

**2007 BCPA Fall Classic**  
**Powerlifting and Bench Press Contest**

**Date:** Sunday, November 4, 2007  
**Location:** Strathcona Elementary School  
46375 Strathcona Rd., Chilliwack, BC

**Schedule:** Bench Only Weigh In 8:30 am Lifting at 10:30 am  
Powerlifting Weigh In 10:00 am Lifting at 12:00 pm  
(\*Times are subject to change based on registration numbers\*\*)

**Sanctioned By:** British Columbia Powerlifting Association (BCPA) and  
Canadian Powerlifting Union (CPU)

**Rules:** IPF Rules, drug testing to IPF Specification

**Eligibility:** Open to all current (2007) CPU members.

**Entry Fees:** Powerlifting: \$55 (includes DVD)  
Bench Press Only: \$45 (includes DVD)  
Powerlifting + Bench Press Only: \$70 (includes two DVDs)  
Special Olympics: \$45 (includes DVD)

**Make payment to:** **Jacque Sandu (certified cheque or money order)**

**Send to:** 46560 Elliott Ave., Chilliwack, BC, V2P 3T6  
Phone: 604-703-5979 (C) 604-795-5979 (H)  
Email: jaqsan\_1@hotmail.com

**Awards:** Medals 1, 2, 3 Place each weight class  
Best Lifters – Open/Masters, Junior/Sub-Junior, Special Olympics

**Entry Deadline:** **RECEIVED BY: Oct 22, 2007.**

**Please Note:**

**Entry Form** - late entries will not be accepted, so please send entry form early.

**Weight Class** - medals are scripted with the weight class that you have entered; any changes to your weight class will be the responsibility of the lifter to have medal inscription changed.

**Coaching** - will be limited to 1 coach / lifter.

**Warm Up area** - only for lifters and coach; all lifters must ensure the use of collars when warming up.

**Drug Testing** - Once a lifter has weighed in he/she accepts the IPF drug-testing procedure IN FULL, and from that moment on is in the contest. The lifter may not exit from the contest before its completion, EVEN IF HE/SHE BOMBS OUT! This may be viewed as a refusal to submit a sample for anti-doping control, and if so will result in immediate disqualification from the contest and suspension from the BCPA/CPU.

-----**Keep the above page for contest details!**-----

**SEND WITH ENTRY FEE TO: Jacquie Sandu**  
46560 Elliott Ave., Chilliwack, BC, V2P 3T6

**Name:** \_\_\_\_\_ **2007 CPU Card #:** \_\_\_\_\_  
**Date of Birth:** \_\_\_\_\_

Men's Weight Class - Circle one:

52    56    60    67.5    75    82.5    90    100    110    125    125+

Women's Weight Class - Circle one:

44    48    52    56    60    67.5    75    82.5    90    90+

Age Category - Circle one:

Open                      Master                      Junior                      Sub-Junior

Competition - Circle one:

Powerlifting    Bench Press – only    Powerlifting + Bench Press    Special Olympics

**Waiver:** I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the B.C. Powerlifting Association, Strathcona Elementary School, School District 33, the BC Ministry of Education, and any of their employees, organizers, volunteers and sponsors of this competition, 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:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent/Guardian :** \_\_\_\_\_ ( if under 18 yrs. of age)