



Date: Tuesday, April 10, 2012 to Saturday, April 14, 2012

Contest info: <http://www.cpunationals.ca>

Place: Delta Calgary South
135 Southland Drive SE
Calgary, Alberta, T2J 5X5
GPS Coordinates: N: 50.96452873 W: -114.0687704

Phone: 403-278-5050 Reservations: 1-877-278-5050

Venue: The Nakiska ballroom, in the Delta Hotel's attached Atrium building.

Hotel Bookings

A special rate of \$119 is being offered, normal rates are \$170+. **Rooms must be booked by March 9 to get this rate.**

Call in-house Reservations at 1-877-278-5050 **before March 9**. Please identify yourself as being with the **Canadian Powerlifting Union Nationals** in order to qualify for the special group rate.

Online Booking can be done at this link: <http://www.deltacalgarysouth.com/cpu22>

About the Delta

Located in the heart of the Macleod Trail Business and Entertainment district, on the south side of Calgary, we are within walking distance to great restaurants, shopping, and entertainment and parking is complimentary. Wal-Mart and Safeway are conveniently located across the street from the hotel.

In addition to our three on-site dining facilities including a restaurant, lounge, and pub, we have two swimming pools and a well-equipped fitness centre open from 5:00am-11:00pm.

All rooms have recently been renovated to include 37" flat screen TVs, new queen size beds, fully remodeled bathrooms along with various other upgraded amenities.

Every room is conveniently equipped with a **fridge and microwave**, coffee maker, iron & board, and bathrobe and wireless high-speed Internet access is complimentary.

Hotel check-in desk is in the main tower.

Calgary Map:

Hotel/Venue is the circled area, bottom.

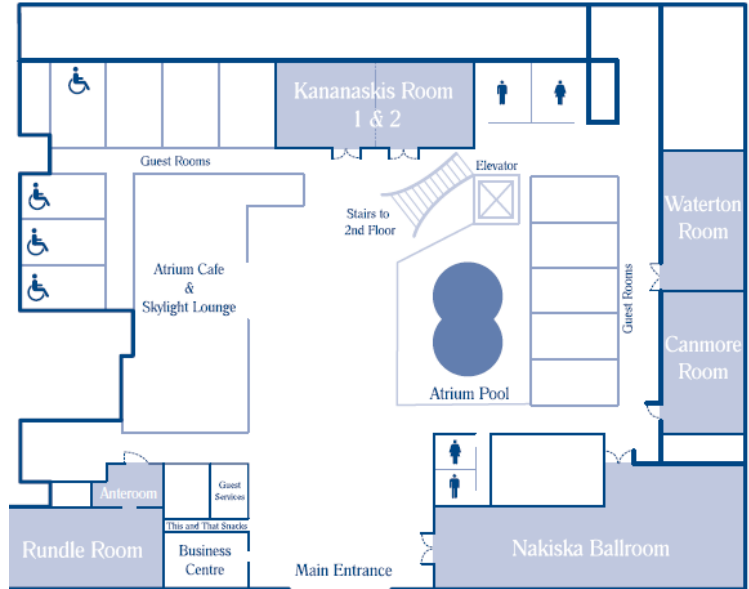


Delta Hotel Atrium floor plan

Venue: Nakiska Ballroom

Warmups: Waterton and Canmore rooms

AGM and Volunteers: Kananaskis room.



Parking area (more to the east side)

Southland Drive

← Eastbound

Westbound →

How to get there:

By Air

If you are travelling by plane, book your flight to Calgary Airport (YYC):

Website: <http://www.calgaryairport.com> All airlines offer numerous flights to Calgary every day. Take a taxi to the Hotel, about a 20 minute cab ride.



By Car

If coming in by car from east or west travel on Highway 1 (16th Ave N in Calgary) to Deerfoot Trail (Deerfoot is also Highway 2, coming south from Edmonton). Go south on Deerfoot to Southland Drive, and west on Southland Dr. Watch for the Delta on the left, as you approach Macleod Trail.



Travel Discounts

Ontario's Lisa Nigh has worked out a 10% discount on travel with Westjet, please review the letter from Westjet for details at http://www.cpunationals.ca/westjet_discount.pdf.

Schedule of Events:

With the inclusion of Classic Powerlifting and Bench Press, the number of competitors in each division is difficult to estimate. Total is anticipated at around 250.

This schedule is therefore **TENTATIVE!** Final groupings will be determined after the entry deadline, Feb 29, watch the event Website and Facebook page for final details.

Monday April 9

CPU Annual Meeting, 1:00 pm, Kananaskis 2 room

Tuesday April 10

7 am	Weigh-in, 9 AM lifting	Classic Bench Press, all lifters.
11am	Weigh-in, 1 PM lifting	Classic Powerlifting, all women, men up to 59 kg
3 pm	Weigh-in, 5 pm lifting	Classic Powerlifting, men, 66, 74.

Wednesday April 11

7 am	Weigh-in, 9 AM lifting	Classic Powerlifting, men, 83, 93
11am	Weigh-in, 1 PM lifting	Classic Powerlifting, men, 105, 120
3 pm	Weigh-in, 5 pm lifting	Classic Powerlifting, men, 120+

Thursday April 12

7 am	Weigh-in, 9 AM lifting	Equipped Bench Press, all lifters.
11am	Weigh-in, 1 PM lifting	Equipped Powerlifting, all women
3 pm	Weigh-in, 5 pm lifting	Equipped Powerlifting, men, up to 66 kg

Friday April 13

7 am	Weigh-in, 9 AM lifting	Equipped Powerlifting, men, 74 kg, 83 kg
11am	Weigh-in, 1 PM lifting	Equipped Powerlifting, men, 93 kg
3 pm	Weigh-in, 5 pm lifting	Equipped Powerlifting, men, 105 kg

Saturday April 14

7 am	Weigh-in, 9 AM lifting	Equipped Powerlifting, men, 120 kg
11am	Weigh-in, 1 PM lifting	Equipped Powerlifting, men 120 + kg

Note: Lifters of the various age categories will lift together, grouped by weight classes for purposes of scheduling only. Awards will be presented for all age groups separately, not as combined groups. Class awards presented following each session, Best Lifter and other awards at the banquet.

'Classic' - defined

Classic or unequipped lifting will follow IPF rules for regulation non-supportive singlets and shirts, belt, wrist-wraps, knee-sleeves, shoes/socks and undergarments.

Reception & Banquet:

Saturday evening, in the Delta's Bonavista Ballroom, located in the main hotel tower, lower level. Take the stairs next to the reception desk.

Doors open at 6:30 pm, banquet buffet at 7:30 pm, awards presentations to follow.

Part 1: Competitor Information, Waiver and Provincial Approval

- ✓ **Contest entry closes February 29, 2012.** NO LATE ENTRIES WILL BE ACCEPTED.
- ✓ A cheque must included (or Paypal, see below). NO POST-DATED CHEQUES & NO REFUNDS AFTER THE DEADLINE
- ✓ You or your parent/guardian (if under the age of 18) must sign the Waiver below.
- ✓ Your Provincial President must also sign below to approve your participation at the Championships.
- ✓ Send in **Part 1** (this page), **Part 2** (your Volunteer info), and optionally **Part 3** (the Personal Questionnaire)

Please Print Clearly

Name: _____ Date of Birth: _____ Sex (M/F) _____

Address: _____ City: _____

Province: _____ Postal Code: _____ Age on Competition Date: _____

Phone: _____ Email: _____

Weight Class: _____ (changes okay at the meet) CPU Number: _____ Qualifying Total/Lift: _____

Age Class: SJ () Jun () Open () M1 () M2 () M3 () M4 () Blind ()

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

Which Event(s) are you entering:

Classic Bench Press () Classic Powerlifting () Equipped Bench Press () Equipped Powerlifting ()

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

First event:	\$120	_____
Each extra event:	\$25	_____
Drug Test Fee:	\$20 (not optional)	___\$20__
Extra Banquet Ticket:	\$50 (this is below cost)	_____
Extra T-shirt:	\$20 (on sale at the venue also)	_____ (size: _____)

Total enclosed: _____

PayPal: To pay via Paypal, send the above amount to mike@powerlifting.ca

What email address will be used, if different from your own _____

Closing Banquet

Will you be attending the banquet on Saturday evening? **Yes** () **No** () Tickets will go to volunteers if not needed.

Hotel:

Will you be staying at the Delta Calgary South? **Yes** () **No** () If so, which nights? _____

Note: you must still book your room as on page one, this is only for advance notice to the hotel of rooms to save.

Waiver: Upon entry in the 2012 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 Alberta Powerlifting Union, the Delta Calgary South 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: _____ Date: _____

**Make your cheque or money order payable to:
2012 CPU Nationals**

For questions, contact the meet director, Mike Armstrong at 403-519-9511 or mike@powerlifting.ca

Mail your entry form and payment to:

Mike Armstrong
4709 Fordham Cres. SE
Calgary, AB, T2A 2A5

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 Organizers cannot pull off an event of this scope 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 Calgary. 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 Calgary: _____

Will you be staying at the Delta Hotel? Yes () No ()

For each session, check which Volunteer activity you can take on:

	Door / T-shirt Sales	Spot/load	Announcing	Lifting Order - attempt cards	Computer Scorekeeping	Music Control (ON/OFF)	Timer Control
Session 1: April 10 – 9am							
Session 2: April 10 - 1pm							
Session 3: April 10 - 5pm							
Session 4: April 11 - 9am							
Session 5: April 11 - 1pm							
Session 6: April 11 - 5pm							
Session 7: April 12 – 9am							
Session 8: April 12 – 1pm							
Session 9: April 12 - 5pm							
Session 10: April 13 – 9am							
Session 11: April 13 - 1pm							
Session 12: April 13 - 5pm							
Session 13: April 14 – 9am							
Session 14: April 14 - 1pm							

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: _____

What is your occupation? _____

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?

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