

Iron Gladiators: CPF Pull Power Battle

Renfrew Strength and Conditioning Center

April 28th 2018

EVENT LOCATION

Riverside Education Center
6 Riverside Dr., Milford, NS

WEIGH-IN

Renfrew Strength and Conditioning Center
10am – 12pm April 27th

Riverside Education Center
7pm – 8pm April 27th
7:30am – 8:00am April 28th

**there will be no exceptions to times.*

***Please note you will be required to have all your opening attempts for all lifts registered at weigh-ins also*

MEET DAY

Mandatory rules meeting 8am
Lifting begins at 9am

UNIFORM

Must have one-piece lifting suit or wrestling suit and Deadlift Socks. WPC rules apply. Complete rule book at:
www.worldpowerliftingcongress.com

CONTEST LIFTS

Full Power, Iron Man, Bench Only, Deadlift Only

ENTRY FEE

\$100 for first division or Competition \$35 per additional \$10 for event T-Shirt if requested below.

NO REFUNDS

AWARDS

1st, 2nd and 3rd in weight and age categories
Best lifter – Male /Female Pro/AM
Best Master – Male/Female
Best Military/Police – Male/Female
Biggest Squat – Male/Female
Biggest Bench – Male/Female
Biggest Deadlift – Male/Female

COMPETITOR INFO	LAST NAME	FIRST NAME	MALE ()	DATE OF BIRTH	AGE ON Meet Day	
			FEMALE ()	(MMM-DD-YYYY)		
	ADDRESS	CITY	PROVINCE	POSTAL CODE		
EMAIL ADDRESS				PHONE NUMBER		
<p>Circle at least one (1) from each: Class, Division, Weight Class (KG), and Competition;.</p> <p>Note: It is the competitor's responsibility to ensure they select the proper selections</p>						
CLASS		Amateur Professional				
DIVISION		Open	Teen (13-19)	Junior (20-23)	Submaster (33-39)	Master Military/Police (40+)
WEIGHT CLASS (KG)		M:	52 125	56 140	60	67.5 75 82.5 90 100 110
		F:	44 Unl	48	52	56 60 67.5 75 82.5 90
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				
SWAG	T-SHIRT SIZE	<input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> XL <input type="checkbox"/> 2XL				
MEDIA RELEASE	<p>I, the undersigned, agree that Renfrew Strength and Conditioning Center, it's owners, partners and employee's may record video and/or audio or photograph of you for instructional and/or promotional purpose without payment of any kind to you and without further notice to you or permission from you.</p> <p>PRINT NAME / PARENT'S NAME (for minors) _____ SIGNATURE / PARENTAL SIGNATURE (for minors) _____</p> <p>DATE _____</p>					

WAIVER	<p>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), Renfrew Strength and Conditioning Center, Mark McManus, Brandon Horne, Evan Dickie, 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 Iron Gladiator CFP Full Power Battle on April 28th 2018.</p> <p>PRINT NAME / PARENT'S NAME (for minors) _____ SIGNATURE / PARENTAL SIGNATURE (for minors) _____</p> <p>DATE _____</p>	
INSTRUCTIONS	<p>By email (preferred method):</p> <p>Scan and email completed forms to mark@renfrewstrength.com</p> <p>e-Transfer payment to mark@renfrewstrength.com</p> <p>password: renfrew2018</p> <p>*Note registration is not confirmed until payment is successfully accepted.</p>	<p>By mail or drop-off:</p> <p>Make cheques payable to: Renfrew Strength and Conditioning Center</p> <p>Mail or drop-off completed entry form and cheque to:</p> <p>Renfrew Strength and Conditioning Center 3-535 Highway #2, Elmsdale, Nova Scotia, B2S 1A4</p>
CONTACT	<p>Please direct all questions and comments to Mark McManus at mark@renfrewstrength.com or PM us direct on the Facebook event page.</p>	

