

## Saskatchewan Powerlifting Association

# 2014 Synergy Strength Open Powerlifting Competition

Saturday, January 25, 2014

Saskatoon, Saskatchewan

**Meet Director:** Connor Lutz

**Sanctioned by:** Canadian Powerlifting Union (CPU) and Saskatchewan Powerlifting Association (SPA)  
All Canadian Powerlifting Union (CPU)/International Powerlifting Federation (IPF) rules apply.

**Competition Venue:** Synergy Strength and Conditioning

1222 Quebec Ave, Saskatoon, SK. S7K 1V2

(306) 979-9348

info@synergystrength.ca

**Weigh In:** 8:00 am weigh in for all lifters in flight 1 and 12:00 for lifters in flight 2. Depending on registration numbers, we will be able to accommodate a 3<sup>rd</sup> flight.

**Competition Start:** 10:00 am for flight 1 and 2:00 pm for flight 2.

**Note:** There will not be a bench only flight.

**Age Categories & Weight Classes:** Age and weight categories will be in accordance with CPU rules.

Age categories: Sub-Junior (14-18), Junior (19-23), Open (any age), Master I (40-49), Master II (50-59), Master III (60-69), Master IV (70-79) (Note: Master IV is male only)

Female weight classes: 43kg, 47kg, 52kg, 57kg, 63kg, 72kg, 84kg, 84+kg

Male weight classes: 53kg, 59kg, 66kg, 74kg, 83kg, 93kg, 105kg, 120kg, 120+kg

(Note: women's 43kg and men's 53kg only apply to sub-junior and junior competitors)

**Competitors:** This event is open to all CPU members. **You must be in good standing with the CPU and hold a valid CPU card.** If you do not have a valid CPU card you can visit:

<http://www.saskpowerlifting.ca/assets/documents/Membership%20Application%20Form.pdf>

**Awards:** 1<sup>st</sup> in each age/weight class

Best Lifter awards will be awarded to the best overall male and female lifters in equipped

Best Lifter awards will be awarded to the best overall male and female lifters in unequipped

**Doping Control:** The CPU follows the rules and regulations of the World Anti-Doping Agency (WADA). By competing in this competition, you accept the possibility of being selected for doping control.

**Entry Deadline:** Postmarked no later than January 10, 2014

No late entries will be accepted



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## 2014 Synergy Strength Open Powerlifting Competition

### Entry Form

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone Number: \_\_\_\_\_

CPU Card Number: \_\_\_\_\_ Weight Class: \_\_\_\_\_

Age Category: \_\_\_\_\_ Gender: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Event (check): Equipped Powerlifting \_\_\_\_\_ Classic Powerlifting \_\_\_\_\_

Entry Fee: Powerlifting \$60

Total Enclosed: \$

(entry fee includes a mandatory \$10 drug testing fee and competition t-shirt)

#### 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 International Powerlifting Federation, the Canadian Powerlifting Union, the Saskatchewan Powerlifting Association, Synergy Strength and Conditioning, its sponsors and its employees, all organizers, volunteers 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.

Signature: \_\_\_\_\_

Parent or Guardian Signature (if under 18): \_\_\_\_\_

Date: \_\_\_\_\_

**\*Note: Please also sign and return the Synergy Strength waiver form.\***

**Payment and Registration Options:**

**Email completed form to: [val@synergystrength.ca](mailto:val@synergystrength.ca)**

**Mail completed form to (if not emailing):**

**Synergy Strength and Conditioning**

**P.O. Box 37028 North Park RPO**

**Saskatoon, SK. S7K 8J2**

**Payments accepted: Cheque, Credit Card, email money transfer (payment required at time of registration)**

**Cheque: above mail address (please make cheque payable to: Synergy Strength)**

**Credit Card: call into 306-979-9348 or stop by SYNERGY front desk @ 1222 Quebec Ave**

**Email money transfer:**

**Name - CrossFit Saskatoon Inc.**

**Email - [ian@synergystrength.ca](mailto:ian@synergystrength.ca)**

**Phone – 306-979-9348**

## **Lifter Information** (optional to complete)

Name:

Occupation:

Number of Years Lifting:

Do you have any National/International Experience?:

Do you hold any Provincial/National/International Records?

Is there anyone you would like to thank?

**Please choose 3 songs that you wish to hear when you lift. The meet DJ will select the song your chosen when you lift – please refrain from choosing songs with excessive profanity or unacceptable content, as they will be deleted from the play list.**

- 1.
- 2.
- 3.

Please take the time to fill out this form. The information provided above will be used by the meet announcer to improve the crowd involvement and the quality of the event as a whole. Synergy Strength wishes to make the competitive experience as enjoyable as possible and the above information will be used in an effort to do so. Thank-you kindly.

