

SACKVILLE BEDFORD
SPECIAL OLYMPICS
NOVA SCOTIA



Special Olympics Powerlifting Spring Spectacular

Hosted by Special Olympics Sackville Bedford and Renfrew Strength + Conditioning Centre

Event Location: Renfrew Strength and Conditioning Center, 535 Highway #2 Elmsdale, Nova Scotia

Weigh-ins: Will begin at 11 am. You will also need to get your opening attempts (in kg) and bench press rack height.

Day of: Lifting will begin at 1 pm

Uniform: All athletes must wear a one piece singlet, and tshirt underneath. Athletes competing in the deadlift must have knee high socks.

Contest Lifts: Bench Press and Deadlift (iron man), Bench only

Entry Fee: Bench and Deadlift: \$45, Bench only \$25. Entry and money must be received by March 31. All late entries are subject to a \$20 fee (plus entry fee).

Meet Director: Sarah White, 902-225-5258, Communications.SOSB@gmail.com

For the purposes of this meet, we will be following CPU/IPF rules. Please ensure all athletes and coaches/handlers are aware of the rules. A copy of the IPF rules can be found online at

www.powerlifting-ipf.com/rulescodesinfo/technical-rules.html

If you are on Facebook please check out our Facebook event page where we will be posting information

www.facebook.com/events/2070677946542251/

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First Name	Last Name	Male ()	Date of Birth	Age on meet day		
		Female ()				
Address		City	Province	Postal Code		
Email Address			Phone Number			
Please circle one						
Sub-junior (Age 14-18)	Junior (19-23)	Open (24-39)	Master 1 (40-49)	Master II (50-59)	Master III (60-69)	Master IV (age 70+)
Weight Class (kg)						
Men: 59 66 74 83 93 105 120 120+						
Women: 47 52 57 63 72 84 84+						
Event (please circle)			Special Olympics Region:			
Benchpress + Deadlift \$45 Bench Only \$25						
Tshirt size			Song request (to be played during the day, not necessarily while athlete is lifting)			
Small Medium Large X-Large 2 XL						

Payments: Entry forms and payments are due in full for your space to be confirmed in the meet. Etransfer is the preferred method. Please send to Communications.SOSB@gmail.com using the password: powerlifting

Cheques may be made out to "Special Olympics Sackville Bedford" and sent to:

Special Olympics Sackville Bedford
C/O Sarah White
318-40 Joseph Young St
Dartmouth, NS B3A 4T9

Disclaimer: In consideration of the acceptance of this entry, I hereby for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against Special Olympics Nova Scotia, Special Olympics Sackville Bedford, Renfrew Strength + Conditioning and any judge or volunteer, and all of their representatives, successors, and assigns for any and all injuries or bodily harm that I might suffer while competing.

X

Print Name and Date

X

Signature