

2019 South Sask Push Pull

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 Push Pull Raw Push Pull GPC Membership \$45
Equipped Bench Only Raw Bench Only
Equipped Deadlift Only Raw Deadlift Only Late Entry \$50

***First Event \$100

***Second Event \$25

Amount Enclosed: _____

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

GPC #: _____ If you require a GPC 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 August 5, 2019

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

Signature: _____

Date: _____

Parent/guardian: _____

(if under 18 years of age)

PLEASE MAKE ALL CHEQUES PAYABLE TO: South Sask Powerlifters

Or email money transfer to: gpccanadapowerlifting@gmail.com

Completed forms go to: Lee Powell
182 Green Meadow Road
Regina, SK
S4V 0A8