

# 1<sup>st</sup> Annual Welcome Mat Meet

Saturday November 5<sup>th</sup>, 2011

Meet Director: Jarrod Fobes

Contact: jfwaveman@yahoo.com or call 303-339-0508

Location: The Welcome Mat Dojo,  
8250 W Coal Mine Ave, #9  
Littleton, CO 80128

Sanction: USAWA membership required

Check-in: 9am day of the event at the venue.

Entry Fee: \$15, includes T-shirt

Lifts: Turkish-get up, Crucifix, Dumbbell Walk

Entries must be received by October 20th to get your T-shirt, otherwise entries accepted up to day of the event.

Mail entries and payment to:

Jarrod Fobes  
2968 S Grant Street  
Englewood, CO 80113

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## Entry Form

Name:

Address:

Age (by day of meet):

email:

phone:

Shirt Size (circle one): S M L XL XXL

Waiver and/or Release: In consideration of accepting my entry, I release all claims for damages, losses, and injuries that I may hold against the USAWA, The Welcome Mat, Jarrod Fobes, the USAWA Executive Board, and all officials, assistants, and volunteers that may occur while participating in this event on November 5<sup>th</sup>, 2011. This event may be recorded electronically and I accept that it could be released through free media, without expectation of any sort of remuneration. I understand that this event could be drug tested in accordance with USAWA policy, and will avail myself to the officials if I am selected for testing and not hinder them in the execution of their duties.

SIGNATURE:\_\_\_\_\_

Parent Signature (if under 18 years of age)\_\_\_\_\_