



Presents the
**IPA PRO WORLDS POWERLIFTING and
BENCH PRESS CHAMPIONSHIPS**

Saturday, 29th, April, 2017
Spring Street Academy
59 Spring St., Amherst, NS Canada

**YOU MUST HAVE MET THE QUALIFYING STANDARDS IN A
PREVIOUS APPROVED IPA EVENT TO COMPETE AT THIS EVENT
(standards available at www.amherstpowerliftingclub.ca)**

PLEASE READ THE ENTIRE ENTRY FORM BEFORE SUBMITTING

MEET ENTRY FEE (in Canadian Dollars):

- Full Power \$150
- Push /Pull (Bench + Deadlift) \$150
- Bench Only \$150
- Deadlift Only \$150
- Event T Shirt +\$10
- 2nd Category + \$75
- Late Entry + \$75
- One-event IPA membership + \$15 (**REQUIRED unless you have a valid IPA card**)

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 / Fire / Military

STYLE:

- Equipped
- Classic Raw

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 8:30 am – Lifting starts 9:30am

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

IPA MEMBERSHIP: IPA membership is **REQUIRED** for this event. The two options are purchasing a year membership from www.ipapower.com (this must be done online, we DO NOT sell IPA memberships at the event) OR you can pay a one-time fee of \$15CAD to compete in this event only

24 hr WEIGH IN: Fri, April 28th – 10am to 12pm @ Amherst Powerlifting Club
Fri, April 28th - 6pm to 8pm @ Venue

*****NO WEIGH INS SATURDAY MORNING *****

EQUIPMENT: Must meet IPA specifications: 1-piece lifting suit (singlet) **MUST** be worn – 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 **BY OUR CHOICE**. If you are chosen for a urinalysis test, and pass, IPA CANADA will pay the cost of the test. If you fail the test for anabolic steroids, you will be responsible to pay the cost of the test.

ENTRY DEADLINE: RECEIVED by April 1, 2017; late entries + \$75, 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 total lifters **ONLY!!**

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

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

HOTELS: We suggest these three hotels, but there are many bed and breakfasts in the area if you prefer, all hotels are approximately the same distance from the venue.

Wandlyn Inn: (902) 667-3331 – Rooms are blocked for the event at this hotel, ask for the powerlifting rate.

Super 8: (902) 660-8888

Comfort Inn: (855)-516-1090

AIRPORTS: The two options are the Greater Moncton International Airport, which is 60km from Amherst (30 min drive) and Halifax Stanfield International Airport, which is 165km from Amherst, (90min drive). Both have car rental options and Halifax has a shuttle and bus option.

EVENT QUALIFICATION:

EVENT: _____

DATE: _____ WT CLASS: _____

CATEGORY ENTERED: _____

AGE CLASS: _____ TOTAL: _____

LIFTER INFO:

NAME _____

ADDRESS: _____

CITY: _____ PROV or STATE: _____ P/C or ZIP: _____

COUNTRY: _____

PHONE: _____ EMAIL: _____

DATE OF BIRTH: _____ AGE: _____

MEET SHIRT SIZE: S M L XL XXL XXXL (if ordered)

IPA CARD EXPIRY DATE: _____
(required OR pay the one-time fee for this competition)

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

1. You must have met the qualifying standard in a sanctioned IPA meet between January 2016 and April 2017.
2. Juniors and Teens will use the Master qualifying totals.
3. Push/pull lifters will use the bench-only and deadlift-only totals added together as their qualifying total.
4. If you qualify in a 3-lift meet, you are free to compete at any lift at worlds (e.g. bench- only).
5. If you qualify in a single-lift only (e.g. bench-only) then you can only compete in that lift at worlds.
6. You may compete at a lighter weight class if you qualified at a heavier class, but you may not compete in a heavier class unless you have met the standard for said class.

*****DISCLAIMER*****

We reserve the right to refuse any individual, individuals or teams entry for past or present unsavory or disrespectful behavior at our events, outside of our events, or on social media against Amherst Powerlifting Club, Meet Directors, Judges, event volunteers or other lifters

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 its 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 fully understand that if I enter the amateur, drug tested division, I may be selected to take a urinalysis test. If the test is found to be negative, IPA Canada will pay for the test. If it is found to be positive for anabolic steroids, I (the signed applicant) will pay for the cost of the test. 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: _____