



2017 Summer Send Off

MDs: David Bennett, Michael Bambrick, Tavis Harris

Saturday, 30 September 2017

Evolve Strength
4825 89 St NW, Edmonton, AB T6E 5K1

REGISTRATION DUE (RECEIVED) BY August 25th 2016

STRICT CAP OF 80 LIFTERS, WE EXPECT TO FILL UP QUICK!

ALL lifters of ALL ability and experience levels from ALL federations welcome

***REFUNDS WILL ONLY BE CONSIDERED ON A CASE-BY-CASE BASIS WHERE
EXTENUATING CIRCUMSTANCES EXIST***

MAIL COMPLETED ENTRY FORM WITH CHEQUE OR MONEY ORDER TO:

**DAVID BENNETT
8504 148 AVENUE
EDMONTON, ALBERTA
T5E2L1**

→THIS FORM MUST BE COMPLETED IN ITS ENTIRETY BY HAND, IN BLUE INK OR IT WILL BE RETURNED TO YOU AND MAY RESULT IN A LATE ENTRY FEE ASSESSMENT of \$50. WE ARE ONLY ACCEPTING ORIGINAL HARD COPIES BY SNAIL MAIL (POST)

NAME: _____

FULL ADDRESS INCLUDING POSTAL CODE:

TELEPHONE: _____

EMAIL: _____

AGE ON DAY OF COMPETITION: _____

EXPERIENCE LEVEL: (YEARS): _____

NAME OF COACH (IF ANY): _____

MEET ENTRY FEE: \$100 First event, \$50 for each additional event entered

This event is NOT a qualifying event for the WPC Worlds and only NATIONAL records can be set or broken at this meet.

Events: (please CHECK all that apply)

_____ 3 Lift (squat, bench press, and deadlift)

_____ Bench Press only

_____ Deadlift Only

_____ Push/Pull (Bench press and Deadlift)

My age category based on my actual age on the day of competition (CHECK:)

_____ Teenage (14-18 inclusive)

_____ Junior (19-23 inclusive)

_____ Open (mandatory for ages 24-39 inclusive, however anyone may enter this category if they wish)

_____ Masters (40+) (*If masters please note your age on the day you lift)

LIFTING STYLE (PLEASE CHECK:)

_____ CPF EQUIPPED

_____ CPF ASSISTED RAW (knee sleeves OR knee wraps for squat)

WEIGHT CLASS I WISH TO ENTER: (Circle)

FEMALES:

48KG 52KG 56KG 60KG 67,5KG

75KG 82,5KG 90KG+

MALES:

56KG 60KG 67,5KG 75KG 82,5KG

90KG 100KG 110KG 125KG 140KG 140+KG/SHW

24 hr prior to competition WEIGH IN:

ALL LIFTERS:

→ FRIDAY, 29 SEPT FROM 9AM TO 12PM AND 4PM TO 8PM @ THE VENUE

Rack and bench heights will be taken at this time.

THERE WILL BE MANDATORY RULES BRIEFING AT 8AM ON THE PLATFORM, AND LIFTING SHALL COMMENCE AT 9AM SHARP.

WAIVER FORM

In consideration of accepting this entry, I hereby for myself, heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against: the CPF, WPC, Independent Powerlifting, Independent Powerlifting – Edmonton, the meet/contest site sponsor and its employees, all organizers, volunteers, seminar instructors and sponsors of this contest, from any and all actions, causes of actions, claims and demands which may arise in consequence of my participation in this contest. I further acknowledge that I have read and understand the rules as set out in the federation rule book. I realize that Powerlifting is a high-risk sport and that I could be injured or even killed. I certify that I am in good physical health and that I have no serious health problems and that I assume full responsibility for such conditions. I accept that I am fully responsible for my well-being and safety in the warm up room, on the lifting platform and while I am competing at this event. I am also aware that I am responsible for the actions of any coach and entourage that attend this contest in my support. I also certify by my signature that I have read this waiver and fully understand and accept its terms. I do hereby verify my acceptance of these terms by my signature below. I also fully understand that my non-adherence to the rules, accidental or by choice, may eliminate me from the competition and I will not be issued a refund.

SIGNATURE: _____

PARENT OR GUARDIAN (if under 18):

_____ DATE: _____

PAYMENT FORM

NUMBER OF EVENTS ENTERED: ____ \$100 (\$50 for additional) = _____

NUMBER OF TSHIRTS DESIRED: _____ x \$25= _____

(indicate units x size here:) _____