



## 2019 Shellshock IV Powerlifting Meet

Name: \_\_\_\_\_ Email: \_\_\_\_\_  
Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Province: \_\_\_\_\_  
Postal/Zip: \_\_\_\_\_ Country: \_\_\_\_\_  
Phone: \_\_\_\_\_

Weight Class:      Male    56    60    67.5    75    82.5    90    100    110    125    140    140+  
                         Female    44    48    52    56    60    67.5    75    82.5    90    110    110+

Division:                      13-15    16-17    18-19    Junior    Open    Submaster    40-44    Military  
   45-49    50-45    55-59    60-64    65-69    70-74    80-84    85-90

### Competition:

Equipped Powerlifting                      Raw Powerlifting                       GPC Membership \$45  
Equipped Bench only                      Raw Bench only                       Late Entry \$50  
Equipped Deadlift only                      Raw Deadlift only  
Equipped Squat only                      Raw Squat only                      T-Shirt Size: \_\_\_\_\_

\*\*\*First Event \$125 (Includes T-shirt)

\*\*\*Second Event \$25

Amount Enclosed: \_\_\_\_\_

GPC membership cards are \$45 for all Canadian lifters DUE ANNUALLY (calendar year)

GPC card #: \_\_\_\_\_ If you require a membership contact michellesenger@hotmail.com

All lifters must be in good standing with their countries GPC affiliate.

**All entries including monies must be in by October 21, 2019**

**LATE ENTRY CHARGES -- INCLUDE \$50 ADMINISTRATION FEE, NO EXCEPTIONS!**

**RELEASE FROM LIABILITY:** In consideration of the acceptance of my entry form in this powerlifting competition, I intend to be legally bound for not only myself, but also for my heirs, executors, and administrators. In signing this release from liability, I waive and release any and all rights or claims for damages I may have against Misfit S&P or Global Powerlifting Committee Canada

Signature: \_\_\_\_\_  
Date: \_\_\_\_\_  
Parent/guardian: \_\_\_\_\_  
(if under 18 years of age)