



Physical Fitness Tests Registration Form

I would like to reserve a spot to compete in the Long Island Sports and Fitness Expo **PHYSICAL FITNESS TESTS**, October 16-18, 2009 at Suffolk Community College, Brentwood, NY.

Please fax (631-423-0567) or mail the completed Registration and Waiver Forms:

Long Island Sports & Fitness Expo, Physical Fitness Tests, 114 West Hills Road, Huntington Station NY 11746.

This event is free to all entrants who pre-register to compete. All entrants who pre-register also receive Free Admission to the LI Sports & Fitness Expo. Space is limited and is on a first come, first serve basis! You may take your Physical Fitness Tests anytime during the weekend of the show. Good Luck To All Athletes!

We will crown a Long Island Grand Champion in each gender and age group.

Please Circle One: 18 years & older 14-17 years old 10-13 years old up to 9 years old

Events are as follows – please circle those events you would like to enter:

Push-Ups Sit-Ups Pull-Ups Jump Rope

are each based on (60) Sixty Second Timed Rounds – Maximum Reps.

You may participate in one challenge or all of the events.

First Name: _____ Last Name: _____ (Male) or (Female)

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-Mail: _____

Age: _____ Date of Birth: _____ Approx. Weight: _____ Height _____

Condition of Health: _____ Any physical ailments: _____

Participant Signature: _____ Date: _____

Signature of Parent or Guardian (if participant is under 18 years of age): _____

Long Island Sports and Fitness Expo

October 16-18, 2009

Suffolk Community College, Brentwood, Long Island, NY.

Participation Waiver Form

Liability Release, Waiver, Discharge and Covenant Not To Sue

This is a legally binding liability release, waiver, discharge and covenant not to sue (the Release), made by me, the undersigned, to Long Island Sports and Fitness Expo, Super Sports Expo, CATZ (Competitive Athlete Training Zone), Fundamental Sports Training, Inc. and Suffolk Community College.

I, (Print Name Clearly) _____

Fully recognize that there are dangers and risks to which I may be exposed by participating in the fitness activities and workouts at the Long Island Sports & Fitness Expo and participation in the Ultimate Fitness Challenge, which involves strenuous physical activity and extensive contact with other people. I understand that fitness workouts in general have inherent dangers that no amount of care, caution, training, instruction, supervision or expertise can eliminate. With full understanding of the risks involved and despite this Release, I am voluntarily participating in these physical fitness activities. I therefore agree to assume and take upon myself all of the risks and responsibilities in anyway associated with these activities at the Long Island Sports & Fitness Expo. I release the Long Island Sports & Fitness Expo, Super Sports Expo, CATZ (Competitive Athlete Training Zone), Fundamental Sports Training Inc., Suffolk Community College, its agents and volunteers from any and all liability, claims and actions that may arise from injury or harm to me, from my death or from damage to my property in connection with this event or events. I acknowledge and fully understand that I may be engaging in activities that may involve risk of serious injury and that severe social and economic losses may result not only from my own action, inactions or negligence, but also from the actions, inactions or negligence of others notwithstanding the rules of play or the condition of the premises or of any equipment used. Further, I acknowledge and fully understand that there may be other associated risks with such activities that are not known or not reasonably foreseeable at this time. I understand that this Release covers liability, claims and actions caused entirely or in part by any acts or failures to act by Long Island Sports & Fitness Expo, Super Sports Expo, CATZ, FTS Inc., Suffolk Community College, its agents, volunteers, including but not limited to negligence, mistake, or failure to supervise. I recognize that this Release means I am giving up, among other things, rights to sue Long Island Sports & Fitness Expo, Super Sports Expo, CATZ, FTS Inc., Suffolk Community College, its agents, and volunteers for injuries, damages, or losses I may incur while participating in these events. I also understand that this release binds my heirs, executors, administrators, and assigns, as well as myself.

I expressly and voluntarily assume all risk or personal injury, permanent, temporary, total or partial disability, disfigurement, paralysis and any other losses or damages to person or property or death, sustained while participating in the Long Island Sports Expo events or Ultimate Fitness Challenge, including the risk of passive or active negligence of the Releasees, or hidden, latents or obvious defects in the facilities of equipment used.

I hereby forever release, discharge and covenant not to sue Long Island Sports & Fitness Expo, Super Sports Expo, CATZ, FTS Inc., Suffolk Community College, its agents or volunteers. I acknowledge that I have sufficient opportunity to review the provisions of this document and understand its purpose, meaning and intent. I have read the entire release and fully understand it and agree to be legally bound by it.

This is a Release of Your Rights. Read Carefully Before Signing.

Releaser's Signature _____ Date: _____

Parent's or Guardians Signature, if a minor under 18 years of age _____