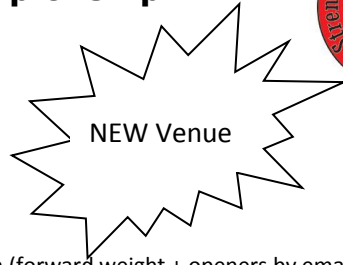




# CPF Canadian High School Championship Friday, May 26<sup>th</sup>, 2017



**Meet Venue:** St. Mary's High School, 1500 Block Line Road., Kitchener, Ontario  
**Meet Directors:** John Dietrich (519) 745-6891 [john.dietrich@wcdsb.ca](mailto:john.dietrich@wcdsb.ca)  
 Les Fleiszig (519) 741-1990 [les.fleiszig@wcdsb.ca](mailto:les.fleiszig@wcdsb.ca)

**Weigh in:** Thursday, May 25<sup>th</sup> 8:00 am – 9:00 am (at home school by your coach (forward weight + openers by email))  
 Friday, May 26<sup>th</sup> 7:30am – 8:00am – St. Mary's High School

**Judges Meeting 8:00 am - Lifting Commences at 8:45 am**  
**You must be a registered high school student to participate in this meet.**  
**Event Is A Pro/Raw Meet**

**Lifter Information (Please Print Legibly)**

Name: \_\_\_\_\_  
 Age on Competition Date: \_\_\_\_\_ DOB (mm/dd/yyyy): \_\_\_\_\_  
 School: \_\_\_\_\_ Grade: \_\_\_\_\_  
 Email: \_\_\_\_\_ Home (\_\_\_\_) \_\_\_\_\_

**Division / Category (Check the appropriate boxes below)**

Age Group		14 – 15 Year Old			16 – 17 Year Old			18 – 19 Year Old			
Male (Kg)	52	56	60	67.5	75	82.5	90	100	110	125	125+
Female (Kg)	48	52	56	60	67.5	75	82.5	90	90+		

Email completed entry to [john.dietrich@wcdsb.ca](mailto:john.dietrich@wcdsb.ca) or fax to 519-745-2256.

**\$5.00 Entry Fee – Payable at check-in on May 26<sup>h</sup>**  
**(Cash preferred, however check payable to St. Mary's High School)**  
**Competition Field Will Be Limited – Get Your Entry in ASAP**

**Entry Deadline is Fri. May 19<sup>th</sup>, 2017**

**EQUIPMENT:** One piece lifting suit (singlet) or **shorts and T-shirt (with sleeves)**. **Full length socks** are required for deadlift. Wrist wraps and belts made from a single material are permitted.

**RELEASE FROM LIABILITY**

In consideration of the acceptance of my entry form in this power lifting competition, I intend to be legally bound for not only myself, but also for my heirs, executors and administrators. In signing this release from liability, I waive and release any and all rights or claims for damages I may have against St. Mary's HS., WCDSB, the CPF, the WPC, the organizers, volunteers or the sponsors of this contest.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parents (if under 18 years)

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