Monrovia, CA**



**Ages
7-15**

All Participants
— Receive —

**EVENT
t-shirt!**



**Register by
September 15th**

\$25 ENTRY FEE

Late Registration Fee \$35
Accepted Until 9/24 Deadline

For More Information or to Register Contact
Kate Hunt | 626.840.5400
kate@crossfitmonrovia.com



Waiver and Release

Because physical exercise can be strenuous and subject to risk of serious injury, CrossFit Monrovia urges you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You (each member, guest, or participant) agree that if you engage in any physical exercise or activity, or use any CrossFit Monrovia amenity on the premises or off premises including any CrossFit Monrovia sponsored event, you do so **entirely at your own risk.** Any recommendation for changes in diet including the use of food supplements, weight reduction and/or body building enhancement products are entirely your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. You agree that you are voluntarily participating in these activities and the use of these facilities and premises and **assume all risks** of injury, illness, or death. We are also not responsible for any loss of your personal property.

This waiver and release of liability includes, without limitations, all injuries which may occur, regardless of negligence, as a result of: (a) your use of all amenities and equipment in the facility and your participation in any activity, class, program, personal training, or instruction, (b) the sudden and unforeseen malfunctioning of any equipment, (c) our instruction, training, supervision, or dietary recommendations and (d) your slipping and/or falling while in CrossFit Monrovia, or on the CrossFit Monrovia premises, including adjacent sidewalks and parking areas.

You acknowledge that you have carefully read this "waiver and release" and fully understand that it is a **release of liability.** You expressly agree to release and discharge CrossFit Monrovia, and all affiliates, employees, agents, representatives, successors, assigns, from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against CrossFit Monrovia for negligence, personal injury, or property damage.

Note: Should any part of this agreement be found in a court of law to be against public policy or in violation of any state statute or case precedence, then the remainder of this document will remain in full force.

First Name: _____ Last Name: _____

Signature or Parent/Guardian _____ Date: _____

Photography Waiver

Photographs and movies of CrossFit Monrovia classes and events are taken and posted to the CrossFit Monrovia website gallery. These images are documentation of the CrossFit Monrovia program and serve to promote the program to the greater CrossFit community and the general public. These images will not be sold. Members have the right to request any photograph or movie be removed from the CrossFit Monrovia website gallery.

Your signature above authorizes CrossFit Monrovia to publish images of you or images where you are included and release all claims to profits that may arise from the use of said images. If you wish to restrict the display of any images of yourself taken by CrossFit Monrovia while participating in CFM events please state so at the bottom of this page and sign and date the statement.



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Fall Fit Fest

October 2, 2010

ENTRY FORM

First name: _____ Last name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ DOB: _____

Emergency Contact:

First name: _____ Last name: _____

Phone: _____ E-Mail: _____

Relationship to participant: _____

T-Shirt size (circle one):

Youth S Youth M Youth L Adult S Adult M Adult L

Division (circle one):

A: Barbell weight max 45# - Kettlebell 35# max

B: Barbell weight max 30# - Kettlebell 25# max

C: Barbell weight max 15# - Kettlebell 15# max

Scaling will be allowed.

Scan and E-mail completed entry form and waiver to:

kate@crossfitmonrovia.com

Or mail to:

CrossFit Monrovia
143 W. Maple Av.
Monrovia, CA 91016

For questions please contact Kate at (626)840-5400