



# 2017 CPF Winter Warm up

***MDs: David Bennett and Tavis Harris***

January 28<sup>th</sup>, 2017

Evolve Strength  
4825 89 St NW, Edmonton, AB T6E 5K1

**\*REGISTRATION DUE (RECEIVED) BY DECEMBER 31st 2016\***  
**STRICT CAP OF 60 LIFTERS**

**ALL** lifters of **ALL** ability and experience levels from **ALL** federations welcome

**This event is NOT a qualifying event for the WPC Worlds and only NATIONAL records can be set or broken at this meet.**

24 hr prior to competition **WEIGH IN:**

**ALL LIFTERS:**

→ **FRIDAY, JANUARY 27<sup>TH</sup> FROM 9AM TO NOON, and 3PM TO 8PM @ THE VENUE**

**During weigh-ins you MUST provide your rack heights / settings, and opening attempts in kilos. Not having this information handy greatly delays the process, please be prepared!**

**FIRM SCHEDULE: \*PLEASE NOTE THE TYPICAL SCHEDULE HAS BEEN REVERSED\***

**Also noteworthy- 1<sup>st</sup> session is starting at 9am sharp. It will be followed by a half-hour lunch break for staff and volunteers, at which point the bar will be declared loaded for the first attempt of the 2<sup>nd</sup> session.**

**Saturday, January 28<sup>th</sup>:**

**1st Session (Flights "Alpha" and "Bravo"): ALL raw male lifters**

**2nd Session (Flights "Charlie" and "Delta"): ALL equipped lifters, ALL female raw lifters**

**MANDATORY RULES BRIEFING AT 8:30AM ON THE PLATFORM, AND LIFTING SHALL COMMENCE AT 9AM SHARP.**

**POSTAL (SNAIL) MAIL COMPLETED ENTRY FORM WITH CHEQUE OR M.O. TO:**

(Post dated Cheques are absolutely not accepted, and do not send cash in the mail!)

**DAVID BENNETT  
8504 148 AVENUE  
EDMONTON, ALBERTA  
T5E2L1**

**\*REFUNDS WILL ONLY BE CONSIDERED ON A CASE-BY-CASE BASIS WHERE EXTENUATING CIRCUMSTANCES EXIST\*.**

**WE ARE ONLY ACCEPTING ORIGINAL HARD COPIES BY SNAIL MAIL (POST)**

**FILL THIS OUT BY HAND IN BLUE INK OR IT WILL BE REJECTED**

**NAME: \_\_\_\_\_ AGE (Day of Competition): \_\_\_\_\_**

**FULL ADDRESS INCLUDING POSTAL CODE:**

\_\_\_\_\_  
\_\_\_\_\_

**TELEPHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_**

**NAME OF COACH (IF ANY): \_\_\_\_\_**

**YEARS EXPERIENCE IN POWERLIFTING: \_\_\_\_\_**

**MEET ENTRY FEE: \$100 First event, \$50 for each additional event entered**

**Events: (please CHECK all that apply)**

\_\_\_\_\_ 3 Lift (squat, bench press, and deadlift)

\_\_\_\_\_ Deadlift Only

\_\_\_\_\_ Bench Press only

\_\_\_\_\_ Push/Pull (Bench press and Deadlift)

**My age category based on my actual age on the day I compete (CHECK:)**

\_\_\_\_\_ Teen1 (13-15)

\_\_\_\_\_ Junior (20-23)

\_\_\_\_\_ Teen2 (16-17)

\_\_\_\_\_ Open (24-39)

\_\_\_\_\_ Teen3 (18-19)

\_\_\_\_\_ Masters (40+)

**LIFTING STYLE (PLEASE CHECK:)**

\_\_\_\_\_ EQUIPPED (use of any bench or erector shirts, and/or squat or deadlift suits)

\_\_\_\_\_ RAW (bare knees for squat, or check this option for raw bench only, deadlift only, or push/pull)

\_\_\_\_\_ ASSISTED RAW (knee sleeves OR knee wraps for squat if entering 3 lift)

**WEIGHT CLASS : (Circle)**

**FEMALES:**

48KG 52KG 56KG 60KG 67,5KG 75KG 82,5KG 90KG 90KG+

**MALES:**

56KG 60KG 67,5KG 75KG 82,5KG 90KG 100KG 110KG 125KG 140KG 140+KG/SHW

**PAYMENT FORM:**

FIRST EVENT ENTERED: \$100 \$ \_\_\_\_\_

ADDITIONAL EVENTS: \$50 each \$ \_\_\_\_\_

OPTIONAL TSHIRT: \$25 each \_\_\_S \_\_\_M \_\_\_L \_\_\_XL \_\_\_XXL \_\_\_XXXL \$ \_\_\_\_\_

TOTAL FEES ENCLOSED: \$ \_\_\_\_\_

**WAIVER FORM**

In consideration of accepting this entry, I hereby for myself, heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against: the CPF, WPC, Independent Powerlifting – Edmonton, the meet/contest site sponsor and its employees, all organizers, volunteers, seminar instructors and sponsors of this contest, from any and all actions, causes of actions, claims and demands which may arise in consequence of my participation in this contest. I realize that Powerlifting is a high-risk sport and that I could be injured or even killed. I certify that I am in good physical health and that I have no serious health problems and that I assume full responsibility for such conditions. I accept that I am fully responsible for my well-being and safety in the warm up room, on the lifting platform and while I am competing at this event. I am also aware that I am responsible for the actions of any coach and entourage that attend this contest in my support. I also certify by my signature that I have read this waiver and fully understand and accept its terms. I do hereby verify my acceptance of these terms by my signature below. I also fully understand that my non-adherence to the rules, accidental or by choice, may eliminate me from the competition and I will not be issued a refund.

“I have read the official rulebook of the World Powerlifting Congress, and I agree to endeavor to have any questions I may have answered prior to meet day. I understand staff and referees are willing to provide guidance and assistance but I will try to be as prepared as possible.”

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

PARENT OR LEGAL GUARDIAN (if under 18):

\_\_\_\_\_ DATE: \_\_\_\_\_

**Some additional tidbits:**

- Absolutely NO personal spotters are allowed for any reason, one liftoff guy OK for bench
- Any willful damage to the venue, equipment within, or any form of abuse towards staff or volunteers will result in your ejection from the meet without refund
- Pre-lift “arousal” techniques such as ammonia, love taps, etc shall be performed OFF the platform, behind the curtain, out of view of the audience. Only one warning will be issued.