

**RAW POWERLIFTING COMPETITION**

Saturday, July 18, 2015

2 Thorncliffe Park Drive, Unit 36, East York ON

**MEET ENTRY FEE:**

Full Power Meet $50

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

Teenage 13-15 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+

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

Female 44 48 52 56 60 67.5 75 82.5 90 90+

Male 52 56 60 67.5 75 82.5 90 100 110 125 125+

**START TIME**: Rules meeting 8:30 am – Lifting starts 10:30am

**WEIGH IN**: Fri, July 17th: 12:00pm to 3pm @ Quantum Crossfit

 Saturday July 18th: 8:00am-9:00am @Quantum Crossfit

**STYLE: ‘**RAW’ is wrist wraps, belt only and knee sleeves;

**ENTRY DEADLINE:** RECIEVED by July 1st 2015, We will be accepting 45 lifters ONLY!!

**AWARDS:** 1-3 for men and women by Wilks coefficient

**MEET DIRECTOR:** Alastair MacNicol info@quantumcrossfit.com

NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ADDRESS:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CITY: \_\_\_\_\_\_\_\_\_\_\_\_PROV:\_\_\_\_\_ P/C:\_\_\_\_\_\_\_\_\_\_\_\_

PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_ EMAIL:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ AGE: \_\_\_\_\_\_\_\_\_\_\_\_

TOTAL $ ENCLOSED: \_\_\_\_\_\_\_\_\_

PAYMENT: E-transfer accepted. Send to leah@quantumcrossfit.com password: quantum

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## **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: Strength Farm INC (d/b/a Quantum Crossfit) 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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_