

Saskatchewan Powerlifting Association

2010 Powerlifting and Bench Press Provincial Championships

Saturday, October 16, 2010

Moose Jaw, Saskatchewan

Meet Director: Aaron Ziffle (zif7344@hotmail.com)

Sanctioned by: Saskatchewan Powerlifting Association (SPA)

All Canadian Powerlifting Union (CPU)/International Powerlifting Federation (IPF) rules apply.

Competition Venue: Golden Nugget Centre, Moose Jaw Exhibition Grounds

250 Thatcher Drive East, Moose Jaw, SK

Annual General Meeting: The SPA Annual General Meeting (AGM) will be held on Friday, October 15, 2010 at 7:00pm in the competition venue. All SPA members are encouraged to attend.

Weigh In: Powerlifting competitors weigh in at 9:00am, with lifting to begin at 11:00am.

Bench Only will commence immediately after powerlifting is complete.

Bench Only competitors who will not be setting National Records will also weigh in at 9:00am

Bench Only competitors who may set National Records will weigh in later. Time will be announced at the AGM.

Age Categories & Weight Classes: Age and weight categories will be in accordance with CPU 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: 44kg, 48kg, 52kg, 56kg, 60kg, 67.5kg, 75kg, 82.5kg, 90kg, 90+kg

Male weight classes: 52kg, 56kg, 60kg, 67.5kg, 75kg, 82.5kg, 90kg, 100kg, 110kg, 125kg, 125+kg

(Note: women's 44kg and men's 52kg only apply to sub-junior and junior competitors)

Competitors: This event is open to all CPU members

Awards: 1st to 3rd in each age/weight class

Saskatchewan Best Lifter awards will be awarded to the best overall male and female lifters

Out of Province Best Lifter awards will be awarded to the best overall male and female lifters

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.

Entry Deadline: Postmarked October 1, 2010

No late entries will be accepted

Note: CPU cards should be purchased from your own province. Saskatchewan athletes who require a 2010 CPU card should purchase in advance of the meet. Cards will be available for purchase at the AGM if required. Please contact Heidi Fowler (heidifowler@sasktel.net) to arrange purchase of a card.

Lifter Information (optional to complete)

Name

Occupation

Number of Years Lifting

Do you have any National/International Experience?

Do you hold any Provincial/National/International Records?

Who or what inspired you to begin lifting?

Is there anyone you would like to thank?

Any other information you would like to share.

Please take the time to fill out this form. It makes for more interesting commentary during the meet, and helps to involve the crowd. Thank you.

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Entry Form

Name: _____ Age: _____

Address: _____ Province: _____

Postal Code: _____ Phone Number: _____

CPU Card Number: _____ Weight Class: _____

Age Category: _____ Gender: _____

E-mail Address: _____

Event (please circle): Powerlifting Bench Press Only Both

T-Shirt Size (please circle): Small Medium Large X-Large XX-Large

Team/Club (Saskatchewan Athletes only): _____

Entry Fee: Powerlifting \$60

 Bench Press Only \$60

 Both Events \$80

 Total Enclosed: \$ _____

 (entry fee includes a mandatory \$10 drug testing fee)

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 Saskatchewan Powerlifting Association, Unparalleled Performance Training Centre, The Moose Jaw Exhibition Company, its sponsors 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 Signature (if under 18): _____

Date: _____

Mail to: Aaron Ziffle

1023 Coteau Street West

Moose Jaw, SK S6H 5G3

306.972-7981