



CPF Canadian High School Championship Friday, May 18th, 2018



Meet Venue: St. Mary's High School, 1500 Block Line Road., Kitchener, Ontario

Meet Director: John Dietrich (519) 745-6891 john.dietrich@wcdsb.ca

Weigh in: Thursday, May 17th 8:00 am – 9:00 am (at home school by your coach (forward weight + openers by email)

Friday, May 18th 8:00am – 8:30am – St. Mary's High School

Judges Meeting 8:30 am - Lifting Commences at 9:15 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 or fax to 519-745-2256.

\$5.00 Entry Fee – Payable at check-in on May 18th

(Cash preferred or check payable to St. Mary's High School – receipt upon request)

Competition Field Will Be Limited – Get Your Entry in ASAP

Entry Deadline is Fri. May 11th, 2018

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)
