

# SPRING SACRIFICE 2018 (Women's Only) MARCH 3RD 2018



<b>EVENT LOCATION</b>	Fortis Fitness 11 Carlaw Ave, Toronto, ON M4M 2R6
<b>WEIGH-IN</b>	Fortis Fitness Friday March 2nd 9AM-11AM and 7PM-10PM Saturday March 3rd 7AM-8AM
<b>MEET DAY</b>	T-shirt pickup at weigh ins Mandatory rules meeting 8:15 am Lifting begins at 9 am
<b>UNIFORM</b>	Mandatory: Must have one-piece lifting suit or wrestling suit and Deadlift Socks. WPC rules apply. Complete rule book at: <a href="http://www.worldpowerlifting-congress.com">www.worldpowerlifting-congress.com</a> .
<b>CONTEST LIFTS</b>	Three Lift, Bench Only, Deadlift Only, Iron Man
<b>ENTRY FEE</b>	\$100.00 for first division or competition, \$25 per additional
<b>AWARDS</b>	<b>1st, 2nd and 3rd</b> place awards and <b>Best Lifter</b> awards. <b>Cash Prizes TBD.</b>

**\*\*\*\*\*No Refunds\*\*\*\*\***

# SPRING SACRIFICE 2018 ENTRY FORM

<b>COMPETITOR INFO</b>	LAST NAME	FIRST NAME	FEMALE ( )	DATE OF BIRTH (MMM-DD-YYYY)	AGE ON [Meet Day]						
	ADDRESS	CITY	PROVINCE	POSTAL CODE							
	EMAIL ADDRESS			PHONE NUMBER							
<b>DIVISION SELECTION</b>	Circle at least one (1) from each: Class, Division, Weight Class (KG), and Competition; 1st combination \$100, each additional \$25 Note: it is the competitor's responsibility to ensure they select the proper selections										
	<b>CLASS</b>	Amateur	Professional								
	<b>DIVISION</b>	Open	Teen (13-19)	Junior (20-23)	Submaster (33-39)	Master (40+)	Military/Police				
	<b>WEIGHT CLASS (KG)</b>	F: 44	48	52	56	60	67.5	75	82.5	90	Unl
	<b>COMPETITION</b>	<b>Fully Raw:</b>	Three Lift	Bench Only	Deadlift Only	Iron Man					
<b>Assisted:</b>		Three Lift	Bench Only	Deadlift Only	Iron Man						
<b>Equipped:</b>		Three Lift	Bench Only	Deadlift Only	Iron Man						
<b>SWAG</b>	<b>T-SHIRT SIZE</b>	<input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> XL <input type="checkbox"/> 2XL									
<b>WAIVER</b>	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), [Gym Name], [Meet Director], 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 [Meet Name] on [Meet Date].										
	PRINT NAME / PARENT'S NAME (for minors)		SIGNATURE / PARENTAL SIGNATURE (for minors)								
	_____		_____								
	DATE		_____								

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***By email (preferred method):***

Scan and email completed forms to: [chanelnolet@hotmail.com](mailto:chanelnolet@hotmail.com)

Interac email payment to [chanelnolet@hotmail.com](mailto:chanelnolet@hotmail.com);  
password: **springssacrifice**

**Please note registration is not confirmed until payment is successfully accepted.**

***By mail or drop-off:***

***Make cheques payable to: Chanel Nolet***

Contact Chanel Nolet to arrange drop off

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Please direct all questions and comments to Chanel Nolet at [chanelnolet@hotmail.com](mailto:chanelnolet@hotmail.com)