



8th Annual WCDSB Push/Pull Meet Friday, November 24th, 2017



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

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

Weigh in: Thurs. Nov. 23rd 8:00 am – 9:00 am – at your home school by your coach (in KG)

Fri. Nov. 24th 8:30am – 9:00am – St. Mary's High School (Gym 3)

Judges Meeting 9:00 am - Lifting Commences at 9:30 am

You must be a registered high school student to participate in this meet

1. Lifter Information (Please Print Legibly)

Name: _____ Age on Competition Date: _____ DOB (mm/dd/yyyy): _____

School: _____ Grade: _____

Home Address: _____

Email: _____ Phone (____) _____

2. Division / Category (Check the appropriate boxes below)

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

Email completed entry to john.dietrich@wcdsb.ca or fax to 519-745-2256.

Get Your Entry In ASAP

Entry Deadline is Tuesday, November 21st, 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 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)
