



**Canadian
Powerlifting
Union**

Classification Awards Program Badge Application

For Ontario Powerlifting Association Members

Member Information:

Name: _____

Address: _____

Province: _____ Postal Code: _____

CPU#: _____ Date of Birth: _____ M F

Send Application to:

Connor Sheehan

18 Newbury Ave, Ottawa ON, K2E 6K8

Contest Information:

Name of Meet: _____ Date: _____

Place of Meet: _____ Club Represented: _____

Weight Class: _____ kg Actual Weight: _____ kg Actual Total: _____ kg

Badge Applied for:

Elite Master Class I Class II Class III Class IV

Lifter's Signature: _____ Date: _____

Classification Awards Program

Purpose of the Classification Awards Program:

1. To give meet promoters some guidelines for qualifying totals when setting up local, provincial and national contests. There can be for example, specific contests for Class IV, Class III and/or Class II, etc.
2. To provide an incentive program for novice lifters.
3. To provide recognition to those who have achieved status in their sport.
4. The classification totals will be subject to alteration in time. Recognition will be in the form of a coloured patch designating the level of proficiency the athlete has attained.

CLASSIFICATION TOTALS: MEN												
Wt Class	52kg	56	60	67.5	75	82.5	90	100	110	125	125+	Badge Colours
Elite	482.5	525.0	565.0	632.5	692.5	745.0	785.0	827.5	857.5	882.5	917.5	Black & Red
Master	445.0	482.5	520.0	580.0	635.0	682.5	722.5	760.0	787.5	810.0	842.5	Red & White
Class I	400.0	432.5	465.0	522.5	570.0	612.5	645.0	682.5	705.0	725.0	757.5	Blue & White
Class 11	352.5	380.0	410.0	457.5	500.0	540.0	570.0	600.0	620.0	640.0	667.5	Green & White
Class 111	305.0	332.5	357.5	402.5	437.5	470.0	497.5	525.0	542.5	557.5	580.0	Orange & White
Class IV	267.5	290.0	312.5	350.0	380.0	410.0	432.5	455.0	475.0	487.5	507.5	Yellow & White
CLASSIFICATION TOTALS: WOMEN												
Wt Class	44kg	48	52	56	60	67.5	75	82.5	90	90+	Badge Colours	
Elite	290.0	310.0	332.5	355.0	375.0	412.5	445.0	477.5	512.5	540.0	Black & Red	
Master	262.5	282.5	302.5	322.5	340.0	375.0	405.0	435.0	465.0	490.0	Red & White	
Class I	235.0	255.0	272.5	290.0	305.0	337.5	365.0	392.5	417.5	440.0	Blue & White	
Class 11	210.0	225.0	242.5	257.5	272.5	300.0	325.0	347.5	372.5	392.5	Green & White	
Class 111	182.5	197.5	212.5	225.0	237.5	262.5	282.5	305.0	325.0	342.5	Orange & White	
Class IV	157.5	170.0	182.5	192.5	205.0	225.0	242.5	260.0	280.0	295.0	Yellow & White	

Qualifying Totals		Women Provincial			Men Provincial			Women National			Men National	
Senior		Class III			Class I			Class III			Class I	
Master 1 (40 - 49)		Class III			Class 11			Class III			Class II	
Master 11 (50+)		Previous Experience			Class III			Previous Experience			Class III	
Master III (60+)		Previous Experience			Previous Experience			Previous Experience			Previous Experience	
Junior		Class III			Class III			Class III			Class III	
Intermediates		(Not Applicable)			(Class 111+4%)<Class I			(Not Applicable)			(Not Applicable)	
Bench Press Qualifying Totals												
Weight Class	52	56	60	67.5	75	82.5	90	100	110	125	125+	
Men	80.0	87.5	95.0	105.0	115.0	125.0	130.0	137.5	142.5	147.5	152.5	
Weight Class	44	48	52	56	60	67.5	75	82.5	90	90+		
Women	40.0	42.5	47.5	50.0	52.5	57.5	62.5	67.5	72.5	75.0		