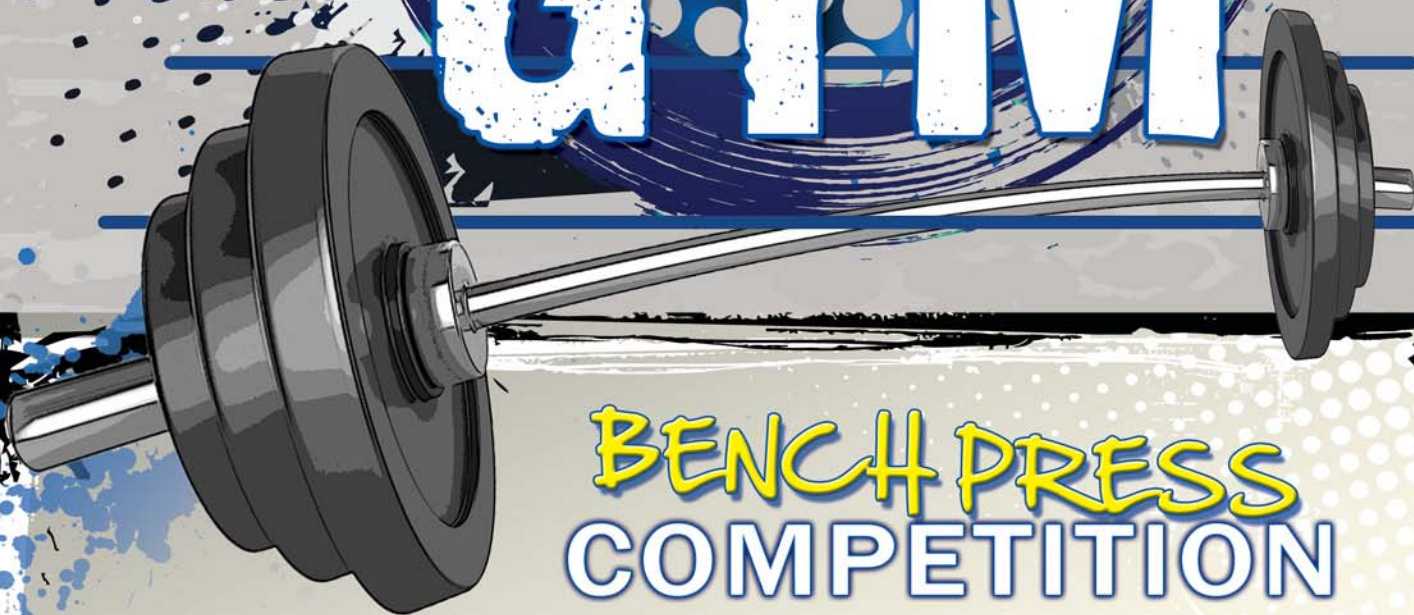




MCCS29GYMS



EAST GYM



BENCH PRESS COMPETITION

Wed., February 22nd at 6 p.m.

Prizes will be awarded for 1st, 2nd and 3rd places in both male and female divisions.

This event is open to Active Duty, family members and NAF/DoD employees. You must be at least 18 years of age to compete.

For more information, call 830 - 8410

SEMPERFIT29.COM

BENCH PRESS COMPETITION

Hold Harmless :

I, _____, in consideration of the mutual advantages occurring to the parties hereby agree myself, successors, and assigns, by operation of law or otherwise to hold harmless the Government, and to assume full responsibility for and to defend, pay or otherwise settle any and all claims, demands, actions, and causes of action of every nature and character whatsoever in law or equity of loss, damage or injury to any and all persons or property arising out of the Bench Press Competition.

I further agree to release and discharge the United States Government (including any department or agency thereof), its agents and any and all military, civilian, and contracted personnel, their heirs, successors, executors, administrators, or assigns for the loss, damage, or injury by reason of such permission.

Signature _____ Date _____

Name _____

Address _____

Phone _____ DOB _____ Age _____

