



## 2<sup>nd</sup> Annual Heavyweights Powerlifting Open

**DATE:** September 16<sup>th</sup>, 2017

**COMPETITION VENUE:** Heavyweights Training Center  
94 Clyde Avenue (Donovan's Industrial Park)  
Mount Pearl, NL  
A1N 4S2

**OPEN TO:** Any lifter from Canada with a valid CPU card.

**TIME:** Weigh-In 7:00 – 9:00 am  
Equipment check 7:00 am  
Lifting Begins 9:00 am

**DOPING CONTROL:** The CPU follows the rules and regulations of the World Anti-Doping Agency (WADA). By competing in this competition, you accept the possibility of being selected for doping control either at the competition or **Out of Meet** in the future.

**AGE CATEGORIES & WEIGHT CLASSES:** Age and weight categories will be in accordance with CPU/IPF rules.

Age categories: **Sub-Junior** (14-18), **Junior** (19-23), **Open** (any age), **Master I** (40-49), **Master II** (50-59), **Master III** (60-69), **Master IV** (70-79) (Note: Master IV is male only)

**Female weight classes:** 43kg, 47kg, 52kg, 57kg, 63kg, 72kg, 84kg, 84+kg

**Male weight classes:** 53kg, 59kg, 66kg, 74kg, 83kg, 93kg, 105kg, 120kg, 120+kg

(Note: women's 43kg and men's 53kg only apply to sub-junior and junior competitors)

**RULES:** All CPU/IPF rules will apply. **Must lift in a one piece suit & Must have a CPU Card.** Sanctioned by the NLPA and CPU.

**ENTRY FEE:** **(DOES NOT include CPU Card)**

<b>Powerlifting</b>	<b>\$75 + tax (total \$86.25)</b>
<b>Bench Only</b>	<b>\$40 + tax (total \$46.00)</b>
<b>2 Events</b>	<b>\$100 = tax (total \$115.00)</b>

**(Includes drug testing fee)**

**CPU Cards can be purchased at [www.powerlifting.ca](http://www.powerlifting.ca)**

NOTE: Email Money Transfer: [heavyweightpayments@gmail.com](mailto:heavyweightpayments@gmail.com)  
(password: powerlifting)

**AWARDS:** 1st to 3rd in each class, best lifter in each division (Junior, Open, Master) (Note: There must be more than 5 lifters in an age category to receive a best Junior/Open/Master award.)

**DEADLINE:** **Postmarked August 31<sup>st</sup>, 2017**

**We are capping the meet at 42 lifters**

**No refunds after entry deadline**

**No late entries will be accepted due to time restraints for ordering medals.**

## 2017 HEAVYWEIGHTS POWERLIFTING OPEN

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ DOB: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PROV/STATE: \_\_\_\_\_

POSTAL/ZIP CODE: \_\_\_\_\_ PHONE: \_\_\_\_\_

CPU CARD: # \_\_\_\_\_ WEIGHT CLASS: \_\_\_\_\_ KG GENDER: \_\_\_\_\_

AGE CLASS: (Circle or Highlight One)

OPEN

MASTER-I    MASTER-II    MASTER-III    MASTER-IV

JUNIOR

SUB-JR

SPECIAL OLYMPIAN

CATEGORY: Equipped or Unequipped (Circle or Highlight One)

EVENT:    Powerlifting or Bench Only (Circle or Highlight One)

TOTAL ENCLOSED: \$ \_\_\_\_\_

### 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 International Powerlifting Federation, the Canadian Powerlifting Union, Newfoundland and Labrador Powerlifting Association and Executive, Heavyweights Training Center & its affiliates, the meet/contest site sponsor and its employees, all organizers, 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: \_\_\_\_\_

### ENSURE PAYMENTS ARE MADE TO HEAVYWEIGHTS TRAINING CENTER

Option 1: Mail/Drop off Payment & Entry Forms to:

Heavyweights Training Center  
c/o Stephanie Deir  
94 Clyde Avenue  
Mount Pearl, NL  
A1N 4S2

Option 2: Email Money Transfer & scanned SIGNED entry form to:

heavyweightpayments@gmail.com (password: powerlifting)

Inquiries: (709)747-4700 Steph Deir

