



**The MPA
Presents
The 2009 KEYSTONE KLASSIC
POWERLIFTING COMPETITION**

LOCATION: Gritty Grotto Strength Training Room
Frank Kennedy Building, U of Manitoba
Winnipeg, MB

- **Date:** November 28, 2009
- **Entry Deadline:** November 20, 2009

WEIGHT CLASSES (KG)

- **WOMEN:** (Sub Junior only 44), 48, 52, 56, 60, 67.5, 75, 82.5, 90, 90+
- **MEN:** (Sub Junior only 52), 56, 60, 67.5, 75, 82.5, 90, 100, 110, 125, 125+

IMPORTANT TIMES TO REMEMBER

- **WEIGH IN/EQUIPMENT CHECK:** 9:15 A.M.
- **LIFTING STARTS:** 11:15 A.M.

SANCTION

Sanctioned by the Manitoba Powerlifting Association (MPA), as representative of the Canadian Powerlifting Union (CPU) and the International Powerlifting Federation (IPF).

ALL RULES IN ACCORDANCE WITH THE IPF

MEET DIRECTORS

BROCK HAYWOOD
204 886 3860
ceilidh@mts.net

BRUCE MARKHAM
204 477 7602 DAYS
204 668 9641 EVE.

We ask that all not participating in this event as a competitor consider the possibility of participating as a volunteer i.e. spotter/loader, head table etc. Competitions such as this can only function with a fine base of volunteers such as the Manitoba Powerlifting has within its ranks.

ENTRY FORM

- **ENTRY FEE:** *\$50.00 Single event, \$80.00 Two events (No late entries)*
- **2009 CPU CARD (If required) Manitoba Resident** **\$30..00**
 - **Note:** *If you require a CPU card, and are not a resident of Manitoba, you will be able to purchase a card at this competition. However, it should be noted that the purchase price will be that of your province of residence and the registration card will be forwarded accordingly.*
 - *The MPA recognizes all current registration cards of IPF affiliate organizations.*

Name: _____
Address: _____
Phone #: _____ **Birth Date:** _____ **CPU #:** _____
Weight Class: _____

Personal Information

Number of Years Training: _____ **Number of years competing:** _____
Occupation: _____
Career Best Lifts: **BE:** _____ **SQ:** _____ **DE:** _____ **Total:** _____

WAIVER

IN CONSIDERATION OF YOUR ACCEPTANCE OF THIS ENTRY FORM, I HEREBY INTEND TO BE LEGALLY BOUND, FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, AND TO WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE INTERNATIONAL POWERLIFTING FEDERATION, THE CANADIAN POWERLIFTING UNION, THE MANITOBA POWERLIFTING ASSOCIATION, THE MEET/CONTEST SITE SPONSOR, AND ITS EMPLOYEES, ALL ORGANIZERS AND VOLUNTEERS 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.

Signature: _____
Parent or Guardian if under 18: _____
Date: _____

Please make your Cheque or Money Order payable to:
The Manitoba Powerlifting Association
Return all entries to: *The Manitoba Powerlifting Association*
572 Linden Ave.
Winnipeg, MB R2K 0N8