



All In One Strength & Conditioning Master's Challenge

Sunday, April 30, 2016



EVENT LOCATION

All In One Strength and Conditioning
1214 Caledonia Road, Toronto, ON, M6A 2W5
www.allinonesnc.com

WEIGH-IN

At All In One Strength and Conditioning
Saturday, April 29: 10 am – noon & 5pm – 7pm
Sunday, April 30: 8:00am – 8:30am

MEET DAY

Mandatory rules meeting for all lifters at 9:00. Lifting will begin at 10:00.

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, Iron Man

DIVISIONS

Master (age 40+) only; Amateur and Pro; Raw, Assisted and Equipped

ENTRY FEE

\$100.00 for first division or competition, \$25 per additional
Registration includes meal by Big Doug's Texas BBQ!

AWARDS

Best Lifter

NOTE

- No Refunds
- \$5 admission for non-competitors

Big Doug Texas BBQ will be onsite feeding our competitors and selling to the public
www.bigdougstexasbbq.com



ALL IN ONE STRENGTH & CONDITIONING MASTER'S CHALLENGE

COMPETITOR INFO	LAST NAME	FIRST NAME	FEMALE () MALE ()	DATE OF BIRTH <small>(MMM-DD-YYYY)</small>	AGE ON APR 30, 2017
	ADDRESS	CITY	PROVINCE	POSTAL CODE	
	EMAIL ADDRESS			PHONE NUMBER	
DIVISION SELECTION	Circle at least one (1) from each: Class, Weight Class (KG), and Competition; 1st combination \$100, each additional \$25 <small>Note: it is the competitors responsibility to ensure they make the proper selections</small>				
	CLASS	Amateur Professional			
	WEIGHT CLASS (KG)	F: 42 48 52 56 60 67.5 75 82.5 90 SHW M: 52 56 60 67.5 75 82.5 90 100 110 125 140 SHW			
	COMPETITION	Fully Raw: Three Lift Bench Only Deadlift Only Iron Man Assisted: Three Lift Bench Only Deadlift Only Iron Man Equipped: Three Lift Bench Only Deadlift Only Iron Man			
WAIVER	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), All In One 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 All In One Strength & Conditioning Master's Challenge on April 30 th , 2017.				
	PRINT NAME / PARENT'S NAME (for minors)		SIGNATURE / PARENTAL SIGNATURE (for minors)		
	DATE				
MEAL	Sandwich selection [check one (1) of the following]:		Side selection [check one (1) of the following]:		
	<input type="checkbox"/> 6oz. Chicken Breast <input type="checkbox"/> Jumbo Hot Dog <input type="checkbox"/> Italian Sausage <input type="checkbox"/> 6oz. Angus Burger <input type="checkbox"/> Pulled Pork	<input type="checkbox"/> Texas Style Baked Beans <input type="checkbox"/> Coleslaw Supreme			
INSTRUCTIONS	By email (<u>preferred method</u>): Scan and email completed forms to: aiomasterschallenge@gmail.com Interac email payment to aiomasterschallenge@gmail.com; password: powerlifting Please note registration is not confirmed until payment is successfully accepted.		By mail or drop-off: Make cheques payable to: Allison Faulkner <u>Mail or drop-off completed entry form and cheque to:</u> All In One Strength & Conditioning Master's Challenge c/o Alastair MacNicol, Quantum Crossfit 2 Thorncliffe Park Drive, Unit 36 Toronto, ON M4H 1H2		
	Please direct all questions and comments to Meet Director at aiomasterschallenge@gmail.com				
CONTACT					