

# 2017 CPF PRO TOWNSON FITNESS CHRISTMAS SPECIAL

Saturday, December 16th, 2017



## EVENT LOCATION

Townson Fitness

36 Skagway Ave Unit 4, Scarborough, Ontario — M1M 3V1

[www.townsonfitness.com](http://www.townsonfitness.com)

@townsonfitness — Stay up to date with all event info on Instagram!

**PARKING:** Park parking lot at the end of Skagway

## WEIGH-IN

Friday December 15th 8am — 11am & 5pm — 7pm

Saturday December 16th 7:30am — 8:30am

## SCHEDULE

Mandatory rules meeting for all lifters at 8:30am — Saturday Dec 16

Lifting will begin at 9:30am — Saturday Dec 16

## UNIFORM

Mandatory: Must have one-piece lifting suit or wrestling suit and deadlift socks. Knee sleeves are Assisted-Raw or Equipped only. WPC Rules apply. Complete rule book at [www.worldpowerliftingcongress.com](http://www.worldpowerliftingcongress.com)

## CONTEST LIFTS

Full Power (All 3 Lifts), Bench Only, Push/Pull, Deadlift Only

## ENTRY FEE

**\$100** for first division or competition, \$25 per additional division or competition

## AWARDS

**1st, 2nd, & 3rd place medals for each weight class + Best Lifter Awards.**

***TOURNAMENT OF CHAMPIONS FINALS will have their own flight during the XMAS special meet. While these are both CPF meets, run on the same day, in the same location, they are separate meets! You DO NOT have to qualify for the XMAS meet. You do however have to qualify for the tournament finals.***

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## Entry Form

Last Name \_\_\_\_\_ First \_\_\_\_\_ Middle Initial \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone \_\_\_\_\_ Age \_\_\_\_\_

Email \_\_\_\_\_ Date of Birth \_\_\_\_\_

### WEIGHT CLASS \_\_\_\_\_

*\*\*Please Circle or check all that apply.\*\**

**Men (lbs)**            114   123   132   148   165   181   198   220   242   275   308   SHW

**Women (lbs)**        97   105   114   123   132   148   165   181   198   Unl

### Division \_\_\_\_\_

*\*\* Please check a box for the category you would like to compete in.\*\**

Full Power  Bench Only  Push/Pull  Deadlift Only

Raw  Raw-Assisted  Equipped

### Waiver

In consideration of the acceptance of this entry, I hereby for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the WPC, CPF, TOWNSON FITNESS, Alastair MacNicol, any judge or volunteer and all of their representatives, successors, and assigns for any and all injuries or bodily harm that I might suffer while competing at the CPF Townson Fitness Christmas Special on December 16th, 2017.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Parental Signature (*for minors*)

### Return completed entry form and payment to:

Matt Townson  
36 Skagway Ave Unit 4  
Scarborough, ON, M1M 3V1

Or By Email (Preferred) To: [matthew@townsonfitness.com](mailto:matthew@townsonfitness.com)

Money transfer to: [matthew@townsonfitness.com](mailto:matthew@townsonfitness.com)

Security Answer: powerlifting