



Canadian Powerlifting Union

RECORDS CHAIRMAN

Mike Armstrong

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Application for a Canadian Powerlifting Record

Required for all records set at any CPU contest, including National Championships

Name _____ Phone No. _____

Address _____ City _____

Province _____ Postal Code _____ Email _____

Age _____ Date of Birth - Month _____ Day _____ Year _____ Male [] Female []

Name of Contest _____

Location of Contest _____ Date _____ Meet Director _____

Lifters Weight Class _____ Actual Body Weight _____

Please Circle Correct Category(s)

OPEN SUB-JUNIOR JUNIOR MASTER 40-49 MASTER 50-59

MASTER 60-69 (60+ Women) MASTER 70+

Please list ALL successful lifts including total, and Circle All Record Lifts

Three Lift Contest

<u>First Attempt</u>	<u>Second Attempt</u>	<u>Third Attempt</u>
Squat _____ kg	Squat _____ kg	Squat _____ kg
Bench _____ kg	Bench _____ kg	Bench _____ kg
Dead _____ kg	Dead _____ kg	Dead _____ kg
Total _____ kg		

Bench Only Contest

First Attempt _____ kg
 Second Attempt _____ kg
 Third Attempt _____ kg

Bench 1 _____ kg Bench 2 _____ kg Bench 3 _____ kg

Weigh-in Official name _____