



*The Alberta Powerlifting Union and Grit Power
Present:*

GRIT POWER OPEN 2018



#gritpoweropen2018

DATE: Saturday, January 6, 2018

PLACE: Evolve Strength North 13457 - 149 Street,
Edmonton, AB

www.evolestrength.ca

ENTRY FORM DEADLINE: Saturday, December 9, 2017

LIFTER LIMIT: 14 Bench-Only and 42 3-Lift



Meet Directors:

Tim Nadeau: timnadeau@gritpower.ca

Sandra Drake: sandradrake1167@gmail.com

Schedule:

- Equipment Check and Weigh-Ins: 7:30 a.m. - 9:00 a.m.
- Lifting Begins: 9:30 a.m.
- Awards: 15 minutes following end of last session.

These times are subject to change after registration is closed.

***Note:**

A 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.

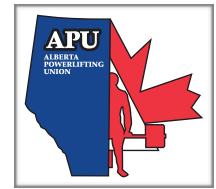
Fees:

3-Lift: \$110

Bench only: \$55

Both: \$135

*An additional mandatory \$20 APU doping control fee will be applied to all registration fees. A T-shirt is included in the fee.



Awards:

Male and Female Best Classic Bench Press Awards
Male and Female Best Equipped Bench Press Awards
Male and Female Best Equipped Powerlifting Awards
Male and Female Best Classic Powerlifting Awards
Medals for Male and Female Weight Classes

*** There must be 3 athletes entered in each category for an award to be presented.**

*****If an athlete is not present at the award ceremony to receive their medal or contest material, they forfeit their medal and/or award.** The athlete's total, records, and placing will still be valid; however, the APU and Meet Directors are not responsible for mailing or delivering medals or contest material after the closing of the competition.

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:

IPF Technical Rule Book: http://www.powerlifting-ipf.com/fileadmin/ipf/data/rules/technical-rules/english/IPF_Technical_Rules_Book_2016_1_.pdf



IPF Approved Gear List: http://www.powerlifting-ipf.com/fileadmin/ipf/data/rules/approved-list/NEW_IPF_Approved_List_03-10-2017.pdf

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 (or a photo of it) at weigh-ins. Failure to provide proof of membership will result in disqualification. For CPU/APU membership, please visit <http://www.powerliftingab.com/become-a-member.html>. Memberships are available online and no paper registration is required.

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.

[All athletes must complete the CCES True Sport Clean online education model before competing in Grit Power Open.](#) The module can be completed on the CCES website <http://cces.ca/cpu-e-learning>. Bring a printed copy or screenshot of your completion



certificate to weigh-in - you **will not** be allowed to compete if you have not completed this course.

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

** \$20 of the entry fee will be going towards drug testing (CCES). If drug testing is unable to be secured, then fees will be signed over to the APU and used towards future drug testing in the province.

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 Sandra Drake:
sandradrake1167@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:

<http://www.powerlifting-ipf.com/rulescodeslinks/technical-rules.html>

Getting There:

Transit: There are multiple bus stops near Evolve Strength as well as plenty of free parking on site. For transit routes visit <https://www.edmonton.ca/edmonton-transit-system-ets.aspx>.



Venue:

The competition will be held inside Evolve Strength North. There will be ample room for a warm-up area, seating, and a competition area. There is a small concession available for drinks and snacks.

Websites:

Evolve Strength: www.evolestrength.ca

Canadian Powerlifting Union: www.powerlifting.ca

Alberta Powerlifting Union: www.powerliftingab.com

Facebook:

Like the 'Alberta Powerlifting Union' and 'Grit Power' Facebook pages for up-to-date information, schedule changes, lifter rosters, training tips, and competition advice.

Inquiries:

Meet Directors:

Tim Nadeau: timnadeau@gritpower.ca

Sandra Drake: sandradrake1167@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. You must have completed the CCES True Sport Clean online education module.**
- 5. Know what equipment is legal! This includes belts, wraps, singlets, clothing, socks, suits and bench shirts.**
- 6. You need legless underwear or 'whitey tighties'. No compression shorts of any kind!**
- 7. You need an approved singlet; shorts and a t-shirt won't do!**
- 8. You need to wear a non-supportive t-shirt under your singlet. No compression shirts of any kind! Unmarked cotton t-shirts are best.**
- 9. 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.**
- 10. Ignorance is not a valid excuse.**

Also look at the Mike Armstrong's article, "What to Expect at Your First Powerlifting Meet: <https://www.bellssofsteel.com/expect-first-powerlifting-meet/>



ENTRY FORM

NAME: _____

ADDRESS: _____

CITY: _____ POSTAL CODE: _____

PHONE: _____

EMAIL (MANDATORY): _____

DATE OF BIRTH: _____ SEX (circle): Male Female

APU/CPU CARD NUMBER: _____

AGE CLASS (circle): Sub-Junior Junior Open Master I II III IV

T-SHIRT SIZE (circle): S M L XL 2XL

WEIGHT CLASS (circle):

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

Female: 43kg 47kg 52kg 57kg 63kg 72kg 84kg 84+kg

TYPE OF LIFTING (circle): Classic Equipped

EVENT (circle): 3-Lift (Classic or Equipped) \$110

Bench Only (Classic or Equipped) \$55

Bench Only and 3-Lift (Classic or Equipped) \$135



RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISKS AND 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:

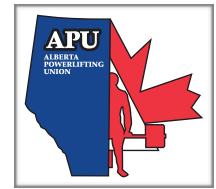
DISCLAIMER CLAUSE:

The International Powerlifting Federation, the Canadian Powerlifting Union, the Alberta Powerlifting Union, 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 GRIT POWER OPEN ("the competition"), January 06, 2018 (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 the competitions' sanctioned activities, events, practice sessions or social activities (all hereafter collectively referred to as "the Competition 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 Competition 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 Competition Activities, including but not limited to falling weights and/or equipment used in the Competition Activities;
- (g) All manner of negligent advice regarding powerlifting, bench pressing or other Competition Activities.



RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

1. In consideration of Alberta Powerlifting Union allowing me to participate in the GRIT POWER 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, 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 GRIT POWER 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 GRIT POWER 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 GRIT POWER 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 INDEMNIFY 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 GRIT POWER OPEN; (ii) from any and all claims, demands, actions and costs which might arise out of my participating in the GRIT POWER 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: _____