

2009 CPU Western Canadian Powerlifting and Bench Press Championships Hosted by the University of Alberta Powerlifting Association

IMPORTANT: By signing this document, you will waive certain legal rights, including the right to sue.

PLEASE READ CAREFULLY

UNIVERSITY OF ALBERTA STUDENTS' UNION AND THE GOVERNORS OF THE UNIVERSITY OF ALBERTA WAIVER OF LIABILITY AGREEMENT

NAME OF PARTICIPANT _____ DATE OF BIRTH (dd/mm/year) _____

DISCLAIMER CLAUSE

The University of Alberta Students' Union and the Governors of the University of Alberta and their agents, officers, directors, officials, employees, volunteers, members and representatives (hereafter called the "Students' Union and the U of A"), are not responsible for any injury, loss or damage of any kind which I might sustain practicing or performing the "Powerlifting" in the Universiade Pavilion, U of A Campus for the duration of: **Saturday, November 21, 2009**. Including injury, loss or damage which might be caused by the negligence of the Students' Union and/or the U of A and/or the Organizing Committee.

DESCRIPTION OF RISKS

I acknowledge that I am aware of the possible RISKS, DANGERS AND HAZARDS associated with my/my child practicing and/or performing the Powerlifting in the Universiade Pavilion, U of A Campus INCLUDING THE POSSIBLE RISK OF SEVERE OR FATAL INJURY TO MYSELF OR OTHERS. These risks include, but are not limited to: muscular injuries, bruises, scrapes, cuts, sprains, dislocations, broken bones and head, facial or dental injuries which might result from my/my child Powerlifting at the Universiade Pavilion, U of A Campus.

INDEMNIFICATION AND RELEASE OF LIABILITY

In return for the Students' Union and the Governors of the U of A allowing me/my child to practice and/or perform 'Powerlifting' at the Universiade Pavilion, U of A Campus, I agree:

- 1) **TO NOT CONSUME ANY TYPE OF ALCOHOL WITHIN TWELVE (12) HOURS PRIOR TO THE 'POWERLIFTING EVENT' OR DURING THE 'POWERLIFTING' EVENT.**
- 2) **TO ASSUME AND ACCEPT ALL RISKS** arising out of allowing me/my child to practice and/or perform 'Powerlifting' at the Universiade Pavilion, U of A Campus even though such risks may have been caused by the negligence of the Students' Union and/or the U of A;
- 3) **TO BE SOLELY RESPONSIBLE FOR AN INJURY, LOSS OR DAMAGE** which I/my child might sustain while practicing and/or performing 'Powerlifting' at the Universiade Pavilion, U of A Campus even though such injury, loss or damage may have been caused by the negligence of the Students' Union and/or the U of A;
- 4) **TO HOLD HARMLESS AND INDEMNIFY THE STUDENTS' UNION AND THE GOVERNORS OF THE U OF A** from any and all liability for any damage to the property of, or personal injury to, any third party, resulting from my/my child practicing and/or performing 'Powerlifting' at the Universiade Pavilion, U of A Campus even though such injury, loss or damage may have been caused by the negligence of the Students' Union and/or the U of A;
- 5) **TO BE SOLELY RESPONSIBLE TO PROVIDE** my/my child own medical/health care and insurance coverage in the event of accident while practising and/or performing 'Powerlifting' at the Universiade Pavilion, U of A Campus even though such injury, loss or damage may have been caused by the negligence of the Students' Union and/or the U of A;
- 6) **TO INDEMNIFY AND HOLD HARMLESS THE STUDENTS' UNION AND THE GOVERNORS OF THE U OF A**, and their agents, officers, directors, officials, employees, volunteers, members and representatives from any and all claims, demands, actions and costs which might arise from my/my child practicing and/or performing 'Powerlifting' at the Universiade Pavilion, U of A Campus even though such injury, loss or damage may have been caused by the negligence of the Students' Union and/or the U of A.

ACKNOWLEDGMENT

I UNDERSTAND THAT THIS IS A LEGAL AGREEMENT. It is binding on me as well as on my heirs, executors and representatives, in the event of my death or incapacity. **I HAVE READ AND UNDERSTOOD ALL THE TERMS OF THIS AGREEMENT** and by signing this agreement voluntarily, I am agreeing to abide by these terms.

Signed this _____ day of _____, 2009, at Edmonton, Alberta.

CONSENT: I consent for my child's participation in the 'Powerlifting' at the Universiade Pavilion, U of A Campus.

Date: Saturday, November 21, 2009

Place: University of Alberta Pavilion (a.k.a. 'The Butte' or 'Building 81'); please refer to the map of the University of Alberta Campus; note the location of the contest and the nearest parking locations). Edmonton, Alberta
<http://www.campusmap.uaberta.ca/index.cfm?campus=1§or=4&feature=50>

Full Powerlifting will take place before the Bench Only Event.

Time: Weigh In: 8 AM

Full Powerlifting Begins: 10 AM

Bench-Only Weigh In: 8 AM, UNLESS YOU PLAN TO ATTEMPT A RECORD BENCH PRESS. If this is the case, the weigh in will occur 2 hrs prior to the commencement of the bench only contest. Due to the nature of running a full-

powerlifting meet before the bench only, we cannot commit to a pre-determined timeline.

Open To: Any lifters from Canada with a valid CPU membership card and previous experience (within the CPU). If you need a CPU membership card and you are an Alberta resident, visit the Alberta webpage (under 'links' @ www.powerlifting.ca)

Classes: Women: 48, 52, 56, 60, 67.5, 75, 82.5, 90, 90+ KG's, If Sub Jr. - 44 kg also.
Men: 56, 60, 67.5, 75, 82.5, 90, 100, 110, 125, 125+ KG's, If Sub Jr. - 52 kg also.

Divisions: Powerlifting and Bench Press

Drug Testing:

To C.C.E.S. specifications. Lifters should be prepared to be drug tested in accordance with C.P.U./I.P.F. rules and regulations. Any lifters setting National Records will be required to pay a \$75 Record Application Fee regardless of whether or not a test is administered.

Awards:

To be determined by meet organizers.

NOTE: Your placing in the competition has no bearing on your eligibility to claim record lifts and/or totals.

Rules:

IPF/CPU rules will be in effect and enforced. Please be aware of the rules of performance and equipment standards. The official rulebook can be found here: http://www.powerlifting-ipf.com/ipf_technical_rulebook.htm

Meet Directors:

The University of Alberta Powerlifting Association, Executive Members.

RECORDS

Sufficient referees will be on hand for those interested in attempting National records.

Entry Fees & Deadline:

Final deadline for entries is **Friday, November 6, 2009.**

Due to venue space and time limitations, only the first 42 Powerlifting, and the first 28 Bench Press entries received will be accepted.

Please see the following page for fee details.

Phone-In Registration

Is available with a valid VISA or Mastercard number. Please call (780) 492-2231 between Mon.-Fri. 0900-1700hrs.

Fax Registration

Complete the registration with a valid VISA and Mastercard number and fax completed for to (780) 492-7190.

Mail Entry Form:

Entry forms can also be sent to (see address on form below)

Cheques payable to: **University of Alberta**

Any NSF Cheques will be assessed any bank charges. No refunds will be issued.

University Maps Available at:

<http://www.campusmap.ualberta.ca/building.cfm?id=50>

Event participants requirement to sign a waiver for the University of Alberta:

Each participant will be required to sign a release of liability, waiver of claims and indemnification agreement before they can participate in the event on **Saturday, November 21, 2009.** Waivers can be signed during the check-in on event day, or by submitting the waiver to the registration office prior to the meet. The waiver will wave the rights of the participant to sue in the event of any/all injuries received during the event. The waiver must be signed prior to the start of the competition. Failure to agree and to sign this document will bar you from participation in the event. Please DO NOT CONSUME any alcohol prior to coming to sign this document (you will not be allowed to sign the waiver and therefore, can not participate).

Signature of Participant or Legal Guardian if participant under 18 years of age

Signature of Witness (with the Powerlifters)

Printed Name of Participant or Legal Guardian

Printed Name of Witness

Office Use Only:

Date received: _____ Amount Received: _____ Entered: _____

**U of A Powerlifting Association
And the
Alberta Powerlifting Union
Present the**

**2009 CPU Western Canadian Powerlifting and Bench Press
Championships
Saturday
November 21, 2009**

**Universiade Pavilion (Butterdome)
U of A Campus
Edmonton, AB**

Sanctioned by

Canadian Powerlifting Union

UAPA Host the 2009 Western Canadian Powerlifting and Bench Press Championships

Entry Form

Type of Entry:

Powerlifting only:

COURSE CODE: 13739

Bench only

COURSE CODE: 13740

Both (Powerlifting + Bench Press):

COURSE CODE: 13741

High School Single:

COURSE CODE: 13742

High School both:

COURSE CODE: 13743

Name: _____ **Weight Class:** _____ kg

CPU Membership #: _____

Address: _____ **City:** _____

Postal Code: _____

Telephone: _____

Gender: M or F **E-mail:** _____

Date of Birth: _____ **Shirt Size:** S M L XL XXL

Medical Conditions: _____

Emergency Contact: _____

(Name & Phone#)

Entry Fee & Deadline:

Entries will be accepted until **Friday, November 6, 2009**. The maximum number of entries accepted is 42 Powerlifting & 28 Bench Press.

******* NOTES:**

- 1- PREVIOUS LIFTING EXPERIENCE IN THE C.P.U. IS A PRE-REQUISITE FOR THIS COMPETITION**
- 2- THESE ENTRY FEES INCLUDE A \$20 CHARGE PER LIFTER TO BE USED FOR DRUG TESTING PURPOSES BY THE C.P.U.**
- 3- THESE ENTRY FEES INCLUDE APPLICABLE TAXES.**

Individual Event:

Powerlifting Only \$75.00

Bench Press Only \$60.00

Register for Both Events: Powerlifting & Bench Press \$100.00

High school (junior and senior) – single event: \$30.00 both events: \$40.00

Every participant will be required to present their CPU/APU membership card, or to purchase one beforehand or at the meet site. If you need a CPU membership card and you are an Alberta resident, visit the Alberta webpage (under 'links' @ www.powerlifting.ca)

High School (junior and senior) students are required to do both of the following before participating:

- 1) purchase a CPU/APU membership card for \$25 AND
- 2) present their school ID on the day of contest.

Meet T-Shirt: one additional shirt per entry form per lifter (additional T-Shirts, \$20.00. Any T-shirts purchased the day of the event will subject to availability.)

Additional T-Shirt: \$20.00/shirt **Shirt Size:** S M L XL XXL

Total Amount Enclosed/Paid : \$ _____

Method of Payment: Cash Cheque

VISA Mastercard Debit (in person only)

Credit Card Number: _____ Expiry Date (mm/yy) _____

Name on Card if different from Above: _____

Signature: _____

For registration: call 492-2231

or

Mail entry form to:

UofA Powerlifting Club

c/o Activity Registration Zone Sales Office

Rm. W-79, Van Vliet Centre

Faculty of Physical Education & Recreation

University of Alberta, Edmonton, AB T6G 2H9