

2010 BCPA Winter Open
Powerlifting and Bench Press Championships

Date: Sunday, January 31, 2010

Location: Jericho Hill Centre 4196 W. 4th Ave., Vancouver, BC

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

Rules: IPF Rules, drug testing to IPF Specification

Eligibility: Open to all current (2010) CPU members.

Entry Fees: Open, Master, Junior -

\$50 Powerlifting \$70 Powerlifting and Bench Press

Sub - Juniors -

\$35 Powerlifting \$50 Powerlifting and Bench

Special Olympics - \$35 Bench Press only - \$40 All Ages

Make payment to: Bob Hindley (certified cheque or money order)

Send to: #6 - 3859 W. 2ND Ave., Vancouver, BC, V6R 1K1
Phone (604) 222-1715 Email - bcbob1@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: January 22 , 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: Bob Hindley
#6 – 3859 W. 2ND Ave., Vancouver, BC, V6R 1K1

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:

Open Master Junior Sub-Junior

Competition - Circle one:

Powerlifting Bench Press - only Powerlifting + Bench Press Special Olympic

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, the West Point Grey Community Association, the Vancouver Park Board, the City of Vancouver, the Province of B.C., the Jericho Hill Institute 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)