E-mail completed entry forms to Bennett180@hotmail.com

2019 GPC Nationals and CPF Western Canadians Official Entry Form and *Tentative* Schedule May 11-12

Venue: Evolve Strength North 13457 149 St, Edmonton AB

Full Legal Name:
Your Age on Meet Day:
Home Address:
Telephone:
Email:
□ Sanction you wish to lift under: (Choose one or both)
CPF (required if you wish to qualify for the WPC worlds in Finland)
GPC (required if you wish to qualify for the GPC worlds in Slovakia)
□ Gender: <circle> M / F</circle>
□ Weight Class: <circle></circle>
-48kg, -52kg, -56kg, -60kg, -67.5kg, -75kg, -82.5kg, -90kg, 90+kg (CPF females only), -100kg (males only) -110kg (males and GPC females only), -125kg (males only), -140kg (males only), 140kg+/SHW (males only)
□ Age Class You are Entering: Teen (14-18) Junior (19-23) Open (no restriction
□ Lifting style: <check></check>
GPC Raw / CPF Assisted Raw (belt, wrist wraps, knee wraps allowed)
Equipped (supportive suits / shirts allowed in addition to the above)
□ Events I Wish to Enter: (Check one or multiple)
Bench Press only Deadlift only Push / Pull (bench press and deadlift) 3 lift (squat, bench press, and deadlift Squat only (only available to those lifting under GPC sanction)
All competitors must wear at least a wreatling singlet about are not nermitted. In

All competitors must wear at least a wrestling singlet, shorts are not permitted. In addition, ALL competitors must wear knee high socks for the deadlift!

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First event entered \$100, additional events \$60 each. For example, if you wanted to enter both 3 lift and bench press only, your entry fee would then be \$160. Additional age categories are also an additional \$60, so if for example the above lifter wanted to compete in Masters and Open, their fees are now \$220.

The GPC has a membership fee of \$45, which must be paid with your entry for those lifting under the GPC sanction or both GPC and CPF. If the above lifter wished to lift under the GPC sanction their total fees are now \$265. The CPF does not have a membership fee.

☐ Your Entry Fee table:	*E TRANSFER T	O BENNETT180@HOTMAIL.COM*
First event \$100	\$	
Additional events \$60ea	\$	
Additional age class \$60ea	\$	
GPC Membership fee \$45	\$	
Meet T shirt \$30ea	\$	How many? What size(s)?
Total Funds:	\$	
Saturday, May 11 th (required	d weigh in period	Friday, May 10 9am-12pm at Venue)
Session #1 <mark>9am SHARP sta</mark>	ırt time!	
Flights A and B- (to be dete	ermined)	
All equipped lifters s	supplemented wit	h heavy raw females as needed
Session #2 <mark>starts after first</mark>	session awards	ceremony and half time show
Flights C and D		
All remaining raw fe	male lifters	
Sunday, May 12 th (required	weigh in period \$	Saturday, May 11 9am-12pm @ Venue)
Session #3 <mark>9am SHARP sta</mark>	ırt time!	
Flights E and F		
All light weight raw	male lifters (cutof	f to be determined at a later date)
Session #4 <mark>starts after first</mark>	session awards	ceremony and half time show
Flights G and H		

All heavy weight raw male lifters