



Presents the

**IPA
CANAM BENCH
BLITZKRIEG SPECTACULAR
AND POWER WARS PUSH/PULL FEATURING DAVE HOFF**

Sunday, 21st, June, 2015
at Wandlyn Inn Amherst
Trans Canada Hwy 104 Exit 3
Amherst, NS Canada

IPA CANADA PRO/AMATEUR NATIONAL records can be set at this event
IPA ***WORLD RECORDS*** can be set at this event

MEET ENTRY FEE:

- Push /Pull (Bench + Deadlift) \$100
- Bench Only \$85
- Deadlift Only \$85
- Amateur Class (Drug Test Fee) + \$10
- 2nd Category + \$50
- Late Entry + \$50

DIVISION: (please check the category you wish to enter and circle age group if applicable)

- Teenage up to 13 14-15 16-17 18-19
- Junior 20-23
- Open 24+
- Sub Master 33-39
- Master 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80+
- Police

STYLE:

- Equipped
- Classic Raw

CLASS:

- Pro
- Amateur

WEIGHT CLASS (Kgs): (please circle the category you wish to enter)

- Male 52 56 60 67.5 75 82.5 90 100 110 125 140 140+
- Female 44 48 52 56 60 67.5 75 82.5 90 90+

START TIME: Rules meeting 8:00 am – Lifting starts 9:00am

RULES: This is an IPA sanctioned meet, and will follow IPA/IPA CANADA rules and regulations

IPA MEMBERSHIP: IPA CANADA membership is free of charge and you become a member when you enter the event. You can break IPA CANADA pro or amateur national records. If you wish to attempt IPA WORLD records, you must be a member of the IPA and MUST have a valid membership card for your record to count. You must register online at www.ipapower.com BEFORE you compete. Your valid IPA card must be shown if you wish to claim an IPA world record.

24 hr WEIGH IN: Sat, June 20th – 10:00am to 3pm @ Wandlyn Inn Venue
Sat, June 20th – 6pm to 9pm @ Wandlyn Inn Venue
Sun, June 21st – 7:00am to 8:00am @ Wandlyn Inn Venue

EQUIPMENT: Must meet IPA specifications - 1 piece lifting suit (singlet) MUST be worn - high socks ARE required for the deadlift – All equipment must meet the rules laid out by the IPA rulebook

STYLE: ‘ CLASSIC RAW’ is wrist wraps, belt, knee wraps or knee sleeves; Multiply and single ply equipment fall under the ‘EQUIPPED’ category

CLASSES: This event includes pro and amateur classes. Pro classes are exempt from drug testing, Amateur classes will have best lifters and any suspect lifters tested, please add a flat fee of \$10 to your entry for amateur lifters, to cover the cost of the drug testing.

ENTRY DEADLINE: RECIEVED by June 1st 2015, late entries + \$50, number of competitors WILL be limited and we usually are full before the deadline, ABSOLUTELY NO REFUNDS on entry fees, do not ask! We will be accepting 60 lifters ONLY!!

AWARDS: Top notch Best Lifter Male and Female - equipped and raw, Best overall Master, Best overall Teen, Best Team, Best Police/Fire/Military + Resin trophies for placing in each class and much, much more!

MEET DIRECTOR: Trayci Metzger & Nathan Robertson - ns.powerlifter@hotmail.com
(902) 397-1023

MEET HOTEL: Wandlyn Inn Amherst - 1-800-561-0000 www.wandlyninns.com
Mention the powerlifting meet to get the event rate

NAME _____

ADDRESS: _____

CITY: _____ PROV: _____ P/C: _____

PHONE: _____ EMAIL: _____

DATE OF BIRTH: _____ AGE: _____

MEET SHIRT SIZE: S M L XL XXL XXXL

TOTAL \$ ENCLOSED: _____

PAYMENT: Money Order, Cheque (payable to Amherst Powerlifting Club)

Paypal (must pay the fee yourself) or Bank Transfer paid to: ns.powerlifter@hotmail.com

MAILING ADDY: Amherst Powerlifting Club, 19 Ottawa Ave, Amherst, NS B4H 1L1

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 IPA, IPA CANADA or Amherst Powerlifting Club, the meet/contest site sponsor and it's employees, all organizers, volunteers, seminar instructors 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 OR GUARDIAN (if under 18): _____

DATE: _____