

CAC GAMES

SATURDAY, SEPTEMBER 24 | 8AM-12PM

REGISTRATION FORM

First Name _____ Last Name _____

Age _____ M F Member # _____ or Non-Member

Address _____

City _____ Zip _____

Home Phone _____ Cell Phone _____

E-Mail Address _____

SELECT EVENT(S):

Participants are not required to participate in all events. For your scores to count towards your clubs performance you must participate in all 5 events in **bold** below. To be considered for the overall women's or men's champion, participation in **ALL** events is required.

- | | |
|---|---|
| <input type="checkbox"/> MAX BROAD JUMP (Power) | <input type="checkbox"/> MAX DEADLIFT (Strength) |
| <input type="checkbox"/> MAX WALL BALL SQUATS (Power) | <input type="checkbox"/> MAX PULLUPS (Strength) |
| <input type="checkbox"/> MAX PUSHUPS (Strength) | <input type="checkbox"/> TIRE FLIP (Strength & Endurance) |
| <input type="checkbox"/> POWER CIRCUIT (Anaerobic Endurance) | |
| <input type="checkbox"/> DRY TRI (Endurance) | |

T-SHIRT SIZE:

- Small Medium Large Extra Large XX Large

REGISTRATION FEE:

\$35 through Wednesday, August 31. Thursday, September 1 and beyond: \$50.

TRANSACTION:

- Cash Check (# _____) Club Charge (Member/Non-member # _____)

Authorizing Signature _____ Staff Initials: _____

Hospitality Desk: Ring to PT Programs. Submit registration to PTM for final processing.



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POLICIES

ASSUMPTION OF RISK AND WAIVER OF LIABILITY

I understand that use of the facilities, equipment, activities, privileges, and services ("Club Use") provided by Club, Starmark Holdings, LLC, its employees, owners, members, shareholders, managers, insurers, and agents (collectively, "Club"), involves risk and potential dangers. These include, but are not necessarily limited to, risk of death, bodily injury, property damage, and other loss associated with or arising from Club Use (collectively "Risks"). On behalf of myself and my minor child(ren), I assume any and all Risks of Club Use, and waive liability for, and release Club from, any and all claims or losses caused by or relating to the Risks or Club Use, including but not limited to any and all claims or losses arising from or relating to any negligence of Club or other form of premises liability.

WAIVER AND RELEASE OF ELECTRONIC MEDIA

I, on behalf of myself, heirs, successors, and assigns, and on behalf of my children, wards, family members, and guests (collectively, "Releasers"), recognize, acknowledge and grant permission for Starmark Holdings, LLC, its affiliates, subsidiaries, employees, agents, contractors, successors, assigns, and/or anyone acting with its authority (collectively, "Starmark"), to make, take, and use still photographs, motion picture, video, sound recordings, and/or testimonials, in any form, including but not limited to edited or unedited form, collectively, "Media," of Releasers for any purposes Starmark deems, or may deem, appropriate. Releasers hereby release, hold harmless, and discharge Starmark from any and all liability (including but not limited to any and all claims for defamation, invasion of privacy, and false light), arising from, or in any way related to, the Media, and waive any right to remuneration or compensation (including but not limited to royalties) or other consideration for taking, making and/or use by Starmark of the Media, and hereby assigning all right, title and interest in the Media to Starmark.

No refunds or credits will be given.

Participant Name (please print): _____

Participant Signature _____

Date _____

**Submit your completed registration at the Hospitality Desk, including payment.
Contact Brittany Barnett at bbarnett@wellbridge.com with questions.**

ColoradoAthleticClub
Flatirons

505 Thunderbird Drive | 303.499.6590 | ColoradoAthleticClubs.com/Flatirons

Events

1. Max Pushups

- a. Not timed, coming down to a target (must touch) no downward dog no pause longer than 10 seconds.
- b. We need to buy a Counter and make sure t-shirts are tied back

2. Anaerobic Endurance (Power Circuit (10min AMRAP))

1. **250 M row** (counts as 1 rep)
 - a. All use resistance 6 out of 10
2. **5 KB thrusters** (must achieve full lockout, must squat to parallel)
 - a. Men use 40lb kettlebell
 - b. Women use 25 lb kettlebell
3. **5 sand bell slams** (sand bell must come over head)
 - a. Men use 20lb sand bell
 - b. Women use 10lb sand bell
4. **5 box jumps** (both feet have to land on box at same time)
 - a. Men jump onto 18" box
 - b. Women jump onto 12" box
5. **5 American swings** (must be swung overhead)
 - a. Men use 40lbs
 - b. Women use 25 lbs
6. **5 wall ball** (must squat onto another ball, ball must touch wall)
 - a. Men use 20lb ball
 - b. Women use 10lb ball
7. **5 deadlift**
 - a. Men use 135 lbs
 - b. Women use 95 lbs

3. Tire Flips (outside by Foothills, make sure to flip it back and forth...not in one straight line)

- a. Men 450lbs
- b. Women 250lbs
- c. How many flips in 2 minutes

4. Max Broad Jump (basketball court)

- a. B-Ball court, toes start at beginning of tape measure. Measurement is taken at the heel of the back foot. 3 attempts

5. Max Deadlift (Ladder style on old form) (weight floor)

- a. Men start at 225lbs, Women start at 115
- b. 45 seconds rest between each lift

- c. Chalk is allowed
 - d. Belts are allowed
 - e. CANNOT use Straps
 - f. Must achieve full lockout
 - g. 1 miss and retry (if you miss again you're done)
 - h. Registration (have an idea of what your max is so we can start them at appropriate weight)
 - i. Ladder Style
 - i. Men's Deadlift Ladder
 - 1. 225, 275, 315, 365, 405, 465, 495, 515, 555, 585, 605, 635, 675
 - ii. Women's Deadlift Ladder
 - 1. 115, 145, 185, 205, 225, 250, 275, 315
- 6. Max Wall Ball Squats (basketball court)**
- a. 2 min Time over a 10 foot line
 - b. Men= 20lbs
 - c. Women= 14lbs
 - d. Touch your booty on a ball below you and get it over the 10ft line. Touching line doesn't count.
- 7. Pullups Max Effort (weight room) Neutral Grip ONLY**
- a. No Kip
 - b. No letting go of the bar
 - c. Chin above the bar
 - d. AMRAP in 1 minute

Dry TRI!!!

1. 2000 m Row (must keep pace below 2:30 per 500m)
2. 5 mile Bike (Stationary Bikes)
3. Mile Run (Track)