



# 2017 CPF/GPC Big Bad Bench

**MDs: David Bennett and Tavis Harris**

March 18<sup>th</sup>, 2017

Evolve Strength

4825 89 St NW, Edmonton, AB T6E 5K1

**\*REGISTRATION DUE (RECEIVED) BY MARCH 3rd 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 or GPC Worlds and only NATIONAL records can be set or broken at this meet.**

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

→ Friday, March 17th FROM 9AM TO NOON, and 5PM TO 8PM @ THE VENUE

**\*This event will be run in a MUCH different manner than typically seen. The ONLY AWARDS given will be based on the sum of your Glossbrenner and Reschel scores. There are NO weight class awards, NO age class awards. Awards are ENTIRELY based on best lifter status. **The ONLY NINE AWARDS will be:****

- Heaviest raw bench press (male and female, 1 award each)
- Heaviest equipped bench press (male and female, 1 award each)
- Best lifter raw (points based, male and female, 1 award each)
- Best equipped lifter (points based, male and female, 1 award each)
- Gutsiest performance (subjectively decided by adjudicating referees, must be a successful attempt!)

**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.**

**THIS IS YOUR INFORMATION PAGE; DO NOT SEND IT IN WITH YOUR ENTRY PLEASE.**

**POSTAL (SNAIL) MAIL COMPLETED ENTRY FORM WITH \*PERSONAL\* CHEQUE OR M.O. TO: (business and post-dated cheques are absolutely not accepted under any circumstances whatsoever, 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 (on the day of competition): \_\_\_\_\_**

**FULL ADDRESS INCLUDING POSTAL CODE:**

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

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

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

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

**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 (NO DISTICTION IS MADE BETWEEN SINGLE AND MULTI PLY EQUIPMENT)

\_\_\_\_\_ RAW

**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: \$60 \$ \_\_\_\_\_

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, GPC, 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 the Global Powerlifting Committee, 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.**

**-Please refrain from using foul language on or near the platform area**