

2007 BCPA Summer Open

Date: Saturday, August 11, 2007

Location: Global Fitness Center (formerly Gold's Gym)
1574 Harvey Avenue, Kelowna, BC, 860-6900

Schedule: Bench Only Weigh In 8:30 am Lifting at 10:30am
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: Open, Master, Junior -

\$50 Powerlifting \$65 Powerlifting and Bench Press

Sub - Juniors -

\$35 Powerlifting \$55 Powerlifting and Bench

Bench Press only - \$40 All Ages

Make payment to: Kim Dennis (certified cheque or money order)

Send to: #113-1760 Ellis Street, Kelowna, BC, V1Y 2B4
Phone (250) 712-9717 Email – kimmydennis@yahoo.ca

Awards: Medals 1, 2, 3 Place each weight class
Best Lifters – Powerlifting, Bench Press
(min. 5 per category)

Entry Deadline: RECEIVED BY: August 1, 2007.

Please Note:

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

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.

Further Competition Information

Host Hotel: Please book all rooms at my host/ sponsor hotel:

Traveller's Choice Motor Inn (www.travellerschoice.ca)

1780 Gordon Drive

250-762-3221 or toll free at 1-800-665-2610

Room rates are \$114 for a single queen, \$129 for 2 double beds and \$159 for a kitchenette suite.

As August is a very busy time in Kelowna, I recommend booking your room as early as possible. Many hotels are already sold out for this particular weekend!

Amenities nearby include: Extra Foods, Starbucks, De Dutch Pannekoek House, Kelsey's Restaurant, A&W, Dairy Queen, a small shopping mall, a pizza parlour, a cold beer and wine store, and a sports pub. You can easily walk to the venue from this hotel.

Global Fitness Center: If needed competitors may use the saunas at the gym free of charge on Friday evening or Saturday morning. The gym is open until 10:30 pm on Friday night and will re-open at 8:00am on Saturday morning.

Chiropractic and Massage: If you would like a pre-meet adjustment or massage on either Friday afternoon or Saturday morning, please pre-book through:

Okanagan Health and Performance

104-1100 Lawrence Avenue

250-860-6295 or at www.okanaganhealthandperformance.com

This is my chiropractic and massage office and all Doctors are excellent. It is a 2 block walk from the Traveller's Choice Motor Inn. They are all trained in Active Release Technique, and will be willing to open early if you pre-book!

Saturday Evening Celebration: Our post-competition celebration will be held at:

Christopher's Steak and Seafood

242 Lawrence Avenue (downtown Kelowna)

The restaurant will have room for all of us to come down and enjoy a great meal after lifting. Some specials will be available for lifters. The restaurant is within walking distance of all the downtown pubs and nightclubs.

If you have any other questions that you need help answering to make your stay in Kelowna more enjoyable, please phone and leave me a message, and I will get back to you as soon as possible to help you out!

Kim Dennis 250-712-9717

SEND WITH ENTRY FEE TO: Kim Dennis
#113-1760 Ellis Street, Kelowna, BC, V1Y 2B4

Name: _____

Date of Birth: _____

CPU card number: _____

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

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, Global Fitness Center, the City of Kelowna, 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 : _____ (if under 18 yrs. of age)