



**Humphreys Human Performance Liberty Lift
Off Registration Form 22 August 2020
(Registration closes August 16)**



First Name: _____ Last Name: _____

Email Address: _____

Cell Phone: _____ Work Phone: _____

Organization: _____

Unit: _____

Gender: _____ Birth Date: _____ Age (on day of event): _____

Snatch opener: _____ lbs Clean and Jerk opener: _____ lbs

Liability & Publicity Release

In consideration for receiving permission to participate in this event, I shall indemnify, waive, release, and forever discharge the U.S. Government, the U.S. Army, Family and MWR, and all sponsors, medical support and any other individuals or entities connected in any way with this event from any and all claims for damages, death, personal injury or property damage and/or litigation costs/attorneys' fees, arising from or contributing to, in whole or in part, by any act, omission, fault or mistake of the above-named persons or entities and their employees or agents, resulting from my participation in this event. I verify that I have full knowledge of the rigors of this event and the risks involved in participation, including but not limited to trip and fall, loss of orientation, exhaustion, dehydration, hyponatremia, fatigue, over-exertion, sun or heat stroke, illness, cold injuries, hypothermia, drowning (if water event), and any other injuries related to running and/or endurance events. I assert that I am physically fit and have sufficiently trained to complete this event. I realize medical support for this event will consist primarily of first-aid type assistance, perhaps by volunteer laypersons. This waiver and release shall be binding on my heirs and assigns and shall run in favor of the above-named persons or entities and any individuals in any way connected with this event.

I further agree to have my participation in this event videotaped and photographed, and I hereby waive and release all rights to said videotapes and photographs to Family and MWR for its exclusive use in publicity for and/or illustration of special events. By signing up for this event online, I agree to be automatically added to the mailing list to be alerted of new events and activities that I may be interested in. I can opt out at any time through received email. I agree to abide by all decisions of Family and MWR and its designated officials. I have read and understand the contents of this Liability & Publicity Release.

Participant's Signature: _____ Date: _____

Participant Printed Name: _____ Date: _____

To be completed by SFA staff at weigh-in:

Weight: _____ lbs

Event Pre-Brief

The Liberty Lift Off is not a USAW sanctioned event or qualifier. Any participant or spectator may be disqualified or asked to leave for unsportsmanlike conduct.

Lifters will be allotted three attempts at first the Snatch and then the Clean and Jerk.

The barbell is loaded incrementally and progresses to a heavier weight throughout the meet. If a lifter is taking consecutive attempts due to bar load, the lifter is allotted three(3) minutes between attempts.

If a lift is missed, the lifter can choose the same weight as their next attempt or go up in weight. Once a weight is attempted, the lifter cannot go down in weight on the bar.

Missed lifts include:

- Not beginning the attempt within the time allotted or missing the call to lift
- Pressing the elbows out during a Snatch or failing to bring the bar overhead in one single, fluid motion.
- Failure to demonstrate control and stability of the bar at the completion of either lift.
- Failure to stand up all the way at the completion of either lift or failure to wait for the judges' ruling (judges will rule quickly and via lights).
- Failure to bring both feet in line with the rest of the body at the completion of the lift.
- Lifting from the hang position, with a distinct pause above or below the knees. (Power Snatch and Cleans are acceptable, but the bar must move in one fluid motion from the floor.)
- Any style of jerk is acceptable – push, split or squat.

There will be a 10 minute intermission between the Snatch and Clean and Jerk events. SFA staff in its discretion may shorten or extend the intermission.

When submitting attempt weights, lifters must increase load by at least two(2) pounds.

Day Of

Lifter Check In will be Saturday, 22 August 2020 from 0830 – 0930. Lifters can begin warming up after checking in. The Snatch event will begin at 1000.

Male Weight Classes	Female Weight Classes
55 kg (121-133.9 lb)	45 kg (99.2-107.9 lb)
61 kg (134-147.9 lb)	49 kg (108-120.9 lb)
67 kg (148-160.9 lb)	55 kg (121-129.9 lb)
73 kg (161-178.9 lb)	59 kg (130-140.9 lb)
81 kg (179-195.9 lb)	64 kg (141-156.9 lb)
89 kg (196-211.9 lb)	71 kg (157-167.9 lb)
96 kg (212-224.9 lb)	76 kg (168-178.9 lb)
102 kg (225-239.9 lb)	81 kg (179-190.9 lb)
109 kg and over (240+ lb)	87 kg and over (191+ lb)

Weigh-In

Mandatory weigh-ins will be conducted in person at Turner Fitness Center on Friday, 21 August 2020 from 1100-1800. Lifters from outside of Area III will need to pre-arrange their weigh-in by emailing or calling the POC below.

Attire/Equipment

A singlet is not required to participate. Belts, lifting shoes, knee sleeves, wrist wraps and thumb tape are allowed. Lifting straps or hooked wrist wraps are not authorized. SFA staff reserve the right to declare equipment as providing a distinct advantage and therefore unauthorized.

Openers

Opening lifts must be declared for both the Snatch and Clean and Jerk at registration. Registered participants can change their openers no later than their official weigh-in.

Please email caleigh.s.magana.naf@mail.mil or call DSN 755-0231 COMM 050-3355-0231 with any questions or concerns.