

# PORTLAND HIGHLAND GAMES HEAVY ATHLETICS COMPETITION ENTRY FORM



## ENTRY INFORMATION

- Registration fee of \$30.00 includes admission to the Games, T-shirt, beverages, and lunch. Registration fee must accompany entry form.
- Checks and Money orders are accepted in US funds only, made payable to the Portland Highland Games Association.
- Entries will be taken on a first come first serve basis and are limited to 12 athletes per class. There are no field registrations. Entries must be received by June 30<sup>th</sup>.
- The event will be held on **Saturday, July 18th, 2009** at Mount Hood Community College.
- **Mail entry form to: PHG Athletic Director 5918 SE 16<sup>th</sup> Loop Gresham, OR 97080**

## CLASS DEFINITIONS

**Mens A:** male athletes at the highest skill level.

**Mens B:** male athletes at the intermediate skill level.

**Mens C:** male athletes who are not Novice but have not reached the B level.

**Mens Novice:** male athletes who have competed once or less at any Highland Games.

**Mens Master 40 – 49:** male athletes, any skill level, 40 thru 49 on the day of the competition.

**Mens Master 50+:** male athletes, any skill level, 50 or older on the day of the competition.

**Women Open:** female athletes at the highest skill level.

**Women Amateur:** female athletes at the novice and intermediate skill level.

**Women Master 40+:** female athletes, any skill level, 40 or older on the day of the competition.

*Please contact the Athletic Director if you are unclear what class you should compete in.*

## EVENTS

Each Class Competition will consist of eight events:

Open Stone	Light and Heavy Weight for Distance
Portland Stone	Weight for Height (Spinning is allowed)
Light and Heavy Hammer	Caber

Keith Wright Memorial Challenge Caber (open to all interested Amateur Athletes who successfully turn their class caber)

## PRIZES

Athletes must participate in all events, unless they become injured, in order to qualify for Prizes.

Medals will be given for First, Second, and Third place in each individual event.

Class Awards will be given to the aggregate winner, the first runner-up, and the second runner-up.

## RULES

- This is a SAAA sanctioned game: the competition will be conducted according to SAAA rules, and under the supervision of SAAA sanctioned judges.
- The PHGA and SAAA consider the use of performance enhancing substances to be unethical and unsportsmanlike.
- All Athletes must wear a kilt and hose during the competition except the Novice Class athletes. Any style of kilt and hose is allowed.
- Athletes will be issued a competitors number which must be worn throughout the competition. Any Athletes not wearing their number and/or not answering when called will be considered a scratch for that event.
- Athletes will be assigned to the most appropriate class based on their best competition marks.
- The Athletic Directors reserve the right to change, combine, or eliminate classes and/or events.
- Check-in time begins at 8:30 am at the Heavy Events field tent; competition will begin promptly at 9 am.

# PORTLAND HIGHLAND GAMES HEAVY ATHLETICS COMPETITION ENTRY FORM



Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_

Email Address: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Phone: \_\_\_\_\_ Kilt Tartan: \_\_\_\_\_

Class: \_\_\_\_\_ T-shirt size: S M L XL 2XL 3XL 4XL 5XL  
(Circle one)

**Best Competition Mark:**

*(If you have not competed in a particular event please mark it N/A)*

Open Stone Throw: \_\_\_\_\_ feet      Portland Stone Throw: \_\_\_\_\_ feet  
 Light Weight for Distance: \_\_\_\_\_ feet      Heavy Weight for Distance: \_\_\_\_\_ feet  
 Light Hammer: \_\_\_\_\_ feet      Heavy Hammer: \_\_\_\_\_ feet  
 Weight for Height: \_\_\_\_\_ feet      Caber Toss: \_\_\_\_\_ length \_\_\_\_\_ & weight \_\_\_\_\_

**Entry Fees and Tickets**

Heavy Events Competition Entry Fee      **\$30.00**      \_\_\_\_\_

**Advanced Entry Tickets Sales** (for non-competitors)

Please specify quantity      Adult      \$20 x \_\_\_\_\_  
    Youth (6-17)      \$10 x \_\_\_\_\_  
    Children 5 and under      Free

**Total**      \_\_\_\_\_

Please make checks payable to Portland Highland Games Association (PHGA)      US Funds Only

- Tickets will be mailed with the competitor's number.
- Portland Highland Games Association assumes no responsibility for lost, stolen, or misplaced tickets.

**Heavy Events Release of Liability:** The Participant recognizes that participation in the Portland Highland Games (Games) involves risk of physical injury including that caused by the negligence of the Participant or the Portland Highland Games Association (PHGA). By signing herein, the Participant voluntarily releases, waives and relinquishes any current or future claims against the PHGA for personal injury, property damage or wrongful death occurring to the Participant arising out of participation in the Games, and agrees to indemnify and save harmless the PHGA from any claim against it for personal injury, property damage or wrongful death to the Participant, to the extent allowed by law.

I also permit the PHGA or its sponsors to use my name or photograph of me participating in the Games for future promotional or publicity purposes, without obligation of liability to me.

I have full knowledge of the risks involved in this event and I represent that I am sufficiently physically fit and trained to safely participate in this event. I also agree to abide by the decision of a PHGA official concerning my ability to participate safely in this event, and agree that PHGA officials may authorize emergency medical treatment on my behalf.

I have read and understand the Heavy Events Release and agree to their terms.

\_\_\_\_\_  
Signature (Parent or Guardian if competitor is under 18)