



## The 2020 Canadian Masters Weightlifting Championships

May 23 & 24, 2020

Hosted by the Dakota Weightlifting Club

**Competition Venue:** North Star Fitness, 743 Lagimodière Blvd, Winnipeg, MB R2J 0T8

**Entry Fee: (CAD)** \$110, all entries are non-refundable, payable by eTransfer. Email completed entry form and submit eTransfer to daunalee@hotmail.com, use password canadianmasters for the eTransfer.

**Banquet tickets: (CAD)** \$30, to be held May 23, 2020 at the venue.

**Event T-shirt: (CAD)** \$30, available for pre-order and will be available for pick-up at the event.

**Entry Deadline:** May 1, 2020. No late entries will be accepted. Email completed entry form and submit eTransfer to daunalee@hotmail.com, use password canadianmasters for the eTransfer.

**Eligibility:** This competition is open to members in good standing with the CMWFHC. Members in good standing with USA Masters are invited to compete as guest lifters. A maximum of 120 lifters will be accepted.

**Events:** Men and women in all masters classes will be included. Awards will be presented to the top 3 lifters per class as well as the best overall male & female lifters. Schedule to be determined based upon entries. The start list & session times will be posted on the CMWFHC website.

**Competition Director:** Craig Gilbert [craiggilbert001@gmail.com](mailto:craiggilbert001@gmail.com)

**Sanction:** CMWFHC

**Competition Rules and Regulations:** The most recent IWF Rule Book and IWF Masters Rule Book will govern the competition. All coaches participating in the 2020 Canadian Masters Weightlifting Championships (including the warm-up and training areas) must be members in good standing with their respective provincial/territorial organizations. A minimum coaching certification of NCCP Competition Introduction (formerly Level 1) is encouraged but not required. The contest will be subject to doping control. The Canadian Centre for Ethics in Sport (CCES) will perform the tests at their prerogative. Lifting Suits will be mandatory at this competition.

### Payment Information

Registration package  Entry fee only (\$110)

(choose one):  Entry fee + T-shirt (\$140)

Entry fee + Banquet (\$140)

Entry fee + T-shirt + Banquet (\$155)

Event T-shirts\*:  x \$30

Banquet tickets:  x \$30

\*Please specify T-shirt sizes:

**Total =**

## Athlete Information

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Email: \_\_\_\_\_  
Club: \_\_\_\_\_  
Coach: \_\_\_\_\_

USAW Masters membership number (if applicable): \_\_\_\_\_

Male:  Female:  Weight class: \_\_\_\_\_

Year of Birth: \_\_\_\_\_ Age class: \_\_\_\_\_

As per the CMWFHC, a qualifying total is required in order to compete at the Canadian Masters Weightlifting Championships.

Qualifying total: . \_\_\_\_\_ Date: \_\_\_\_\_

Location: \_\_\_\_\_

## Volunteering

Our sport is self-funded and organized, and is only made possible through the generous donation of time by volunteers. Please consider volunteering to help contribute to the success and growth of our sport!

We will contact you to arrange for times which do not interfere with your sessions. Loaders will receive a free event t-shirt, officials will receive a free banquet ticket.

I am able to volunteer (check all that apply):

Loader  Official: Level IV  Level III  Level II  Level I

T-shirt size: \_\_\_\_\_

I am unable to volunteer

### CMWFHC Anti-Doping Policy

I have reviewed the anti-doping information and education material and completed the required modules as provided through the CMWFHC. I agree with and subscribe to the CMWFHC anti-doping policy.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Waiver and Release of Liability

In consideration of entering and participating in the 2020 Canadian Masters Weightlifting Championships (the "Competition") hosted by Dakota Weightlifting Club (the "Organizer"), and any and all activities related to the Competition, the undersigned acknowledges and agrees that:

- The risk of injury from the activities involved in the Competition is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, coaching and personal discipline may reduce this risk, the risk of serious injury exists. My participation in this activity is purely voluntary and I elect to participate in spite of the risks. If I require medical assistance, I acknowledge that the expenses for such medical assistance shall be at my own expense or the expense of my personal insurer(s). I UNDERSTAND AND AGREE THAT THE ORGANIZER WILL NOT PAY FOR ANY COST OR EXPENSE INCURRED BY ME IF I AM INJURED.
- I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and I assume full responsibility for my participation. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such hazard immediately to the attention of the hosting club, the CMWFHC and/or its officials immediately.
- I, FOR MYSELF AND ON BEHALF OF MY HEIRS, ASSIGNS, PERSONAL REPRESENTATIVES AND NEXT OF KIN, HEREBY RELEASE AND HOLD HARMLESS THE ORGANIZER AND THE CMWFHC, INCLUDING THEIR RESPECTIVE OFFICERS, DIRECTORS, OFFICIALS, AGENTS AND/OR EMPLOYEES, OTHER PARTICIPANTS, SPONSORING AGENCIES, ADVERTISERS, AND, IF APPLICABLE, OWNERS AND LESSORS OF PREMISES USED TO HOST TRAINING OR CONDUCT THE EVENT ("RELEASEES"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, OR LOSS OR DAMAGE TO PERSON OR PROPERTY, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.
- I further grant the Organizers the right without reservation or limitation, to photograph, videotape, and/or record me and to use my name, face, likeness, voice and appearance in connection with publicity, advertising and promotional materials.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_