

Prince County Open 3

- Date: Sunday, May 14, 2017
- Event Address: 511 Notre Dame St., Summerside, PEI (Credit Union Place)
- Entry Limit: 42: Powerlifting (3 Flights) 20: Bench Press (1 Flight)
- Times: Powerlifting - Weigh in: 7:00 AM Lifting Begins at 9:00 AM
Bench Press – Weigh in: 2:00 PM Lifting Begins at 4:00 PM **(Subject to Change)**
- **Bench Press athletes are encouraged to arrive early. If Powerlifting is running ahead of schedule, we will plan to start weigh-ins accordingly.**
- Rules: All International Powerlifting Federation (IPF) rules will be followed, for a list of technical rules visit <http://www.powerlifting-ipf.com/rulescodesinfo/technical-rules.html> , for a list of approved items visit <http://www.powerlifting-ipf.com/rulescodesinfo/approved-list.html>
- Entry Fee:
- | <u>Junior/Open/Master</u> | <u>Sub-Junior (high school) & Special Olympians</u> |
|---------------------------|---|
| \$75 – Powerlifting | \$65 - Powerlifting |
| \$55 – Bench Press | \$45 – Bench Press |
| \$95 – Both | \$85 – Both |
- Awards: 1st to 3rd medal placings in each age and weight class. Best male and female lifter awards. ****Age category and gender awards are dependent on number of entries.****
- Meet Directors: Justin Smith – justinsmith902@gmail.com
John MacDonald – superman83jm@hotmail.com
- Entry Deadline: Postmarked by Friday, April 28th, 2017. Late Entry is an additional \$10 charge and no guarantee of receiving a meet t-shirt. These are ordered in accordance to the deadline.
- Please Note: This is a CPU sanctioned event. Active CPU cards are required for all lifters and can be purchased on the CPU website (www.powerlifting.ca). The CPU follows the anti-doping rules and regulations of the WADA code. Please refer to the CPU Constitution regarding anti-doping policies. (www.powerlifting.ca)

*****Lifters are required to complete the CCES True Sport Clean on-line course to be eligible to compete in any CPU/PEIPLA competitions. This is your responsibility. Lifters found to have not completed the course will be ineligible to compete and will not receive a refund after the deadline.*****

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NAME: _____ CPU CARD #: _____

ADDRESS: _____ POSTAL CODE: _____

CITY: _____ PHONE: _____

EMAIL: _____

DATE OF BIRTH: _____ AGE CATEGORY : _____

DIVISION: _____ GENDER: _____

T-SHIRT SIZE: _____

EVENTS (Please check)

EQUIPPED POWERLIFTING _____ EQUIPPED BENCH ONLY _____ BOTH EQUIPPED _____

CLASSIC POWERLIFTING _____ CLASSIC BENCH ONLY _____ BOTH CLASSIC _____

WEIGHT CLASSES (Please circle)

WOMEN: 43kg, 47kg, 52kg, 57kg, 63kg, 72kg, 84kg, 84kg+

MEN: 53kg, 59kg, 66kg, 74kg, 83kg, 93kg, 105kg, 120kg, 120kg+

TOTAL ENCLOSED

Entry Fee: \$ _____

Extra T-Shirt (optional) \$20 Size _____

MONEY 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, the PEI Powerlifting Association and Executive, the meet/contest site, it's 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. 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:

Signature: _____

Parent / Guardian (if under 18) _____

Date: _____

Mail Payments & Entry Forms to: Justin Smith
PEIPLA address: 9 MacArthur Dr. Charlottetown, PEI. C1A 6N2
E-Transfer is available: justinsmith902@gmail.com