



2016 GPC National Championships & CPF Western Canadians Presented by Independent Powerlifting - Edmonton

MDs: David Bennett and Tavis Harris

Saturday, May 7th and Sunday May 8th, 2016

Evolve Strength
4825 89 St NW, Edmonton, AB T6E 5K1

REGISTRATION DUE (RECEIVED) BY April 1st 2016
**STRICT CAP OF 120 LIFTERS, WE EXPECT TO FILL UP
QUICK!**

**ALL lifters of ALL ability and experience levels from ALL federations
welcome**

***REFUNDS WILL ONLY BE CONSIDERED ON A CASE-BY-CASE BASIS
WHERE EXTENUATING CIRCUMSTANCES EXIST***

→ THIS FORM MUST BE COMPLETED IN ITS ENTIRETY BY HAND, IN BLUE INK OR IT WILL BE RETURNED TO YOU AND MAY RESULT IN A LATE ENTRY FEE ASSESSMENT. WE ARE ONLY ACCEPTING ORIGINAL HARD COPIES BY SNAIL MAIL (POST)

**MEET ENTRY FEE: \$110 First event, \$55 for each additional event entered
If you are lifting in GPC you must submit \$45 membership fee as well to be eligible for CDN and World records and invitation to GPC Worlds**

\$50 late fee will be assessed on ALL late entries ie: those not *received* on or before due date, including payment in full.

Events I wish to enter: (please CHECK all that apply)

_____ **3 Lift (squat, bench press, and deadlift)**

_____ **Bench Press only**

_____ **Deadlift Only**

_____ **Push/Pull (Bench press and Deadlift)**

My age category based on my actual age on the day I compete (CHECK:)

_____ **Sub-junior (14-18 inclusive)**

_____ **Junior (19-23 inclusive)**

_____ **Open (mandatory for ages 24-39 inclusive, however anyone may enter this category if they wish)**

_____ **Masters (40+) (please indicate which masters category you are in)**

*Please note that as per the GPC rulebook, the sub masters class is for record keeping purposes only, and is not a competition category. Lifters eligible for sub master records (ages 33-39 inclusive) MUST enter the OPEN category for the competition

FEDERATION AND LIFTING STYLE (PLEASE CHECK:)

_____ **GPC EQUIPPED MEMBERSHIP CARD REQUIRED**

_____ **GPC RAW MEMBERSHIP CARD REQUIRED**

_____ **CPF EQUIPPED**

_____ **CPF RAW**

_____ **CPF ASSISTED RAW**

GPC membership \$45 is required to be eligible to break GPC records

WEIGHT CLASS I WISH TO ENTER: (PLEASE BE FAIRLY CERTAIN, AS THIS IS USED FOR SCHEDULING PURPOSES)

FEMALES:

48KG	52KG	56KG	60KG	67,5KG
75KG	82,5KG	90KG	110KG	110+KG

MALES:

56KG	60KG	67,5KG	75KG	82,5KG	
90KG	100KG	110KG	125KG	140KG	140+KG/SHW

***I HAVE FULLY READ, AND COMPLETELY UNDERSTAND BOTH THE OFFICIAL RULEBOOKS OF THE GLOBAL POWERLIFTING COMMITTEE (“GPC”), AND THE WORLD POWERLIFTING CONGRESS (“WPC”). I FULLY UNDERSTAND THAT IT IS MY RESPONSIBILITY TO CLARIFY ANY QUESTIONS THAT I MAY HAVE WITH THE MEET DIRECTOR (S) OR FEDERATION REPRESENTATIVES / REFEREES WELL IN ADVANCE OF THE MEET. QUESTIONS WILL BE ANSWERED AT THE MEET HOWEVER BEING AS PREPARED AS YOU CAN NOW WILL HELP THE MEET GO SMOOTHLY.**

→ *SIGN HERE ACKNOWLEDGING THE ABOVE:*****

24 hr prior to competition WEIGH IN:

ALL EQUIPPED LIFTERS, AND ALL FEMALE RAW LIFTERS:

→ FRIDAY, MAY 6TH FROM 9AM TO 6PM @ THE VENUE

ALL RAW MALE LIFTERS:

→ SATURDAY, MAY 7TH FROM 8AM TO 12PM @ THE VENUE

ABSOLUTELY NO “DAY OF” WEIGH INS ARE PERMITTED AND MISSING YOUR WEIGH IN PERIOD WILL DISQUALIFY YOU FROM LIFTING SANS REFUND

NAME: _____

FULL ADDRESS INCLUDING POSTAL CODE:

TELEPHONE: _____

EMAIL: _____

AGE ON DAY OF COMPETITION: _____

EXPERIENCE LEVEL: (YEARS): _____

NAME OF COACH (IF ANY): _____

**TSHIRTS ARE \$25 EA AND ARE NOT INCLUDED
IN YOUR ENTRY OR MEMBERSHIP FEES. EXTRA TSHIRTS WILL NOT BE
AVAILABLE AT THE MEET, IF YOU WANT MORE THAN ONE PLEASE
INDICATE THIS ON THE PAYMENT FORM AT THE END OF THIS
DOCUMENT.**

TENTATIVE SCHEDULE:

SATURDAY, MAY 7TH:

→ ALL EQUIPPED LIFTERS (SESSION #1, FLIGHTS “ALPHA” AND
“BRAVO”)

→ ALL RAW FEMALE LIFTERS (SESSION #2, FLIGHTS “CHARLIE” AND
“DELTA”)

SUNDAY, MAY 8TH:

→ ALL LIGHT WEIGHT MALE RAW LIFTERS (SESSION #3, FLIGHTS
“ECHO” AND “FOXTROT”)

→ ALL HEAVY WEIGHT MALE RAW LIFTERS (SESSION #4, FLIGHTS
“GOLF” AND “HOTEL”)

THE CUTOFF BETWEEN LIGHT AND HEAVY MALES WILL BE DETERMINED AFTER THE ENTRY DEADLINE HAS PASSED

SINGLE LIFT AND PUSH-PULL LIFTERS WILL BE COMBED INTO FLIGHTS OF 3 LIFT COMPETITORS

THERE WILL BE MANDATORY RULES BRIEFING AT 8AM ON THE PLATFORM, AND LIFTING SHALL COMMENCE AT 9AM SHARP.

*****IN THE INTEREST OF GOOD PUBLIC IMAGE OF THE SANCTIONING FEDERATIONS AND THE SPORT AS A WHOLE, THE USE/CONSUMPTION AND APPLICATION OF ANY "ATTENTION-PROMOTING" SUBSTANCES (SUCH AS AMMONIA INHALANTS) OR TECHNIQUES SHALL BE PERFORMED COMPLETELY OUT OF VIEW OF THE AUDIENCE IN THE "LIFTER WAITING" AREA*****

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 CPF, WPC, GPC, Independent Powerlifting, Independent Powerlifting – Edmonton, Bostitch Barbell, the meet/contest site sponsor and its employees, all organizers, volunteers, seminar instructors 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. I realize that Powerlifting is a high-risk sport and that I could be injured. I certify that I am in good physical health and that I have no serious health problems and that I assume full responsibility for such conditions. I accept that I am fully responsible for my well-being and safety in the warm up room, on the lifting platform and while I am competing at this event. I am also aware that I am responsible for the actions of any coach and entourage that attend this contest in my support. I also certify by my signature that I have read this waiver and fully understand and accept its terms. I do hereby verify my acceptance of these terms by my signature below. I also fully understand that my non-adherence to the rules, accidental or by choice, may eliminate me from the competition and I will not be issued a refund.

SIGNATURE: _____

PARENT OR GUARDIAN (if under 18):

_____ DATE: _____

PAYMENT FORM

NUMBER OF EVENTS ENTERED: _____ +1= _____ x \$55= _____

NUMBER OF TSHIRTS DESIRED: _____ x \$25= _____

(indicate units x size here:) _____

GPC MEMBERSHIP CARD IF NEEDED: _____ x \$45= _____

TOTAL FEES ENCLOSED: \$ _____

**MAIL COMPLETED ENTRY FORM WITH CHEQUE OR MONEY ORDER TO
THE OFFICIAL REGISTRAR FOR THE EVENT:**

***TAVIS HARRIS
10523 152A AVENUE NW
EDMONTON, ALBERTA
T5E 2S7***

****CHEQUES AND MONEY ORDERS PAYABLE TO DAVID BENNETT****

NO POST DATED CHEQUES WILL BE ACCEPTED!

DO NOT SEND CASH IN THE MAIL!

VOLUNTEER FORM:

FULL NAME: _____

PHONE: _____

EMAIL: _____

I AM AVAILABLE TO:

FOR SESSIONS: (CIRCLE)

REFEREE _____	1	2	3	4
SPOT/LOAD _____	1	2	3	4
STAFF HEAD TABLE _____	1	2	3	4
ANNOUNCE _____	1	2	3	4
STAFF WEIGH INS _____	1	2	3	4

REFEREES SHALL BE GPC/CPF CERTIFIED

ASSIST WITH VENUE SETUP / PLATFORM CONSTRUCTION _____
(FRIDAY, MAY 6TH)

ASSIST WITH VENUE CLEANUP / PLATFORM TEARDOWN _____
(SUNDAY, MAY 8TH)

NOTES: