



## Westman Strength Classic

Location: L-25 CFB Shilo  
Bombardier Road and Tete Du Pont

Date: **Saturday, April 22, 2017 (10:00 – 18:00)**

Entry Deadline: **Friday April 7, 2017 (NO LATE ENTRIES ACCEPTED)**

### Important Times to Remember

Weigh-in/Equipment Check: 8:00 am

Lifting Time: 10:00 am

### Weight Classes (Kg.):

Women: (43.0 Sub-Junior only), 47, 52, 57, 63, 72, 84, 84+kg

Men: (53.0 Sub-Junior only), 59, 66, 74, 83, 93, 105, 120, 120+kg

### Note

**ALL COMPETITORS MUST WEAR AN IPF APPROVED SINGLET, Plain T-SHIRT, KNEE HIGH SOCKS (DEADLIFT ONLY), AND CLOSED TOE ATHLETIC FOOT WEAR**

### SANCTION

SANCTIONED BY THE MANITOBA POWERLIFTING ASSOCIATION, AS REPRESENTATIVE OF THE CANADIAN POWERLIFTING UNION (C.P.U.), AND THE INTERNATIONAL POWERLIFTING FEDERATION (I.P.F.).

ALL RULES IN ACCORDANCE WITH THE INTERNATIONAL POWERLIFTING FEDERATION.

### MEET DIRECTORS

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We ask that all not participating in this event as a competitor, consider the possibility of participating as a volunteer, spotter, loader, head table, etc. Competitions such as this can only function with a fine base of volunteers such as the Manitoba Powerlifting Association has within its ranks.

Please note. C.F.B. Shilo is a closed base. Government issued Id required to access base.

Please return this sheet c/w entry fee and the following information

## Entry Form

**Entry Fee:** \$80.00 Payable by Cheque to the Manitoba Powerlifting Association or by e-transfer to [manitobapowerlifting@gmail.com](mailto:manitobapowerlifting@gmail.com)

CPU Card (Manitoba Resident) - \$75.00

Note: A CPU card is required to compete. These are available online and **MUST BE PURCHASED PRIOR TO COMPETITION**. Log in to the following address below under Manitoba  
<http://www.powerlifting.ca/membership.html>

The Manitoba Powerlifting Association recognizes all current registration cards of I.P.F. Affiliate organizations.

NAME: \_\_\_\_\_ Male  Female

ADDRESS: \_\_\_\_\_ E-Mail: \_\_\_\_\_

PHONE #: \_\_\_\_\_ BIRTH DATE: \_\_\_\_\_ C.P.U. #: \_\_\_\_\_ WGT. CLASS: \_\_\_\_\_

T shirt Size: S  M  L  XL  2XL

Equipped  Unequipped  Powerlifting  Benchpress Only  **Age Group:** Sub-Junior  Junior  Open   
M1  M2  M3  M4  Military

### **Personal Information:**

Number of years training: \_\_\_\_\_ Number of years competing: \_\_\_\_\_

Occupation: \_\_\_\_\_ Thank you to: \_\_\_\_\_

Career Best Lifts: Squat: \_\_\_\_\_ Bench: \_\_\_\_\_  
Deadlift: \_\_\_\_\_ Total: \_\_\_\_\_

### **WAIVER**

In consideration of your acceptance of this entry form, I hereby intend to be legally bound, for myself, my heirs, executors and administrators, and to waive and release any and all rights and claims for damages I may have against the International Powerlifting Federation, the Canadian Powerlifting Union, the Manitoba Powerlifting Association, the meet/contest site sponsor, and its employees, all organizers and 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: \_\_\_\_\_

E mail entry forms to:

[subrhaywood@outlook.com](mailto:subrhaywood@outlook.com)

Send entry forms to

ATTN: Manitoba Powerlifting Association (MPA)

Box 637

Teulon, MB., R0C 3B0

Cheques payable to Manitoba Powerlifting Association or e-transfer to [manitobapowerlifting@gmail.com](mailto:manitobapowerlifting@gmail.com)

**LATE ENTRIES WILL NOT BE PROCESSED  
NO REFUNDS**