

4th ANNUAL MM PERFORMANCE POWERLIFTING OPEN



DATE: April 29, 2017

COMPETITION VENUE: MM Performance Gym
1273 Kenmount Rd, Paradise

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

TIME: Weigh-In 6:00 – 8:00 am
Equipment check 7:00 am
Lifting Begins 8:00 am SHARP

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: **\$75.00 (DOES NOT include CPU Card)**
(Includes drug testing fee)
CPU Cards can be purchased at www.powerlifting.ca

NOTE: Email Money Transfer: newf71@hotmail.com

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 April 7, 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 MM PERFORMANCE 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, Metabolic Meltdown Gym & Staff, Gill Whelan, Heidi Clowe, Brian George, Gill Whelan Fitness, Heidi Skinner Fitness, Metabolic Meltdown, MM Performance Gym, MM Powerlifting, 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 BRIAN GEORGE

Option 1: Mail Payment & Entry Forms to:

Brian George

11 Boggy Hall Place, St John's, NL

A1E 2E4

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

newf71@hotmail.com

Inquiries: (709) 687-3353 Brian George

(709) 746-1842 Gill Whelan

(709) 690-8999 Heidi Clowe

newf71@hotmail.com

Gill@MetabolicMeltdown.ca

Heidi@MetabolicMeltdown.ca