SMARTLifts

AND

THE ALBERTA POWERLIFTING UNION

PRESENTS:

Smart Lifts Open

DATE: Saturday, August 27th, 2016
PLACE: Evolve, 4825 89 Street Edmonton, AB T6E 5K1

ENTRY FORM HARD DEADLINE: Saturday August 6th, 2016
LIFTER LIMIT: 28 Athletes (Powerlifter or Bench-Only)
SCHEDULE

Saturday August 27th, 2016: Smart Lifts Open

- Equipment Check: 7:00 a.m. – 7:30 a.m.
- Weigh-ins: 7:30a.m. – 9:00 a.m.
- Lifting Begins: 9:00a.m.
- Awards: 15 minutes following end of last session
- These times are subject to change after registration is closed

- Detailed schedule of sessions and flight number will be sent to registered athletes following the entry deadline.

- Weigh-ins will not necessarily be in the order of lightest to heaviest. All lifters are expected to be at the venue half an hour before weigh-in. The weigh-in order and lot numbers will be posted at the head referee table. If you do not make the weight class specified on your entry sheet you will be moved up or down a weight class to accommodate your actual weight.

FEE: 
- Powerlifting or Bench-Only - $85
- APU DOPING FEE (mandatory) - $20

No refunds will be given due to organizational requirements and cost.

AWARDS

Male and Female Best Powerlifting Awards
Medals for Male and Female Weight Class

***If you are not present to receive your award during the ceremony then you may have someone accept it on your behalf. It is not the duty of Evolve or Smartlifts to mail out awards to recipients not present for the award ceremony. If you or someone you know does not claim your award, then your award is forfeited.
CLASSIC AND EQUIPPED POWERLIFTING:

As defined by the International Powerlifting Federation (IPF), classic lifting is the use of only wrist wraps, knee sleeves, and a belt. Athletes must also wear a non-supportive singlet, a form fitting t-shirt, and brief- or thong-style undergarments (no boxers or compression shorts). If athletes are competing equipped, by using supportive equipment, all brands and material must be approved by the IPF. Each year the rules governing approved equipment can change according to IPF executive rulings. Therefore, it is the athlete’s responsibility to understand these changes. For more information on classic and equipped lifting, and approved equipment, please visit: http://www.powerlifting-ipf.com/Rules.17.0.html.

IPF Approved Gear List http://www.powerlifting-ipf.com/51.html

APU MEMBERSHIP INFORMATION:

All lifters must be members of the CPU/APU to compete. All athletes must obtain this membership prior to the competition. Athletes will be asked to present their membership card at weigh-ins. Failure to provide proof of membership will result in disqualification. For CPU/APU membership, please visit http://www.powerlifting.ca/membership.html. Follow the steps provided on the website and print off your membership card from home.

DRUG TESTING:

The pursuit of doping-free sport is a matter of public interest. The CPU is committed to eradicating the use of performance enhancing drugs from powerlifting in Canada. As such, all members of the CPU, by virtue of membership, are agreeing to submit to periodic drug testing, either at a sanctioned CPU contest, or on a "short notice" or "no notice" out of competition
basis. It is frowned upon to enter contests knowingly using or previously using PEDS. This action carries the risk of suspension. **Doping is cheating** in the APU/CPU/IPF.

The CPU follows the guidelines of the Canadian Centre of Ethics in Sports (CCES). The CCES sets the rules that govern doping control in Canada. Compliant to the World Anti-Doping Agency, the CCES describes how the program is carried out and details the process of results management, including penalties for infractions.

Full details of the drug testing protocols that the CPU adheres to may be found on the CCES website at: [http://www.cces.ca/](http://www.cces.ca/).

**VOLUNTEERS:**

Volunteers are required to help run the competitions. Spotters, bar loaders, score table associates, and general volunteers will be needed. To volunteer, please contact:

Shane Martin (Volunteer Coordinator):
Mr.shane.c.martin@gmail.com

**RULES:**

All athletes are expected to read and understand the following article from the APU website regarding the competition rules and procedures for the squat, bench and deadlift:


**GETTING THERE:**

**Transit:** There are multiple bus stops on the near Evolve as well as a bus depot 2 blocks away. For transit routes visit [http://www.edmonton.ca/transportation/edmonton-transit-system-ets.aspx](http://www.edmonton.ca/transportation/edmonton-transit-system-ets.aspx).
VENUE DETAILS:

The competition will be held inside Evolve. There will be ample room for a warm-up area, seating, and a competition area.

WEBSITE:

https://www.evolvestrength.ca
http://www.powerlifting.ca/
http://www.powerliftingab.com/

Facebook:
https://www.facebook.com/pages/Alberta-Powerlifting-Union/
https://www.facebook.com/smartlifts/

INQUIRIES:

Meet Directors
Shane Martin, mr.shane.c.martin@gmail.com
**WORDS FOR THE FIRST-TIME LIFTER**

It is great that you want to compete and challenge yourself on the platform. There are a few key things you need to know for meet day:

1. Your attempts are in **kilograms**! 1kg = 2.2lbs
2. Know your rack heights and safety heights on an **ER Rack**. You can measure these numbers ahead of time at Evolve or figure them out in the warm-up area.
3. You must have a **valid APU/CPU membership card**.
4. Know what equipment is legal! This includes belts, wraps, clothing, socks, suits and bench shirts.
5. You need **legless underwear** or ‘whitey tighties’. No compression shorts of any kind!
6. You need a **singlet**; shorts and a t-shirt won’t do!
7. You need to wear a non-supportive **t-shirt under your singlet**. No compression shirts of any kind! Unmarked cotton t-shirts are best.
8. You need **knee-high socks**. These are **required** for the deadlift portion of the event. Wearing normal socks for the squat and bench is OK.
9. Ignorance is not a valid excuse.

Also look at the APU’s tutorial “What is PL?” found at:
http://www.powerliftingab.com/WhatisPL.htm
Age Categories
- Open - 14 years +
- Sub-Junior - 14 years – 18 years
- Junior - 18 years – 23 years

Equipment
- Approved brands: INZER, TITAN, METAL, SBD, STRENGTHSHOP, BEAST GENETICS, BOKIYA, ELEIKO, REHBAND, SLINGSHOT, WAHLANDER, LIFTING LARGE, BEST BELTS, and IRON TANKS.
- You Need: Singlet, legless underwear (whitey tighty), T-shirt, socks (must not go over the knee joint), belt, wrist wraps, knee sleeves (see approved brand list), and athletic shoes. No compression clothing of any kind.
- Clothing deemed offensive or illegal will not be allowed to be worn during competition. Your best bet is wearing the Meet T-shirt, but that is not a requirement.

Weigh-In and Equipment Check
- Starts 2 hours before you compete and lasts 1.5 hours. You can weigh-in as many times as you want in that time period to make your weight class. If you do not make weight, you will automatically move into your new weight class. Missing weight DOES NOT exclude you from competing at CPU/APU competitions.
- Bring your CPU membership card (print it out beforehand). Your 1st Attempts in KILOGRAMS, know your safety pin height (for bench) and rack heights (squat and bench) on an ER EQUIPMENT Rack.
- During equipment check, the referee will go through the clothing and gear you will be using on the platform to make sure you are using legal/approved gear. Make sure to have everything already for the referee to speed up the process.

After Each Attempt
- After each attempt during the competition you have 60 SECONDS from the completion of the attempt to hand in your attempt card to the table staff. If you do not do this within the 60 seconds, then your next attempt will be increased by 2.5kg if successful or remain the same if unsuccessful.

Following Referee Commands
The chart to the right is the structure of the commands for each lift and what the referees are looking for. You must follow ALL commands to have a successful lift in competition. Before you are to start your lift you must wait for the announcer or Head Referee to state that the “Bar is Loaded”, then you may step on the platform to start the process.

<table>
<thead>
<tr>
<th>Lift</th>
<th>Commencement</th>
<th>Completion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Squat</td>
<td>A visual signal consisting of a downward movement of the arm together with the audible command “squat”</td>
<td>A visual signal consisting of a backward movement of the arm together with the audible command “rack”</td>
</tr>
<tr>
<td>Bench Press</td>
<td>A visual signal consisting of a downward movement of the arm together with the audible command “start”. During: The audible command “Press” after motionless at the chest and the visible signal of an upward movement of the arm.</td>
<td>A visual signal consisting of a backward movement of the arm together with the audible command “rack”</td>
</tr>
<tr>
<td>Deadlift</td>
<td>No signal required</td>
<td>A visual signal consisting of a downward movement of the arm together with the audible command “down”</td>
</tr>
</tbody>
</table>

When a lifter fails to complete a squat or a bench press, the command is “rack”.
### Technical Guidelines

Here, in this chart, are the technical disqualifications for each lift. Most of these you will never have to worry about, but it is recommended to look this over twice to get a better understanding of why you may miss a lift in competition.

#### Further Reading

This information is by no means comprehensive but will set you up for success for your first few competitions. It is recommended that you read the IPF rulebook fully.

For more information:
- [www.powerliftingab.com](http://www.powerliftingab.com)
- [www.powerlifting.ca](http://www.powerlifting.ca)
- [www.powerlifting-IPF.com](http://www.powerlifting-IPF.com)

<table>
<thead>
<tr>
<th>SQUAT</th>
<th>BENCH PRESS</th>
<th>DEADLIFT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. (red) Failure to bend the knees and lower the body until the top surface of the legs at the hip joint are lower than the top of the knees. Bar is not lowered to chest or abdominal area i.e. not reaching the chest or abdominal area, or is touching the belt.</td>
<td>1. (red) Failure to lock the knees straight at the completion of the lift. Failure to stand erect with the shoulders back.</td>
<td>2. (blue) Any downward movement of the bar before it reaches the final position. If the bar settles as the shoulders come back this should not be reason to disqualify the lift. Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thighs but is not supported, this is not reason for disqualification.</td>
</tr>
<tr>
<td>2. (blue) Failure to assume an upright position with the knees locked at the commencement and completion of the lift.</td>
<td>2. (blue) Failure to press the bar to straight arms length elbows locked at the completion of the lift.</td>
<td>3. (yellow) Lowering the bar before receiving the Chief Referees signal. Allowing the bar to return to the platform without maintaining control with both hands, i.e. releasing the bar from the palms of the hand. Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted. Stepping backward or forward or moving the feet during the ascent. Contact with bar or lifter by the spotters/leaders between the Chief Referees signals, in order to make the lift easier. Contact of elbows or upper arms with the legs, which has supported and been of aid to the lifter. Slight contact that is of no aid may be ignored. Any dropping or dropping of the bar after completion of the lift. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.</td>
</tr>
<tr>
<td>3. (yellow) Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted. Failure to observe the Chief Referees signals at the commencement or completion of the lift. Double bouncing or more than one recovery attempt at the bottom of the lift or any downward movement during the ascent. Contact with bar or lifter by the spotters/leaders between the Chief Referees signals, in order to make the lift easier. Contact of elbows or upper arms with the legs, which has supported and been of aid to the lifter. Slight contact that is of no aid may be ignored. Any dropping or dropping of the bar after completion of the lift. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.</td>
<td>3. (yellow) Hopping, or sinking the bar after it has been motionless on the chest or abdominal area, in such a way as to aid the lifter. Failure to observe the Chief Referees signals at the commencement, during or completion of the lift. Any change in the elected lifting position during the lift proper, i.e. any raising movement of the back, shoulders or buttocks from their original points of contact with the bench, or lateral movement of the hands on the bar. Contact with the bar or the lifter by the spotters/leaders between the Chief Referees signals, in order to make the lift easier. Any contact of the lifters feet with the bench or its supports. Deliberate contact between the bar and the bar rest supports during the lift in order to make the lift easier. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.</td>
<td>3. (yellow) Lowering the bar before receiving the Chief Referees signal. Allowing the bar to return to the platform without maintaining control with both hands, i.e. releasing the bar from the palms of the hand. Stepping backward or forward or moving the feet laterally. Rocking the feet between the ball and heel is permitted. Foot movement after the command “Down” will not be cause for failure. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.</td>
</tr>
</tbody>
</table>
ENTRY FORM

NAME: ________________________________

ADDRESS: ________________________________

CITY: __________________ POSTAL CODE: __________________

PHONE: __________________ EMAIL (mandatory): __________________

DATE OF BIRTH: ____________________ SEX: (Please Circle) MALE FEMALE

APU/CPU CARD NUMBER: ____________

AGE CLASS (Circle One):

SUB-JUNIOR  JUNIOR  OPEN  MASTER  I  II  III  IV  BLIND

WEIGHT CLASS (Circle One):

(MEN)  53Kg  59Kg  66Kg  74Kg  83Kg  93Kg  105Kg  120Kg  120+ Kg

(WOMEN)  43Kg  47Kg  52Kg  57Kg  63Kg  72Kg  84Kg  84+Kg

TYPE OF LIFTING (Circle One):  CLASSIC  EQUIPPED

EVENT (Circle):

$85 Powerlifting
$85 Bench-Only
$20 APU Doping Fee (mandatory)

TOTAL AMOUNT ENCLOSED $_________
PAYMENT OPTIONS

Please email ENTRY FORM, and SIGNED WAIVER to:
Mr.shane.c.martin@gmail.com

Mail
Apt#27 5627 105th Street NW
T6H 2N2
Edmonton, AB

In Person
Evolve
4825 89 Street
Edmonton, AB T6E 5K1

Hours
Monday to Friday from 0600-2200, Saturday 0800-1800

By Phone
Shane Martin – 780 289 8642

How to Pay

- Paypal – emu_shane@hotmail.com
- E-transfer – mr.shane.c.martin@gmail.com – PREFERED METHOD OF PAYMENT
- Cash
- Personal cheque (payable to Shane Martin)
RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISKS AN INDEMNITY AGREEMENT

By signing this form, you give up important legal rights including the right to sue. Please read carefully.

Name of Participant: _____________________________________________________________________________________________________

Address of Participant: ___________________________________________________________________________________________________

DISCLAIMER CLAUSE:
The International Powerlifting Federation, the Canadian Powerlifting Union, the Alberta Powerlifting Union, Meet Directors, and Sponsors, their officers, directors, agents, contractors, employees, coaches/instructors, trainers, volunteers, members and representatives, and the manufacturers and distributors of the equipment used in any SMART Lifts events, contests, or any other powerlifting related activities (“Smart lifts or Shane Martin”), (all hereafter collectively referred to as “the Releasees”), are not responsible for any injury, loss or damage of any kind sustained by any person while registered and/or participating in any and all of Smart lifts activities, events, practice sessions or social activities (all hereafter collectively referred to as “Smart lifts Activities”), including injury, loss or damage which might be caused by the negligence of the Releasees.

DESCRIPTION OF RISKS:
In consideration of participation in the Smart lifts Activities, I acknowledge that I am aware of the possible risks, dangers and hazards associated with being a participant, including the possible risk of severe or fatal injury to myself or others. These risks include by are not limited to:

(a) All manner of injuries resulted in muscular injuries and soft tissue injuries including bruises, scrapes, cuts, etc., from executing strenuous and demanding physical techniques, contact with other participants and failure in proper use of equipment either by myself or other participants;

(b) All manner of injuries resulting in sprains, dislocations, concussion and broken bones, heart attack/stroke, spinal injury and tendonitis;

(c) All manner of head, facial, eye and/or dental injuries;

(d) All manner of medical problems resulting from heat exhaustion, asthma, communicable diseases, skin rashes, cramps and chemical poisoning;

(e) That my risk of injury increases as I become fatigued

(f) All manner of injuries and/or death that could result from a physical confrontation whether caused by myself or someone else or from any participation in the Smart lifts Activities, including but not limited to falling weights and/or equipment used in the Smart lifts Activities.

(g) All manner of negligent advice regarding powerlifting, bench pressing or other Smart lifts Activities
RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

1. In consideration of Alberta Powerlifting Union allowing me to participate in the Smart lifts Open, I agree, for myself, heirs, executors, administrators, and assigns to waive and release any and all rights and claims for damages I may have against the International Powerlifting Federation, the Canadian Powerlifting Union, the Alberta Powerlifting Union, Evolve Strength, Meet Directors, and Sponsors, their officers, directors, agents, contractors, employees, coaches/instructors, trainers, volunteers, members and representatives, and the manufacturers and distributors of the equipment used in the Smart lifts Open (collectively the “Releasees”). In particular, I agree:

   a. TO ASSUME AND ACCEPT ALL RISKS arising out of, associated with or related to my participating in the Smartlift Open;

   b. TO RELEASE THE RELEASEES from any and all liability for any loss, damage, injury or expense that I may suffer or that my next of kin may suffer as a result of my participation in the Smartlifts Open, due to any cause whatsoever, including breach of contract, breach of any Statutory or Other Duty of Care, including any Duty of Care Owed under the Occupiers’ Liability Act, RSA 1980 C. 0-3 (as amended) on the part of the Releasees;

   c. TO HOLD HARMLESS AND INDEMNITY THE RELEASEES: (i) from any and all liability for any damage to the personal property of, or personal injury to, any third party resulting from my participation in the Smartlifts Open; (ii) from any and all claims, demands, actions and costs which might arise out of my participating in the Smartlifts Open.

2. I acknowledge that Powerlifting is a high risk sport and that I could be injured.

3. 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.

4. I agree 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.

5. I agree that I am responsible for the actions of any coach and entourage that attend this contest in my support.

6. In the event I am disqualified from this contest by means of rule infractions or due to my conduct I acknowledge and agree that I will not be eligible for reimbursement of contest entry fees.

7. I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTOOD THIS AGREEMENT, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, executors, administrators and representatives.

SIGNATURE: __________________________________________ WITNESS SIGNATURE: _________________________________
DATE: ______________________________________________ PRINT NAME: ________________________________
PARENT OR GUARDIAN (if under 18 years): __________________________________________________________________________
EVOLVE STRENGTH LTD.
RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT

ATTENTION: By signing this document you waive or give up certain legal rights, including the right to sue or claim compensation.

READ CAREFULLY BEFORE SIGNING _______________ (Initial)

TO: EVOLVE STRENGTH LTD. carrying on business as EVOLVE (the Operators); Her Majesty the Queen in right of the Province of Alberta and all its directors, officers, employees, agents, guides, volunteers, affiliates, independent contractors, subcontractors, manufacturers, and representatives; (all of whom to be herein referred to as “the RELEASEES”).

DEFINITIONS
In this agreement, the term “EVOLVE activities” shall include all activities, events or services provided, arranged, organized, conducted, sponsored or authorized by THE OPERATORS and shall include, but is not limited to: use or operation of a EVOLVE, EVOLVE STRENGTH LTD instructional courses, training, seminars and session; and all such other activities, events and services provided by THE OPERATORS.

ACKNOWLEDGMENT: SAFETY
The physical exertion required of activities and the forces exerted on the body performed at EVOLVE can activate or aggravate pre-existing physical injuries or conditions. I have been advised to obtain medical advice if I know or suspect that my physical condition may be incompatible with utilizing the facilities under EVOLVE.

ASSUMPTION OF RISKS:
I am aware that being at EVOLVE may expose me to many risks, hazards and dangers (both known and unknown). Risks, dangers and hazards include, but not limited to: mechanical failure of equipment, proper and improper use of equipment causing injury, improper instruction, slips, falls, or collisions into other members or equipment. NEGLIGENCE ON THE PART OF THE RELEASEES, INCLUDING THE FAILURE ON THE PART OF THE RELEASEES TO TAKE REASONABLE STEPS TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS OF BEINGPRESENT IN THE FACILITY.

I AM AWARE OF THE RISKS, DANGERS AND HAZARDS ASSOCIATED WITH RESISTANCE AND CARDIOVASCULAR ACTIVITIES, TREATMENT AND ALL OTHER SERVICES PROVIDED AT EVOLVE AND I FREELY ACCEPT AND FULLY ASSUME ALL SUCH RISKS, DANGERS AND HAZARDS AND THE RESPONSIBILITY OF ANY PERSONAL INJURY, DEATH, PROPERTY DAMAGE OR LOSS RESULTING THEREFROM.

_________________________ (Initial)

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT
In consideration of THE RELEASEES allowing me participate in any activity at EVOLVE and permitting my use of other equipment for associated activities, and for the other good and valuable consideration, the receipt and sufficiency of which is acknowledged, I hereby agree as follows:

1. TO WAIVE ANY AND ALL CLAIMS that I have or may in the future have against THE RELEASEES and TO RELEASE THE RELEASEES from any and all liability for any loss, damage, expense or injury including death that I may suffer or that my next of kin may suffer as a result of my participation at EVOLVE DUE TO ANY CAUSE WHATSOEVER, INCLUDING ANY NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE ON THE PART OF THE RELEASEES AND INCLUDING THE FAILURE ON THE PART OF THE RELEASEES TO TAKE REASONABLE STEPS TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS OF ACTIVITIES REFERRED TO ABOVE.

2. TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES from any and all liability for any property damage or personal injury to any third party resulting from my use of the EVOLVE facility, rental of the EVOLVE facility and associated activities;

3. This Release Agreement shall be effective and binding upon my heirs, next of kin, executors, administrators and representatives in the event of my death or incapacity;

4. This Release Agreement and any rights, duties and obligations as between the parties to this Release Agreement shall be governed by and interpreted solely in accordance with the laws of the Province of Alberta and no other jurisdiction; and

5. Any litigation involving the parties to this Release Agreement shall be brought solely within the Province of Alberta and shall be within the exclusive jurisdiction of the Courts of the Province of Alberta.

In entering into this Release Agreement I am not relying on any oral, written or visual representations or statements made by THE RELEASEES with respect to the safety of any operation or use of the facility at EVOLVE, other than what is set forth in this agreement.

I agree and comply with all the terms and conditions of the rental contract and registration form. I confirm that I have read and fully understand the contents of this agreement prior to signing it. I am signing it freely and voluntarily and I agree that I am waiving certain legal rights which I or my heirs, next of kin, executors, administrators, personal representatives and assignees may have against the releases.

Participant Signature: ____________________________

Print Name: ____________________________

SIGNED THIS ________________ day of ____________________________, _______ at Edmonton, Alberta.