

# 2010 CPU National Powerlifting and Bench Press Championships

## Québec, Québec

**Date:** Wednesday, April 7 to Sunday, April 11, 2010

**Place:** Hôtel Universel  
2300, chemin Sainte-Foy  
Québec, Qc  
G1V 1S5

Phone: 1-418-653-5250

Reservations: 1-800-463-4495

- Standard rooms at \$79.00 per night, single or double occupancy; \$15.00 for each additional person.
- Suites at a special rate of \$119.00 per night also available on request.
- When making your reservation, ask for the Canadian Powerlifting Championships room rate.
- **You must book by March 7 to ensure these prices. Room availability is limited!**

### How to get there:

- If you are coming by plane, book your flight to Québec City Jean Lesage International Airport:  
<http://www.aeroportdequebec.com/Html/en-ca/index.shtml>

Take a taxi from the airport to the hotel, or rent a car from one of the car rental companies located inside the airport.

- If you are coming by train, book your trip with Via Rail:  
<http://www.viarail.ca/en>

- If you are coming by car:

Take the Autoroute Robert-Bourassa (740),

Take exit Chemin Ste-Foy,

Turn left and drive for 1.5 km,

The Hôtel Universel is on your left, facing the PEPS of Laval University.

**Schedule:**

**THIS IS A TENTATIVE SCHEDULE, AND IS SUBJECT TO CHANGE.**

**Note:** All age groups and Blind lifters will lift according to their weight class. All Paralympic lifters will lift in a separate session on Sunday afternoon.

**Wednesday, April 7**

10:00am – CPU Annual General Meeting, Salle Orléans

**Thursday, April 8**

Session 1 : 7:00am Weigh-in – Women 48-60 kg  
9:00am Lifting – Women 48-60 kg

Session 2 : 12:00pm Weigh-in – Men 52-67.5 kg  
2:00pm Lifting – Men 52-67.5 kg

**Friday, April 9**

Session 3 : 7:00am Weigh-in – Women 67.5-90+ kg  
9:00am Lifting – Women 67.5-90+ kg

Session 4 : 12:00pm Weigh-in – Men 75-82.5 kg  
2:00pm Lifting – Men 75-82.5 kg

**Saturday, April 10**

Session 5 : 7:00am Weigh-in – Men 90-100 kg  
9:00am Lifting – Men 90-100 kg

Session 6 : 12:00pm Weigh-in – Men 110-125+ kg  
2:00pm Lifting – Men 110-125+ kg

**Sunday, April 11**

Session 7 : 7:00am Weigh-in – Bench Only – All women, Men 52-75 kg  
9:00am Lifting – Bench Only – All women, Men 52-75 kg

Session 8 : 9:00am Weigh-in – Bench Only – Men 82.5-125+ kg  
11:00am Lifting – Bench Only – Men 82.5-125+ kg

Session 9 : 12:00pm Weigh-in –Paralympic – All men and women  
2:00pm Lifting –Paralympic – All men and women

**The Banquet will follow lifting and clean-up, at approximately 7:00pm Sunday, April 11.**

## Part 1: Competitor Information, Waiver and Provincial Approval

- **Contest entry closes MARCH 7. NO LATE ENTRIES WILL BE ACCEPTED.**
- A cheque must accompany this form. POST-DATED CHEQUES ARE NOT ACCEPTED.
- No show – no refund. No reimbursement after March 7 for any reason.
- You or your parent/guardian (if under the age of 18) must sign the Waiver on the next page.
- Your provincial president must also sign on the next page to approve your participation at the Championships.
- Send your Volunteer Information (Part 2) along with this entry form.
- The Personal Questionnaire (Part 3) is optional.

### Please Print Clearly

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Age on Competition Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

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

Age Class:

Powerlifting: SJ( ) J( ) O( ) M1( ) M2( ) M3( ) M4( ) Blind( )

Bench Press: SJ( ) J( ) O( ) M1( ) M2( ) M3( ) M4( ) Blind( )

Sex: M( ) F( )

T-shirt size: S( ) M( ) L( ) XL( ) XXL( ) XXXL( )

Entry Fee:

Amount:

(Entry fee includes 1 T-shirt and 1 banquet ticket)

Powerlifting: \$105 \_\_\_\_\_

Bench Press: \$105 \_\_\_\_\_

Both Events: \$130 \_\_\_\_\_

Drug Test Fee: \$20 (not optional) \_\_\_\$20\_\_\_

Extra Banquet Ticket: \$35 \_\_\_\_\_

Extra T-shirt: \$20 \_\_\_\_\_ (size: )

**Total enclosed:** \_\_\_\_\_

Make your cheque or money order payable to:

**Québec Powerlifting Federation**

Mail your entry form and payment to:

Janet Warne  
5320 Redmond  
St-Hubert, Qc  
J3Y 2C7

## Waiver

Upon entry in the 2010 CPU National Powerlifting and Bench Press Championships, 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 Québec Powerlifting Federation, the Hôtel Universel and all its employees, all organizers, volunteers and sponsors of this contest, from any and all actions, causes of actions, claims, injuries and demands which may arise in consequence of my participation in this contest.

Competitor's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian's signature: \_\_\_\_\_  
(if under the age of 18)

## Provincial Approval

**This form must be signed by your provincial president for you to be accepted as a competitor.**

Provincial President's signature: \_\_\_\_\_

If you have any questions, contact Louis Lévesque at 819-864-6810 or [louis.lvesque2@sympatico.ca](mailto:louis.lvesque2@sympatico.ca)

## Part 2 – Volunteer Information

**Please fill out this page and send it along with Part 1 of the Entry Form, This way, we can build a team of Volunteers that we know we can count on.**

**Note:** The Championships Organizing Committee cannot pull off 9 competitions in 4 days without help from Volunteers. We are calling on all of you who plan to attend the Championships to consider assisting us during your stay in Québec. Your efforts will be greatly appreciated... and perhaps rewarded!

**If you volunteer, your name will be entered in a draw at the Banquet for special prizes to recognize the importance of Volunteers in making these Championships a success!**

Name: \_\_\_\_\_ Home phone: \_\_\_\_\_

Email: \_\_\_\_\_

Cell phone or local number during your stay in Québec: \_\_\_\_\_

Will you be staying at the Hôtel Universel? Yes  No

**For each session, check which Volunteer activity you can take on:  
(Session times are given on page 2)**

<b>Session:</b>	<b>1 Apr.8 am</b>	<b>2 Apr.8 pm</b>	<b>3 Apr.9 am</b>	<b>4 Apr.9 pm</b>	<b>5 Apr.10 am</b>	<b>6 Apr.10 pm</b>	<b>7 Apr.11 am</b>	<b>8 Apr.11 am</b>	<b>9 Apr.11 pm</b>
<b>Spot/load</b>									
<b>Announcing</b>									
<b>Lifting order (attempt cards)</b>									
<b>Manual scorekeeping</b>									
<b>Computer scorekeeping</b>									
<b>Music control (ON/OFF)</b>									
<b>Timer control</b>									

**Thank you so much for your contribution!**

### Part 3 – Personal Questionnaire

**This part of the entry form is entirely optional. The information you give us may be used by the contest announcer when introducing you to the audience during your session. Please answer these questions only if you want to have this information known to the general public.**

Name: \_\_\_\_\_ Province: \_\_\_\_\_

How long have you been involved in powerlifting? \_\_\_\_\_

What is your favourite lift? \_\_\_\_\_

Best Competition Lifts: Squat \_\_\_\_\_ Bench Press \_\_\_\_\_ Deadlift \_\_\_\_\_  
Total \_\_\_\_\_

Who, or what, inspired you to start lifting and competing?

How many Canadian National Championships have you competed in, and what was your best finish?

What international competitions have you attended, as either lifter or coach?

What provincial, national or world records do you currently hold?

What do you feel is your biggest achievement related to powerlifting?

What are your goals related to powerlifting?

Do you have anyone you would like to thank in your powerlifting endeavours?

What is your occupation?

Is there any other information you would like to have announced?