

Date: Saturday, May 12, 2007

Sanction: CFTF-07-01

Location: Wichita Falls Athletic Club/ CrossFit Wichita Falls

3118 Buchanan

Wichita Falls, Texas

Rules: CFTF Rules apply

Contest lifts are the Squat, Press, and Deadlift

Meet Director: Mark Rippetoe

Sponsors: CrossFit Wichita Falls The Aasgaard Company

MSU Weightlifting Wichita Falls Athletic Club

Entry Fee: Individual entry - \$25.00

Checks payable to: CrossFit Wichita Falls

Entry Deadline: All entries must be post marked by April 27, 2007. Contest limited to the first 40 entries received.

Weight Classes: *Men:* up to 52 kg, up to 56 kg, up to 60 kg, up to 67.5 kg, up to 75 kg, up to 82.5 kg, up to 90 kg, up to 100 kg, up to 110 kg, up to 125 kg, and over 125 kg

Women: up to 44 kg, up to 48 kg, up to 52 kg, up to 56 kg, up to 60 kg, up to 67.5 kg, up to 75 kg, up to 82.5 kg, up to 90 kg, and over 90 kg

The First Ever
CrossFit
— Forging Elite Fitness —
**Total
Championship**

**CrossFit-Wichita Falls – Wichita Falls – Texas
May 12, 2007**

Session	Weigh-in	Lifting	Weight Classes (Contact the meet director 24-48 hours prior for changes in schedule)
1	7:00 to 8:00 a.m.	9:00	TBA
2	12:00 to 1:00	2:00	TBA

Awards: Plaques for First, Medals for Second, and Third

Plaques for best male and female lifters

Plaque for best team

A competition t-shirt is included with the price of entry

Name _____ Male/Female _____ Weight Class _____

Address _____
Street _____ City _____ State ZIP _____

Telephone _____ Birthdate ____/____/____ Shirt Size _____

Occupation _____ CF Affiliate Representing _____

Best Squat _____ Best Press _____ Best Deadlift _____

I agree to comply with all stated customary terms and conditions for participation in the CrossFit Total Championship. I and/or my minor child recognize and acknowledge that if I or he/she experience any unusual concerns regarding participating in any aspect of the event, I or he/she is free at any time to cease participation.

On behalf of myself and on behalf of my minor child (to the extent allowed by law), I hereby release and forever discharge CrossFit-Wichita Falls, CrossFit Inc., and the Wichita Falls Athletic Club, and all of the employees, officers, volunteers or agents of those entities, including as well any third party sponsors of CrossFit Total Championship activities, lessors of premises used to conduct constituent events, other participating or sponsoring agencies for the event, and all others associated with producing and administering the event, from and against any and liability, including but not limited to damage to property, personal injury, disability or death, resulting from my or my minor child's involvement in any aspect of the event.

To the fullest extent allowed by law, I, for myself and/or my minor child, and for any of our respective heirs, assigns, personal representatives and next of kin, hereby agree to indemnify and hold harmless all the parties involved hereof from and against any and all liabilities arising from my participation in the CrossFit Total Championships. This undertaking to provide indemnity shall apply, to the fullest extent allowed by law, even if the liability asserted against any of the indemnified parties arises wholly or partially from their own negligence.

I agree to be filmed and photographed under conditions approved by the organizers, to include the use of my name, biographical information, public appearances, and scientific data recorded during my performance. I understand that accident and medical insurance coverage during the event is not provided for by the competition organizer or any above named entity.

Signature (athlete and parent must sign if a minor)

Date

Mail entries to: CrossFit-Wichita Falls, 3118 Buchanan, Wichita Falls, TX 76308

Information: Mark Rippetoe (940) 696-0829 torshammar@aol.com