

# CPF Women's Open

Saturday, September 16, 2017



<b>EVENT LOCATION</b>	<b>Vaughan Strength and Conditioning</b> 2180 Hwy 7, Unit 16, Vaughan, ON L4K 1W6 <a href="http://www.vaughansc.ca">http://www.vaughansc.ca</a>
<b>WEIGH-IN</b>	<b>At Vaughan Strength and Conditioning</b> Friday, September 15: 9:30am – noon & 5pm – 7pm Saturday, September 16: 7:30am – 8:00am
<b>MEET DAY</b>	Mandatory rules meeting 8:30am Lifting begins at 9:30am
<b>UNIFORM</b>	Mandatory: Must have one-piece lifting suit or wrestling suit and shins covered while deadlifting (e.g. knee socks). WPC rules apply. Complete rule book at: <a href="http://www.worldpowerliftingcongress.com">www.worldpowerliftingcongress.com</a> .
<b>CONTEST LIFTS</b>	Three Lift, Bench Only, Deadlift Only, Iron Man
<b>ENTRY FEE</b>	\$100.00 for first division or competition, \$25 per additional  <b>*****No Refunds*****</b>
<b>AWARDS</b>	<b>1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place</b> awards and <b>Best Lifter</b> awards.
<b>ADMISSION</b>	\$5 for non-competitors; partial proceeds in support women's charities

## **GENERAL GUIDANCE FOR MAKING DIVISION SELECTIONS**

*Note: this guidance in no way supersedes the WPC rulebook; where the two do not agree the WPC rulebook takes precedence. Also, it is the competitors responsibility to ensure they make the proper selections.*

<u>Term</u>	<u>Description</u>
Amateur	Subject to random drug testing
Professional	No drug testing
Open	Available to anyone and compulsory for those 24-32 years of age
Iron Man	Bench press and deadlift (competitor will not squat); also known as Push/Pull
Fully Raw	WPC approved belt and/or wrist wraps permitted
Assisted	Knee sleeves or knee wraps
Equipped	Single or multi-ply squat, bench and/or deadlift suit (note: this is not a singlet)



# 2017 CPF WOMEN'S OPEN ENTRY FORM

<b>COMPETITOR INFO</b>	LAST NAME	FIRST NAME	FEMALE (X)	DATE OF BIRTH (MMM-DD-YYYY)	AGE ON SEP 16, 2017						
	ADDRESS	CITY	PROVINCE	POSTAL CODE							
	EMAIL ADDRESS			PHONE NUMBER							
<b>DIVISION SELECTION</b>	Circle at least one (1) from each: Class, Weight Class (KG), Division, and Competition; 1st combination \$100, each additional \$25 Note: it is the competitors responsibility to ensure they make the proper selections										
	<b>CLASS</b>	Amateur	Professional								
	<b>WEIGHT CLASS (KG)</b>	44.0	48.0	52.0	56.0	60.0	67.5	75.0	82.5	90.0	SHW
	<b>DIVISION</b>	Open	Teen (13-19)	Junior (20-23)	Submaster (33-39)	Master (40+)	Military/Police				
	<b>COMPETITION</b>	<b>Fully Raw:</b>	Three Lift	Bench Only	Deadlift Only	Iron Man					
<b>Assisted:</b>		Three Lift	Bench Only	Deadlift Only	Iron Man						
<b>Equipped:</b>		Three Lift	Bench Only	Deadlift Only	Iron Man						
<b>WAIVER</b>	In consideration of the acceptance of this entry, I hereby waive and release myself, heirs, executors, and administrators from all actions, claims or demands I may have against the World Powerlifting Congress (WPC), the Canadian Powerlifting Federation (CPF), Vaughan Strength and Conditioning, Allison Faulkner, Alastair MacNicol, any judge or volunteer and all of their representatives, successors, and assigns, as a result of their action or inaction, from any and all injuries, bodily harm or death that I might suffer while competing at the CPF Women's Open on September 16th, 2017.										
	PRINT NAME / PARENT'S NAME (for minors)			SIGNATURE / PARENTAL SIGNATURE (for minors)							
	DATE										
<b>INSTRUCTIONS</b>	<b>By email ( preferred method ):</b> Scan and email completed forms to: cpfwomensopen@gmail.com  Interac email payment to cpfwomensopen@gmail.com; password: <b>powerlifting</b>  <b>Please note registration is not confirmed until payment is successfully accepted.</b>			<b>By mail or drop-off:</b>  <b>Make cheques payable to: Allison Faulkner</b>  <u>Mail or drop-off completed entry form and cheque to:</u> CPF Women's Open c/o Alastair MacNicol, Quantum Crossfit 2 Thorncliffe Park Drive, Unit 36 Toronto, ON M4H 1H2							
	<b>CONTACT</b>										
Please direct all questions and comments to Meet Director at cpfwomensopen@gmail.com											