2010 CPU Western Canadian
Powerlifting and Bench Press Championships

Date: **Saturday, November 13, 2010**
Location: Roundhouse Community Arts & Recreation Centre
181 Roundhouse Mews, Vancouver, BC, V6Z 2W3

Schedule:

Special Olympics	Weigh In 9:00 am	Lifting at 10:30 am
Bench Only	Weigh In 10:30 am	Lifting at 12:30 pm
Powerlifting	Weigh In 12:00 pm	Lifting at 2:00 pm

(**Times are subject to change based on registration numbers**)

Sanctioned By: Canadian Powerlifting Union (CPU) and British Columbia Powerlifting Association (BCPA)
Rules: IPF Rules, drug testing to IPF Specification
Eligibility: Open to all current (**2010**) CPU members.

Entry Fees (all divisions with exception to Special Olympics include a $20 mandatory drug testing fee as per CPU Bylaw 2.01):

Open, Master, Junior -
$70 Powerlifting $90 Powerlifting and Bench Press
Sub - Juniors -
$50 Powerlifting $70 Powerlifting and Bench Press
Special Olympics - $35 Bench Press only - $55 All Ages

Make payment to: **British Columbia Powerlifting Association**
(certified cheque or money order)
Send to: #308 – 8675 French St, Vancouver, BC, V6P 4W5
Phone (604) 734-2932 Email – olivejoe@shaw.ca

Awards: Medals 1, 2, 3 Place each weight class
Best Lifters – Open/Masters, Junior/Sub-Junior, Bench Press
(min. 5 per age category)

Entry Deadline: RECEIVED BY: October 29, 2010
Please Note:
Entry Form - late entries will not be accepted, so please send entry form early.
No refunds after entry deadline.
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 - This is a drug-tested contest. 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: Joe Oliveira
#308 – 8675 French St, Vancouver, BC, V6P 4W5

Name: _____ 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:

Sub-Junior Junior Open Master I Master II Master III Master IV

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 Canadian Powerlifting Union (CPU), B.C. Powerlifting Association, the Roundhouse Community Arts & Recreation Centre, the Vancouver Park Board, the City of Vancouver, the Province of B.C., and any of its 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 Signature:_____(if under 18 yrs. of age)