

**2017 NLPA Powerlifting and  
Bench Press Provincials  
And Special Olympics Summer Games**

**Paradise, NL**

**Date:** Friday , July 14 to Saturday, July 15, 2017

**Place:** Metabolic Meltdown  
1273 Topsail Road Extension  
Paradise, NL

**Schedule:** This is a tentative schedule and is subject to change.

**July 14, 2017**

6:00 Novice, Special Olympics and all Sub-Junior athletes

**July 15, 2017**

8:00 Female Powerlifting (Jr., Open, and all Masters)

12:30 Bench only

1:00 Male Powerlifting (Jr., Open, and all Masters)

All weigh-ins will be 2 hours before lifting and will have a 1.5 hour duration

**Best lifter awards will be given in any age group that have 9 or more athletes.**

**Some age groups might be combined, eg. all Masters lifters or Sub-Jr and Jr.**

**\*DRUG TESTING is according to CPU constitution and by-laws.**

## Entry Form

### 2017 NLPA Provincial Powerlifting , Bench Press Championships and Special Olympics Summer Games

Please Print Clearly

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ Age: \_\_\_\_\_

Email: \_\_\_\_\_ Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Weight Class: \_\_\_\_\_ CPU Card Number: \_\_\_\_\_

Best Total: \_\_\_\_\_

Classic ( ) Equipped ( ) If you are doing more than one event please list:

Qualifying Total: \_\_\_\_\_ Date: \_\_\_\_\_

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Age Class: Powerlifting – SJ( ) J( ) O( ) M1( ) M2( ) M3( ) M4( )

Bench Press – SJ( ) J( ) O( ) M1( ) M2( ) M3( ) M4( )

Sex: M( ) F( )

T-shirt size: S ( ) M ( ) L ( ) XL ( ) XXL ( ) XXXL ( )

#### Entry Fees:

Powerlifting:	\$85	_____
Bench Press:	\$85	_____
Two Events:	\$100	_____
Extra t-shirt:	\$20	_____ (size: )
(Entry fee includes t-shirt )	Total:	_____

The entry fee includes a \$10 drug testing fee to be turned over to the CPU and does not need to be added.

**Contest entry closes June 16, 2017, after this date, no money will be refunded. You can email entry and money, but it must be within a 24 hour period.**

**Upon entry in the 2017 NLPA Provincial Powerlifting and Bench Press Championships and Special Olympic Summer Games, I hereby for myself, heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against: the International Powerlifting Federation, the Canadian Powerlifting Union, Newfoundland and Labrador Powerlifting Association, Special Olympics Newfoundland and Labrador, and Metabolic Meltdown all its employees, all organizers, volunteers and sponsors of this contest, from any and all actions, causes of actions, claims, injuries and demands which may arise in consequence of my participation in this contest.**

**Competitors Signature: \_\_\_\_\_ Date: \_\_\_\_\_**

**Parent or Guardian (if under the age of 18): \_\_\_\_\_**

**Make cheque or money order payable to: Tom Kean  
138 Gower Street  
St. John's, NL  
A1C 1P3**

**Email money transfers to: tom\_kean@hotmail.com**

**If you have any questions, please contact:**

**Jeff Butt at (709)597-2945 or email [buttspa@hotmail.com](mailto:buttspa@hotmail.com)**

**or**

**Tom Kean at (709)351-2767 or email [tom\\_kean@hotmail.com](mailto:tom_kean@hotmail.com)**