

2nd Annual Forge Powerlifting Classic

July 08 2017



EVENT LOCATION	Forge Performance & Fitness 5757 Kennedy Rd #1 Mississauga ON L4Z-0C5
WEIGH-IN	5757 Kennedy Rd #1 Mississauga ON L4Z-0C5 Friday July 07 2017 (9:30am-9:30pm) Saturday July 08 2017 (8:30am-9:00am)
MEET DAY	Mandatory rules meeting July 08 2017 @ 9:00am Lifting begins at 9:30am
UNIFORM	Mandatory: Must have one-piece lifting suit or wrestling suit and Deadlift Socks. WPC rules apply. Complete rule book at: www.worldpowerliftingcongress.com .
CONTEST LIFTS	Three Lift, Bench Only, Deadlift Only, (Assisted/Raw ONLY)
ENTRY FEE	\$115.00 for first division or competition, \$30 per additional
AWARDS	1st, 2nd and 3rd place awards and Best Lifter awards.

*******No Refunds*******

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COMPETITOR INFO	LAST NAME	FIRST NAME	MALE ()	DATE OF BIRTH	AGE ON Meet Day								
	ADDRESS POSTAL CODE		CITY	PROVINCE									
	EMAIL ADDRESS			PHONE NUMBER									
DIVISION SELECTION	Circle at least one (1) from each: Class, Division, Weight Class (KG), and Competition; 1st combination \$100, each additional \$25 Note: it is the competitor's responsibility to ensure they select the proper selections												
	CLASS	Amateur Professional											
	DIVISION	Open	Teen (13-19)	Junior (20-23)	Submaster (33-39)	Master (40+)							
	WEIGHT CLASS (KG)	M: 52	56	60	67.5	75	82.5	90	100	110	125	140	SH W
	COMPETITION	Fully Raw:	Three Lift		Bench Only		Deadlift Only						
Assisted:		Three Lift		Bench Only		Deadlift Only							
Equipped:		Three Lift		Bench Only		Deadlift Only		Iron Man					
WAIVER	<p>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), Forge Fitness & Performance, [Michael Yang], 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 [2nd Annual Forge Powerlifting Classic] on [July 08 2017].</p> <p>PRINT NAME / PARENT'S NAME (for minors SIGNATURE (for minors))</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Date</p> <p>_____</p>												

INSTRUCTIONS	<p><i>By email (preferred method):</i></p> <p>Scan and email completed forms to: mikeyang34@gmail.com Interac email payment to mikeyang34@gmail.com password: powerlifting Please note registration is not confirmed until payment is successfully accepted.</p> <p><i>By mail or drop-off: Forge Performance & Fitness</i></p> <p><i>Make cheques payable to: Michael Yang</i></p> <p><u>Mail or drop-off completed entry form and cheque to:</u></p> <p>Forge Performance & Fitness</p> <p>5757 Kennedy Rd #1 Mississauga, ON L4Z-0C5</p>
CONTACT	<p>Please direct all questions and comments to Michael Yang at mikeyang34@gmail.com</p>