



1100PA111



Ontario Powerlifting News
June 2011, Volume 62, Issue 2

Official Newsletter of the Ontario Powerlifting Association
www.ontariopowerlifting.org



National Championships— Chad Farquhar

- photo: Mimi McRae

Presidents Report

- Glyn Moore

Record Application Changes

At the AGM at the Nationals, the record application process and deadlines were changed. The new processes for Ontario lifters are as follows:

1. If you've set a national record

You must register for BOTH the national and provincial record. The deadline for the national record is 7 days after the end of the contest in which the record was set (apply online or postmarked if mailed). The deadline for the provincial record is 21 days (apply online or postmarked if mailed). The fee gets paid ONLY to the CPU for the national record (do not send money to the OPA Registrar). For the lifters' convenience, the CPU now allows payment through Pay Pal on their site.

2. If you've set a provincial record

You must register the provincial record with the OPA within 21 days of the end of the contest in which the record was set. This can be done online, or through the mail. The fee gets paid to the OPA Registrar (NOT the OPA Records Chairperson).

Remember, if you do not apply for the Provincial Record separately then your time will expire and you will LOSE the record. If the OPA Records Chairperson is not made aware of your record then he cannot know that a record has been set.

National Entry Form changes

All National entry forms, completed with the Provincial President's signature must be sent 42 days prior to a National competition.

Meet Directors needed for:

- Ontario Men Intermediates
- Ontario Bench Press Championships
- Ontario Championship Weekend 2012
- Ontario Classic Powerlifting Championships.

Over 20 powerlifting clubs are registered in Ontario yet only 4 are now actively involved with running contests.

Passing of 2 former OPA members

Unfortunately we have lost two former OPA members recently. Bud Moreau was a very good lifter from the seventies and was the first CPU member to receive a medal at the Open Worlds. I had the pleasure in my early years in this sport of receiving some guidance and humour from Bud down at the infamous Buds Gym in Niagara Falls. Secondly we have lost a former OPA President Paul Summers. Paul was a driving force behind the Golden Triangle Club. Unfortunately his health had declined in recent years and was unable to continue competing. I remember him as a very intense competitor and he coached me at the Nationals in 1993 in Edmonton because I had no one to help me as Paul was just that kind of guy. Both these lifters will be missed in the OPA and our condolences go out to their families.

Toronto Invitational

This is an excellent opportunity to expose our sport to thousands of people. This contest is an Ontario Powerlifting Contest and not run by any specific Club. I am asking for volunteers on Friday and Saturday to help out with spotting and loading, the head table and set up and tear down. This is based on the very popular Arnold Classic and our competition will run next to Olympic lifting. Please contact me, Bill Jamison or Mike Knott if you are able to help the OPA run this contest.

OPA Newsletter and the future

Submitted By: Ulrike Kruger

With Julie Watkin taking over the newsletter and website, I think that the OPA will move to the next level in the area of information effectiveness and timely communications. I have been newsletter editor, off and on

since 1993, so it is time that someone else breath in some new life and fresh ideas. Members should consider that many organizations are moving away from paper newsletters altogether, and that we should embrace the opportunities that online tools can provide us.

Good luck Julie (and Maggie Rafferty who will be working with Julie) on your new venture!

Table of Contents

<i>Calendar</i>	4
<i>Profiles</i>	5
<i>Upcoming Contest Details</i>	
<i>Toronto Invitational</i>	10
<i>UTM Contests</i>	8
<i>Niagara Open</i>	8
<i>Belle River</i>	8
<i>Ottawa Open</i>	9
<i>Niagara Open</i>	9
<i>Results</i>	8
<i>OPA Records</i>	12
<i>Forms</i>	
<i>Record Application</i>	21
<i>Contest Entry</i>	20
<i>Membership</i>	19
<i>OPA Directory</i>	24

Ontario Powerlifting News

Ontario Powerlifting News is published several times per year. The Newsletter is included in the Ontario Powerlifting Association membership. Submissions are welcome from all members.

Editor: Ulrike Kruger

Contributors: Glyn Moore, Marlene Moore, Mimi McRae, Dave Hoffman, Mike Knott, Julie Watkin, Jerry Shaver

Photo Front Cover: Mimi McRae

Advertising: 1 page - \$75, ½ page - \$50, ¼ page - \$25, Business Card - \$10

Newsletter Deadline:

Oct 30, 2011

Submissions:

J.Watkin@cogeco.ca

Website Rejuvenation

Submitted By: Julie Watkin

March 5th of this year saw the update and revitalization of the OPA website. With the new look is the hope that the website will become a central repository for all current and past information pertaining to the Ontario Provincial Association as well as a reliable resource for information relevant to powerlifting in Ontario.

There was already a wealth of information available and the site just needed a bit of reorganization to make it clear where it could be found. With that done, we plan to keep all records and events of note up to date.

Because the internet is a medium of immediacy, we should do everything we can to keep our site fresh with new, pertinent information flowing in. One of our hopes is that if there is anything that is of interest or impacts our sport, that this information is passed on so that we can post an update or a link. Additionally, we have approximately 250 members, most of whom have interesting stories related to powerlifting or the beginning of their involvement with the sport. We'd like to hear more of them. It's often forgotten what a rich resource we have in our own people.

If there is anything you would like to contribute, please email it to Julie Watkin at j_watkin@cogeco.ca. If there are any links or forms that aren't working, let us know and we will fix them immediately. If you would prefer to receive your copy of this newsletter electronically and assist us in our effort to save paper, subscribe on the home page of the site: Ontariopowerlifting.org.

It only takes one person to make the changes to the site, but to be the resource it should be, requires input from all of us.

Referee Report

Submitted By: Michael Knott

The year has started off well. I would like to congratulate Stan Goss for passing his National Referee's Test. I have had quite a few requests to take the referee's exam. I am in the process of re-writing the exam to match the new rules and plan to have it ready for the meet in Belle River for those that have asked to write there. The process for becoming referees in Ontario can be found in the OPA Constitution under Article XX - Provincial Referees.

With all the new weight classes, there will be many requests for National Records. I must remind everyone that when lifting at any open competition in the OPA Constitution Article XIX – Provincial Records, Paragraph 2, there is no guarantee the proper referees will be available when requested. As Refereeing is a volunteer job that generally cost the referees to attend some meets, it may be hard to get the required referees at all meets. I try my best but sometimes it can be difficult.

Paul Summers 1949-2011

Submitted By: Dave Hoffman

It certainly was nice to see the tributes by some of the OPA elite on the CPU website after Paul's passing on May 6. He was definitely someone who inspired me when I joined the Golden Triangle Powerlifting Club in late 1982.

Paul alongside with brother-in-law, Larry Kuhn were probably the first men from our area to compete in the OPA when they lifted at the Ontario Championships in London in 1974 representing the Waterloo YMCA. The following year, they again both lifted in the first Ontario Intermediate Championships in May in Orillia. Paul lifted in the Intermediate Championships at least 10 times until his last meet in 1995 at the Intermediate Championships after which health issues kept him off the platform.

Along the way, he lifted for 5 consecutive years in the Great Lakes Open in London starting in 1981, the Hamilton Open in 1983, 1989, 1990 and 1991, and the Canadian Masters from 1990 to 1994. He lifted in many other contests and probably a few that I do not have the results for. It was always a pleasure to be on the same team with Paul at a meet. In the early years, Paul, Larry and others travelled to Brantford to be part of the club in that city.

In 1982, Paul, Larry, Bob Wilson and Lynton Lam formed the Golden Triangle Powerlifting Club. That year in April, they held a novice competition and one of the competitors was Stan Goss. Steve Chomitz joined the club in May. Paul was a lifter, coach, friend, volunteer, mentor and always fun to be around. At the provincial level, Paul was a Regional Chairperson, Referee Chairperson and finally the OPA president from Mar 23, 1991 to Apr 6, 1995. He was presented with the OPA's highest award – the OPA Recognition Award for the year 1994.

Paul's home was always open for meetings, equipment storage, and social gatherings. Always up for something a little different, training or otherwise, Paul travelled to Kingston Pen in 1987 with Ken Lam and Al Dorsey to put on a seminar for the powerlifting club there when they used to be a registered club with the OPA. Paul ran a gym for a number of years in Kitchener, and it was our club's refuge. Just the basics, lots of steel, chalk dust, yell, scream, whatever.

Paul was probably one of the first powerlifters to operate a business which catered to our equipment needs called the Powerlifting Supply House. He shipped things all over Canada. If you have some old newsletters, you would probably see his advertisement. After Paul retired from lifting, he was always there to help at meets and came to most of our formal meetings, a member always to the club he helped start. If he hadn't had to stop competing due to health issues, I'm convinced he would still have been lifting in 2011. We will miss him. If there is a picture out there of the OPA's greatest assets, Paul would be in it. Happy trails 'til we meet again.

Club Update: Golden Triangle

Submitted By: Dave Hoffman

The Golden Triangle Powerlifting Club is alive and well in 2011. We just held our eighth annual regional high school meet on April 9 with 52 competitors. In our first year we had nine athletes from one school. This year we had lifters from nine schools and had to limit the number of athletes to seven from a number of schools to keep it manageable. Thirteen lifters will be moving on to the Provincial meet in Hamilton on May 6. The high school program is getting stronger and we are proud to have been involved since the beginning. Next year we will be adding a team from the North Bay area to go along with the four regional meets we have at present. We look forward to seeing the program grow in future years. We had three lifters compete in Charlottetown with Steve Chomitz winning gold and moving on to the World Masters in St. Catharines later this year. John McKittrick won silver and Brandon Ward took bronze in the biggest class at this years CPU championships. We are the longest continually registered club in the OPA due to the failure of an unmentioned club to register one year and look forward to our 30th anniversary in 2012. Two of the clubs original members, Paul Summers and Bob Wilson are still with us in 2011.

Unfortunately, after the completion of the update above, I learned that that Paul Summers had passed away as a result of a motorcycle accident. I was proud to call him my friend. He was the driving force behind our club for many years. Despite some issues that took away his ability to continue lifting he was always there to help at meets and came to our formal meetings. Sincere condolences to his family from the Golden Triangle family.

Club Update: Niagara Powerlifting

Submitted By: Glyn Moore

The Niagara Club is busy preparing things to host the World Masters starting on September 26. My wife Marlene is the organising force and hopefully we will run a World Championships that both Canada and Ontario will be proud of.

I feel very proud to inform you that Niagara sent 10 lifters to the Nationals in PEI and now have 10 lifters planning on competing at the World Opens, World Juniors or the World Masters; quite an achievement for one club.



Referees Needed!!!

The Ontario Powerlifting Association needs referees.

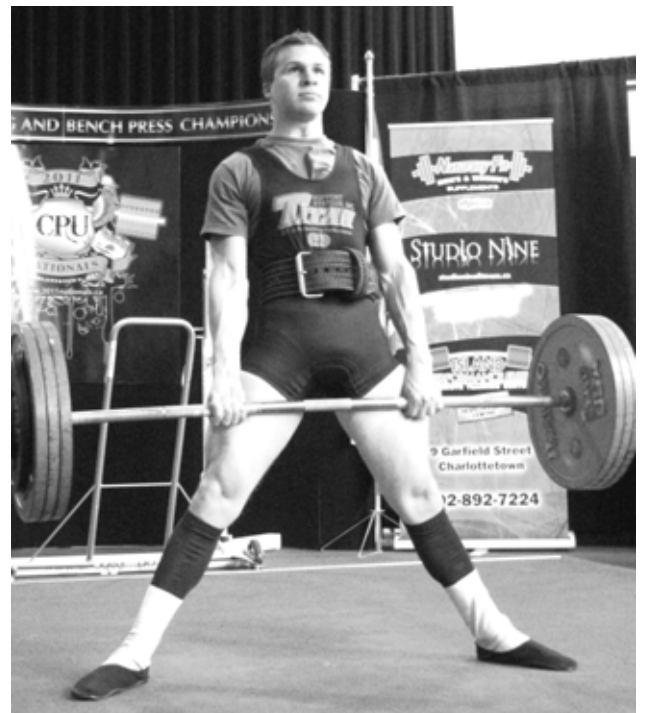
Contact the Referee Chairperson:

Michael Knott (519) 317-6078

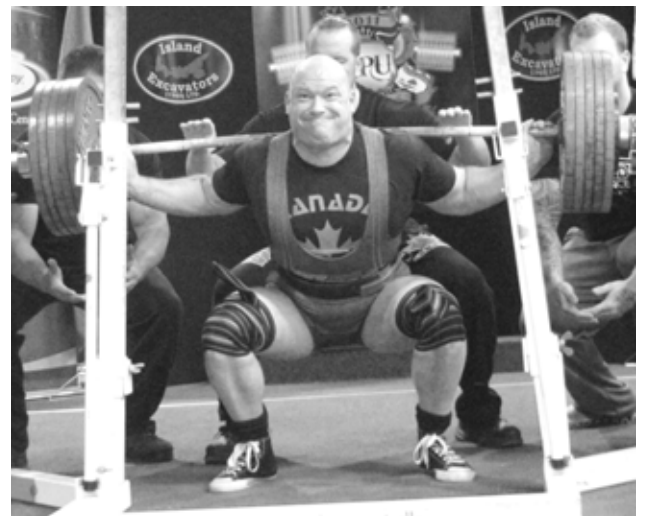
Email: Mike_Knott@bell.net

OPA Calendar

Date	Event
Jun 17/18	Toronto Invitational – Classic & Equipped
Jun 25	UTM, Special Athletes and 3-lift and Classic and Equipped
Jul 16	5 th Annual Ottawa Open 3-lift & Bench Only
Oct 22	9 th Annual Niagara Open
Nov 12	Bell River Open / Bench Only



Justin Van Schyndel



Mark Giffen

Registration

- Marlene Moore

Once again, it has been a busy year in the membership department. After a slow start to the year, we are now at 195 memberships and 18 Clubs registered. We have many new lifters in this total and you can see the breakdown in a chart later in this issue.

I would like to thank Julie Watkin for taking on the task of web site and newsletter editor. Some of this position is still in transition but the web site looks fantastic. It is always fresh and new and has already attracted many new lifters. Also thanks to Maggie Rafferty as she will be taking on the task of gathering information and content for the website and newsletter by the next issue. I am very grateful to her for stepping up and helping out a great association, the OPA. Without people like Julie and Maggie, the OPA would slowly fade away. So I am asking all members to think about what you can do to help out to keep things going, in all positions and areas.

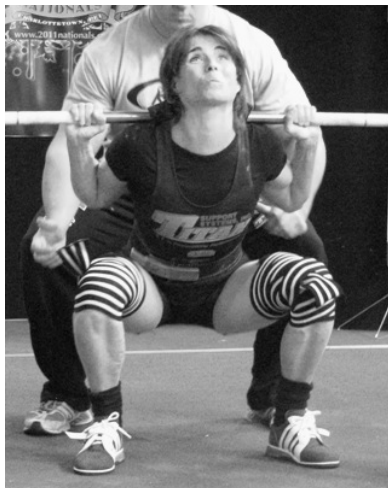
I would like to point out to anyone who thinks they are a member of a club. When you send in your registration, and there is no indication that you are affiliated with a club, then you stay "unattached" until such time I receive by e-mail or written letter that you are indeed a member of "whatever" Club. This will affect team trophies at contest. So I would like all heads of each club that is registered at this point, to send me a list of their members, or who they think are members, and contact your people to ensure that they have indicated this on their membership. There are 4 contests coming up in the next 2 months, and there are team trophies to be given out.

I will be away from May 25 to June 2. No cards will be issued until they week of June 6. If you are in the Belle River contest I must receive your application by Friday May 20. NO EXCEPTIONS. You will not be able to lift at ANY contest without a card.

Profile: Jayne Major

- Jerry Shaver

An act of God may have been responsible for Jayne Major's devotion to a sport that she had never given a second thought to. When returning home in the spring of 2009 from her son's hockey tournament her van was struck by lightning thereby destroying the



electrical system including the computer. Perhaps, through the grace of God, Jayne walked away from the accident with only back spasms and a new vehicle.

The resulting back spasms led Jayne to the gym in the hope of gaining some advice on rehabilitating her back. Paul Vaillancourt, a two time Ontario Strongman, who owns and operates Ultimate Fitness in Arnprior and Renfrew, along with his wife Sarah Leighton (Canadian Champion), welcomed Jayne to the club and provided knowledgeable insight as well as an appropriate conditioning program.

After a period of time the back spasms were alleviated and Jayne watched intensely as Paul instructed his students in the components of powerlifting. The execution of the lifts, the dedication of the group, and above all else the support and camaraderie of the individuals intrigued her to no end.

Paul was about to host a push/pull competition and Jayne was about to take a significant turn on the road of life. She was captivated by this sport, the supportive people involved and the sense of well being of the participants.

In no time at all this forty-six year old mother of two teenage boys (Tommy and Timmy), began lifting with Tracey Alf. Shortly after, Hilda Siegel, Tania Leclerc and Shelley Colter joined the power lifting group. The training was anything but easy. However the girls were having fun with a common theme of encouraging one another.

Jayne soon realized when working with teammates that a level of productivity attained from the workout could be nothing but beneficial to all concerned.

Barry Antoniow, who was present at the Ultimate Fitness push/pull competition in June 2009 and witnessed Jayne's first competition win, encouraged Jayne to enter the July 2009 Ottawa Open. The resulting elevation of self worth along with a significant boost to her self-esteem secured Jayne's addiction to powerlifting.

At a July 2010 competition meet in Ottawa, Jayne met and received kind and supportive words from Trisha Boyle and her husband Mark.

The Nationals held in Charlottetown, P.E.I. this past March provided a chance encounter at the 7:00am weigh in with Grace Bartel, a very accomplished lifter in her own right. Grace's inspirational and morale boosting thoughts had a distinct effect on Jayne's most productive and successful day in her power lifting career, culminating in a squat of 115kg, a bench of 70kg, followed by a dead lift of 137.5kg for a combined 322.5kg all personal best records. A 405.64 wilks, a Masters total and a gold medal was the reward of a gruelling day of competition for this 52kg, Master 1 lifter.

Currently Jayne operates her own business as a painter and decorator while training for upcoming meets in Toronto and Ottawa. She hopes to ramp up her training schedule during the late summer months in anticipation of her initial appearance at the World's to be held in St. Catharines, Ontario, this September.

In retrospect Jayne attributes Paul and Sarah's motivational skills and down to earth coaching techniques that make strenuous training seem more like fun, to any success she has had in power lifting. Jayne also appreciates Tracey and Hilda's assistance at a number of meets, Hilda's knowledge of personal training and their loyalties have been most welcomed.

Special thanks are also in order for Sarah Leighton, Shane Church, Samuel Dube and Curd Hos for their helpful tips and overall support along the way.

2011 Canadian Nationals

- Julie Watkin

The 2011 National Championships were hosted in Charlottetown, PEI from March 28 to April 2. Meet director Tom Nicholls, deserves our thanks and appreciation for putting on such an outstanding event. Thanks also go to Heather Ayles, Competition Director; Jason Mosher, on-site event coordinator and Gineen Nicholls, the Hospitality Coordinator.

The facilities were superior. The availability of three warm up platforms eliminated much of the typical meet stress often involved in jockeying for time and space in the warm up room. In addition, having live feed in the warm up room let us keep current on what was occurring on the platform upstairs and allowed us better to time our preparation.

As is always the case, no event would run smoothly without the abundance of volunteers who gave their time and made themselves available to help the rest of us. Among the Ontario volunteers were: Mike Knott, Mark & Trisha Boyle, Ulrike Kruger, Robert Truchon, Walter Urban and Susan Thompson. In addition were the familiar faces in the referees' chairs of Mike Knott, Harnek Singh & Bill Jamison. Of special note is Stan Goss, OPA Vice-President who achieved his national level referee certification at the event.

Of the 164 three lift competitors Ontario fielded 49, 13 women and 36 men. Additionally, we had 12 bench only lifters of the 42 that lifted. Congratulations to the following individuals who won best lifter in their age class: Three Lift: Women's Master 50+: Carol Brady; Women's Open: Sarah Leighton; Men's Master 70+: Jack Taylor. Bench only: Women's Master 50+: Ellyne Dickson; Men's Junior: Justin Van Schyndel.

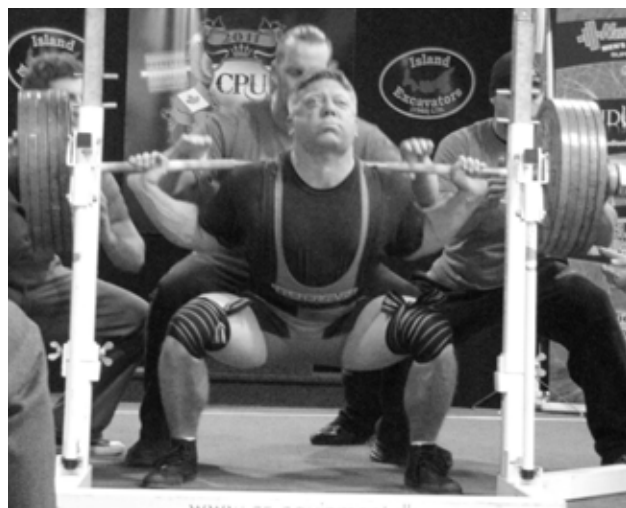
The Bill Jamison Award is considered the highest honour within the Canadian Powerlifting community. The award is presented to the CPU member who best demonstrates the qualities of "perseverance, sportsmanship and dedication to the sport of powerlifting". This year, the award went to OPA President, Glyn Moore. Glyn has more than amply demonstrated through the years how he encompasses all those qualities and is more than deserving of the recognition.

Because this was our first National Championship since the change over to the new weight classes there were numerous national records set. There were nine men and six women setting new records.

I hope all those who attended this event appreciated both the efforts put forth by all involved and the wonderful eastern hospitality of Charlottetown.



Andrew Cameron





Steve Chomitz



Steve Magistrale



Trish Boyle



Mary Ann Kaczor

Some Photos from the Nationals!

Southwest Regional High School

Apr 28, 2011

Div	Wt	Name	Club	BWT	Squat	BP	DL	Total	Wilks
F-O	52.0	Laura Jubenville	Til	50.0	52.50	27.5	70.0	150.0	192.690
F-O	57.0	Nikita Paulick	S.A.	55.0	30.00	0.0	0.0	0.0	0.000
F-O	63.0	Emily Kessler	Essex	60.0	95.00	52.5	125.0	272.5	303.810
F-O	84.0+	Brianna Quenneville	BR	87.5	100.0	67.5	85.0	252.5	220.836
M-O	59.0	Noel Tremblay	L'Essor	59.0	117.5	80.0	170.0	367.5	318.328
M-O	59.0	Chris Iannucci	BR	57.5	70.00	65.0	137.5	272.5	241.816
M-O	66.0	Marko Stipic	BR	65.0	72.50	82.5	142.5	297.5	236.572
M-O	66.0	Aiden McLinden	BR	65.0	77.50	70.0	115.0	262.5	208.740
M-O	74.0	Cody Lacroix	S.A.	71.0	117.5	0.0	0.0	0.0	0.000
M-O	83.0	Tyler Damphouse	BR	82.5	112.5	92.5	137.5	342.5	229.441
M-O	83.0	Kane Rubidge	BR	80.0	110.0	82.5	137.5	330.0	225.291
M-O	83.0	Nick Lajoie	BR	76.0	105.0	67.5	137.5	310.0	218.891
M-O	83.0	Michael Caza	BR	80.0	80.0	55.0	120.0	255.0	174.088
M-O	93.0	Said Zaarour	Essex	93.0	105.0	102.5	137.5	345.0	216.729
M-O	93.0	Brandon Semus	BR	90.0	65.0	67.5	125.0	257.5	164.388
M-O	105.0	Chris Slikboer	C.C.	102.5	155.0	125.0	220.0	500.0	301.400
M-O	105.0	Phil Tofflemire	Til	99.0	150.0	110.0	180.0	440.0	268.884
M-O	105.0	Nick Krstevski	BR	101.0	82.5	107.5	182.5	372.5	225.809
M-O	120.0	Jordan Robinet	BR	107.0	122.5	87.5	122.5	332.5	197.405

2011 Canadore College Classic Open

Jan 22, 2011

Div	Wt	Name	Club	BWT	Squat	Bench	DL	Total	Wilks
F-J	57	Leah Hardy	Canadore	54.7	75.0	37.5	102.5	215.0	257.7
F-J	63	Ashley Nicholson		61.1					384.1
F-J	84	Rachel Burk	Canadore	74.1	82.5	40.0	112.5	235.0	225.1
M-J	66	Andrew Uyeda		62.0	137.5	72.5	140.0	350.0	289.9
M-J	66	Cody Mathewson	Canadore	61.7	90.0	70.0	135.0	295.0	245.4
M-J	66	Codie Campell	Canadore	61.3	95.0	70.0	125.0	290.0	242.6
M-O	74	David Yake	Canadore	72.7	150.0	102.5	187.5	440.0	320.6
M-J	74	Chris Gowan	Canadore	67.0	87.5	65.0	145.0	297.5	230.8
M-J	83	Blaine LeBlond		76.8	192.5	135.0	217.5	545.0	382.1
M-O	83	Justin Hicks	Canadore	82.5	142.5	110.0	217.5	470.0	314.9
M-O	83	Debo Oladepo	Canadore	77.3	100.0	80.0	190.0	370.0	258.3
M-J	83	Daniel Hossack	Canadore	75.0	87.5	57.5	122.5	267.5	190.6
M-J	93	Corey Persic		83.1	65.0	90.0	237.5	492.5	328.5
M-J	93	Justin Lefebvre		89.3	62.5	97.5	210.0	470.0	301.2
M-J	93	Coulter Salvisbury	Canadore	90.0	45.0	100.0	205.0	450.0	287.3
M-J	93	Robert Brownrigg	Canadore	88.7	45.0	95.0	195.0	435.0	279.8
M-J	105	Tyler Wareham	Canadore	102.2	190.0	135.0	230.0	555.0	334.9
M-J	105	Adam Dziarnowski	Canadore	94.0	120.0	100.0	205.0	425.0	265.6
M-J	105	Kurtis Howe	Canadore	101.8	100.0	105.0	210.0	415.0	250.8
M-O	120	Rob Burton	Canadore	114.0	142.5	90.0	220.0	452.5	263.5

Belle River Open & Bench Only

Date: Nov 12, 2011
Location: Knights of Columbus Hall
 1303 County Road 22
 Emeryville On
Meet Director: Jerry Marentette
Cost: \$65 + \$5 drug fee
Payable to: Power Pit
Send to: Jerry Marentette
 1530 County Rd. 22
 Belle River ON N0R 1A0
 Phone: (519) 727-6096
Contact:
Entry Deadline: Nov 7, 2011
Weigh-in: 7:30 am
Contest Type: 3-lift open and Bench only

9th Annual Niagara Open

Date: Oct 22, 2011
Location: Quality Inn
 Ontario St, St Catharines, ON
Meet Director: Glyn Moore
Cost: \$65 + \$5 drug testing fee
Payable to: Niagara Powerlifting Club
Send to: Glyn Moore
 9 Old Oxford Rd
 St Catharines, ON L2M 2J7
Contact: Phone: (905) 646-8536
 Email: gmoore82@cogeco.ca
 www.niagarapowerlifting.org
Entry Deadline: Oct 8, 2011
Weigh-in: 7:00am Lifting: 9:00am
Contest Type: 3-lift open
 Capped at 36 lifters
NOTE: This contest is capped at 36 lifters

UTM Powerlifting – Special Athletes

Date: June 25, 2011 9:30 am
Location: Athletics Building UTM
 3389 Mississauga Rd. N.
 Mississauga, ON
Meet Director: Pascal Tyrrell
Cost: \$30
Payable to: UTM Athletics
Send to: UTM Athletics
 476 Candler Road
 Oakville On L6J 4X6
Contact: Pascal Tyrrell
 Phone: (905) 842-6701
 Email: pascal.tyrrell@gmail.com
 www.utm.utoronto.ca
Entry Deadline: June 18, 2011
Weigh-in: 7:30 am
Contest Type: Special Athletes

Ontario High School Championships

May 6, 2011

Div	Wt	Name	Club	BWT	Squat	Bench	DL	Total	Wilks
F-J	52	Yodit Tesfagiorgis	Resurrection	52	45	35	75	155	193.223
F-J	52	Laura Jubenville	Tilbury	50.6	47.5	30	75	152.5	194.133
F-J	57	Adisa Deliovsky	Westdale	56.4	70	40	92.5	202.5	236.945
F-J	57	Sharlene Amos	Resurrection	56.4	52.5	40	80	172.5	201.842
F-J	63	Emily Kessler	Essex	60.6	92.5	52.5	127.5	272.5	301.467
F-J	63	Cassidy Ross	Westdale	62.4	57.5	37.5	110	205	221.769
F-J	63	Emma Bluemke	Bluevale	59	60	42.5	100	202.5	228.724
F-J	72	Careena Browne	Westdale	72	92.5	55	150	297.5	290.360
F-J	72	Kayla Welch	St. Davids	68.2	77.5	42.5	125	245	248.210
F-J	84	Carissa Browne	Westdale	77.2	92.5	50	152.5	295	275.530
F-J	84	Shereese Simpson	Resurrection	73	57.5	52.5	120	230	222.456
F-J	84+	Jasmine Keats	Glenview Park	98.6	75	55	90	220	183.942
M-J	53	Tarek Attia	Sir John A Wat	53	87.5	85	137.5	310	298.251
M-J	53	Alen Chen	Bluevale	49.8	82.5	70	115	267.5	274.883
M-J	59	Michael Din	Sir John A Ham	58.4	127.5	82.5	140	350	306.075
M-J	59	Jeremy Crocker	Central Huron	56.8	95	70	142.5	307.5	276.104
M-J	66	Michael Tudose	Bluevale	65.7	125	102.5	165	392.5	309.329
M-J	66	Marcus Jones	Mother Theresa	63.2	105	67.5	175	347.5	283.004
M-J	66	Dustin Court	St Annes	65.7	115	77.5	155	347.5	273.865
M-J	66	Stephen Mantler	Glenview Park	65.4	100	82.5	127.5	310	245.241
M-J	66	Lucas Ottaway	Cayuga	65.7	75	87.5	137.5	300	236.430
M-J	66	William Forbes	Westdale	64	107.5	-87.5	0	0	0.000
M-J	74	Tyler Walker	Westdale	72.8	140	107.5	182.5	430	312.954
M-J	83	Dalton Roberts	Sir John A Wat	82.5	130	97.5	190	417.5	279.683
M-J	83	Lucas St Jean	West Elgin	79.3	132.5	95	147.5	375	257.438
M-J	93	Spencer West	Westdale	85.6	175	125	220	520	340.964
M-J	93	Wade Filiatrault	Bluevale	83.7	145	120	212.5	477.5	317.156
M-J	93	Eric Dwyer	St Annes	84.7	147.5	102.5	182.5	432.5	285.320
M-J	93	Said Zaarour	Essex	92.8	125	110	142.5	377.5	237.372
M-J	105	Chris Slikboer	Cardinal Carter	102.2	175	120	217.5	512.5	309.294
M-J	105	Jake Malavolta	Westdale	97.2	180	117.5	200	497.5	306.361
M-J	120	Peter Rajacic	Westdale	111.7	112.5	102.5	200	415	243.107
M-J	120+	Michael Sandy	Cayuga	140.6	175	112.5	200	487.5	272.269

UTM Powerlifting-Classic & Equipped 3-Lift

Date:	June 25, 2011 1:00 pm
Location:	Athletics Building UTM 3389 Mississauga Rd. N. Mississauga, ON
Meet Director:	Pascal Tyrrell
Cost:	\$50
Payable to:	UTM Athletics
Send to:	UTM Athletics 476 Candler Road Oakville On L6J 4X6
Contact:	Pascal Tyrrell Phone: (905) 842-6701 Email: pascal.tyrrell@gmail.com www.utm.utoronto.ca
Entry Deadline:	June 18, 2011
Weigh-in	11:00 am
Contest Type	Classic and equipped 3-lift

5th Annual Ottawa Open

Date:	Jul 16, 2011 9:00am
Location:	Travel Lodge Hotel 1376 Carling Avenue, Ottawa, ON
Meet Director:	Sandro D'Angelo & Art Chan
Cost:	\$70 or \$100 for both contests
Payable to:	Sandro D'Angelo
Send to:	Sandro D'Angelo 630 Du Parc Avenue Russell, ON K4R 1G4
Contact:	Sandro D'Angelo Phone: (613) 769-7747 sandroangelo@rogers.com
Entry Deadline:	Jul 1, 2011
Weigh-in	Bench Only: 7:00 am 3-Lift: 8:30am
Contest Type	Three lift Open and Bench Only contests (Capped at 36 lifters)

Huron Middlesex High School Regional

Apr 18, 2011

Div	Wt	Name	Club	BWT	Squat	Bench	DL	Total	Wilks
M-O	59	Jeremy Crocker	Huron	57.8	85.0	70.0	125.0	280.0	247.24
M-O	59	Matthew Dyck	Beal	55.9	55.0	37.5	80.0	172.5	157.303
M-O	66	Marcus Jones	Theresa	62.6	95.0	70.0	150.0	315.0	258.678
M-O	66	Derek Wood	Huron	63.8	87.5	67.5	120.0	275.0	222.145
M-O	74	Dustin Court	St Annes	66.9	115.0	75.0	150.0	340.0	264.044
M-O	83	Lucas St Jean	Elgin	76.8	127.5	92.5	157.5	377.5	264.665
M-O	93	Eric Dwyer	St Annes	84	132.5	100.0	182.5	415.0	275.062
M-O	93	Connor Garrett	Laurier	88.8	75.0	55.0	120.0	250.0	160.7

2011 Members by Category

Category	Total
Associate	7
Blind	3
Junior	43
M1	39
M2	28
M3	13
Open	48
Special Athlete	17
M4	3
Grand Total	201

2011 OPA Members

Type	Total
New	50
Renewal	151
Grand Total	201

Hamilton High School Contest

Mar 25, 2011

Div	Wt	Name	Club	BWT	Squat	Bench	DL	Total	Wilks
F-O	52	Stephanie Reischl	Cay	51.2	67.5	42.5	72.5	182.5	230.242
F-O	52	Sarah Kosacky	West	52	42.5	30.0	70.0	142.5	177.641
F-O	57	Adisa Deliovsky	West	56.8	60.0	40.0	92.5	192.5	223.993
F-O	63	Cassidy Ross	West	63	52.5	42.5	80.0	175.0	187.95
F-O	63	Delaney Barker	West	63	50.0	37.5	82.5	170.0	182.58
F-O	63	Yen Dang	MacD	57.6	47.5	27.5	75.0	150.0	172.635
F-O	63	Shelby Ricker	Dunn	58.4	45.0	25.0	60.0	130.0	148.018
F-O	72	Careena Browne	West	71.8	70.0	50.0	140.0	260.0	254.254
F-O	72	Mary Ellen Campbell	Cay	64.4	70.0	40.0	97.5	207.5	219.203
F-O	72	Sarah Rashid	West	71.4	67.5	37.5	97.5	202.5	198.754
F-O	72	Heather Shurr	Cay	66.4	30.0	25.0	90.0	145.0	149.756
F-O	84	Carissa Browne	West	77.6	52.5	52.5	137.5	242.5	225.792
F-O	84	Kiera Minor	Dunn	75.2	60.0	42.5	110.0	212.5	201.684
F-O	84	Calli Minor	Dunn	72.8	60.0	42.5	110.0	212.5	205.891
F-O	84	Jessica Edie	Dunn	78.8	55.0	37.5	75.0	167.5	154.586
F-O	84	Olivia Cook	West	82.4	-52.5	0.0	0.0	0.0	0
F-O	84	Courtney McIntee	Dunn	73	-45.0	0.0	0.0	0.0	0
M-O	59	Michael Din	MacD	58.3	122.5	82.5	137.5	342.5	299.996
M-O	59	John Finn	Cay	55.5	72.5	-50.0	0.0	0.0	0
M-O	66	William Forbes	West	65.6	100.0	90.0	120.0	310.0	244.621
M-O	66	Lucas Ottaway	Cay	65.6	85.0	87.5	137.5	310.0	244.621
M-O	66	Zachery Miller	Cay	59.3	72.5	57.5	115.0	245.0	211.215
M-O	66	Trevor Green	Cay	65.9	67.5	57.5	102.5	227.5	178.86
M-O	66	Patrick Beldam	West	65.9	92.5	65.0	-145.0	0.0	0
M-O	74	Tyler Walker	West	73.9	135.0	107.5	175.0	417.5	300.6
M-O	74	Donavan Saunders	Del	67.2	132.5	90.0	160.0	382.5	295.979
M-O	74	Eric Kingori	West	67.5	107.5	90.0	177.5	375.0	289.125
M-O	74	Danny McGrath	MacD	72.3	120.0	90.0	160.0	370.0	270.655
M-O	74	Carter Whyte	Cay	72.7	107.5	90.0	140.0	337.5	245.869
M-O	74	Haidar Abbas	MacD	71.3	107.5	75.0	132.5	315.0	232.785
M-O	74	John Oakes	Cay	73.8	85.0	75.0	140.0	300.0	216.21
M-O	74	Will Alley	West	68.2	100.0	-75.0	0.0	0.0	0
M-O	74	Tanner Kennedy	West	67.7	112.5	-85.0	0.0	0.0	0
M-O	74	Mathew Ladniak	Del	66.4	100.0	0.0	0.0	0.0	0
M-O	74	Kobi Andrews-Chinton	H P	71.5	85.0	62.5	0.0	0.0	0
M-O	83	Paul Hensman	Cay	82	127.5	120.0	175.0	422.5	284.089
M-O	83	Mac Sutton	West	79.9	112.5	125.0	160.0	397.5	271.572
M-O	83	Cody Riley	Cay	81.1	107.5	100.0	182.5	390.0	263.991
M-O	93	Spencer West	West	88.1	172.5	122.5	205.0	500.0	322.75
M-O	93	Jeff Francis	West	89.7	165.0	125.0	182.5	472.5	302.164
M-O	93	Pablo Vallve	West	84.5	142.5	97.5	160.0	400.0	264.24
M-O	93	Jesse Lahaise	Dunn	85.5	122.5	102.5	172.5	397.5	260.839
M-O	105	Jake Malavolta	West	97.5	180.0	115.0	187.5	482.5	296.738
M-O	105	Khleed Najak	West	95	110.0	82.5	150.0	342.5	213.035
M-O	105	Inzaman Haniff	H P	95	102.5	77.5	142.5	322.5	200.595
M-O	120	Peter Rajacic	West	108.9	112.5	95.0	182.5	390.0	230.217
M-O	120+	Michael Sandy	Cay	141.3	142.5	107.5	187.5	437.5	244.125

Toronto Invitational

Date:	Classic: Jun 17, 2011 1pm Equipped: Jun 18, 2011 9am
Location:	Toronto Convention Centre Front Street, Toronto
Meet Director:	Glyn Moore
Cost:	\$65
Payable to:	Ontario Powerlifting Association
Send to:	Ontario Powerlifting Association 9 Old Oxford Road St. Catharines, ON L2M 2J7
Contact:	Glyn Moore Phone: (905) 646-8536 Email: gmoore82@cogeco.ca Website: www.niagarapowerlifting.org
Entry Deadline:	June 3, 2011
Weigh-in	Classic: Jun 17, 2011 1pm Equipped: Jun 18, 2011 9am
Contest Type	Three lift. All weight classes. Invitational. This meet is open to all Canadian lifters: men with a wilks higher than 440 and women with a wilks higher than 350 and is limited to 24 for each contest.
NOTE	Awards: Male and Female, lightweight and heavyweight 1st - 3rd by Wilks. Men's lightweight up to 83kg and Women's lightweight up to 63kg class

2011 Club Member Breakdown

Club	Renewal	New	Total
Fern's Gym	1		1
Golden Triangle	8		8
Iron Foundation	9		9
K. W. Grizzlies	6	1	7
Niagara Powerlifting	15	2	17
Ottawa Strong	2		2
Power Pit Gym	8		8
PoweReach	2		2
Steel City	7		7
Titans of Mississauga	1		1
Capital Barbell	1	1	2
Unattached	42	25	67
Team Barbarian	2		2
Monster Powerlifting Club	1		1
Phoenix Fitness	3		3
London Powerlifting	9	1	10
Iron Works	7		7
Defining Strength	5		5
Toronto Rex Powerlifting	4		4
Ultimate Fitness Gyms	6		6
Western Gym Team	1	2	3
Canadore Panthers		17	17
UTM. Powerlifting	11	1	12



Club Affiliation Application Form

(for Jan 1 – Dec 31, 2011)

Benefits of being an affiliated club of the OPA

- Only registered clubs can enter as team in a contest.
- Only registered clubs can sanction and host a contest.
- Clubs can play a part in promoting powerlifting in their communities.
- Clubs are provided visibility on the website and newsletter.
- In order to represent a club, a lifter must train with the club on a regular basis (at least once a week).
- No athlete may compete under a club name unless that club has taken out an affiliation. An athlete who does not belong to a club must compete as an unattached lifter.
- Club affiliation must be renewed annually. Affiliation fees cover 1 year from Jan 1 to Dec 31.

Club Name: _____

CPU Card#: _____

Club Contact must be a registered member of the Ontario Powerlifting Association

Club Contact: _____

Address: _____

City: _____

Postal Code: _____

Phone: _____

Email: _____

Club Web Site: _____

It is agreed that, if membership be granted, our club will abide by the Constitutional requirements, for membership of the Ontario Powerlifting Association and the Canadian Powerlifting Union.

We further understand suspension may follow any violation of the said constitution or by-laws. It is further and clearly understood that the Ontario Powerlifting Association reserves the right to cancel this said affiliation at any time.

Signature: _____

Date: _____

Club Affiliation Fee: \$40.00

Make cheque payable to: Ontario Powerlifting Association

→ All Fees are Non-Refundable

Send Cheque or Money Order to:

Ontario Powerlifting Association
c/o Marlene Moore, 9 Old Oxford Road
St Catharines, ON L2M 2J7

***Application must include a copy of all emblems and logos that the club will be using and a list of all of club members**

[Rev:2010-11]

OPA Records

Wt Cls	Lift	Weight	Name	Date	Meet
WOMEN'S SUB-JUNIOR					
43 Kg	Squat	60.0	Minimum Standard		
	Bench	35.0	Minimum Standard		
	D/L	67.5	Minimum Standard		
	Total	160.0	Minimum Standard		
47 Kg	Squat	62.5	Minimum Standard		
	Bench	37.5	Minimum Standard		
	Total	170.0	Minimum Standard		
52 Kg	Squat	67.5	Minimum Standard		
	Bench	40.0	Minimum Standard		
	Total	185.0	Minimum Standard		
57 Kg	Squat	72.5	Minimum Standard		
	Bench	45.0	Minimum Standard		
	Total	197.5	Minimum Standard		
63 Kg	Squat	80.0	Minimum Standard		
	Bench	47.5	Minimum Standard		
	Total	215.0	Minimum Standard		
72 Kg	Squat	87.5	Minimum Standard		
	Bench	52.5	Minimum Standard		
	Total	235.0	Minimum Standard		
84 Kg	Squat	95.0	Minimum Standard		
	Bench	57.5	Minimum Standard		
	Total	257.5	Minimum Standard		
84.0+ Kg	Squat	100.0	Minimum Standard		
	Bench	60.0	Minimum Standard		
	Total	270.0	Minimum Standard		
WOMEN'S JUNIOR					
43 Kg	Squat	72.5	Minimum Standard		
	Bench	45.0	Minimum Standard		
	Total	190.0	Minimum Standard		

Wt Cls	Lift	Weight	Name	Date	Meet
47 Kg	Squat	77.5	Minimum Standard		
	Bench	47.5	Minimum Standard		
	D/L	77.5	Minimum Standard		
	Total	200.0	Minimum Standard		
52 Kg	Squat	85.0	Minimum Standard		
	Bench	52.5	Minimum Standard		
	Total	215.0	Minimum Standard		
57 Kg	Squat	90.0	Minimum Standard		
	Bench	57.5	Minimum Standard		
	Total	227.5	Minimum Standard		
63 Kg	Squat	100.0	Minimum Standard		
	Bench	62.5	Minimum Standard		
	Total	247.5	Minimum Standard		
72 Kg	Squat	107.5	Minimum Standard		
	Bench	67.5	Minimum Standard		
	Total	270.0	Minimum Standard		
84 Kg	Squat	110.0	Minimum Standard		
	Bench	70.0	Minimum Standard		
	D/L	110.0	Minimum Standard		
	Total	280.0	Minimum Standard		
84 Kg	Squat	117.5	Minimum Standard		
	Bench	72.5	Minimum Standard		
	D/L	115.0	Minimum Standard		
	Total	297.5	Minimum Standard		
WOMEN'S OPEN					
47 Kg	Squat	95.0	Minimum Standard		
	Bench	55.0	Minimum Standard		
	Total	240.0	Minimum Standard		
52 Kg	Squat	145.0	Trisha Boyle	30-Mar-11	2011 Canadian Championships
	Bench	77.5	Trisha Boyle	23-Jan-11	2011 Ontario Championships
	D/L	140.5	Trisha Boyle	23-Jan-11	2011 Ontario Championships
	Total	362.5	Trisha Boyle	30-Mar-11	2011 Canadian Championships
57 Kg	Squat	110.0	Minimum Standard		
	Bench	65.0	Minimum Standard		
	Total	277.5	Minimum Standard		

Wt Cls	Lift	Weight	Name	Date	Meet
63 Kg	Squat	120.0	Minimum Standard		
	Bench	70.0	Minimum Standard		
	D/L	120.0	Minimum Standard		
	Total	300.0	Minimum Standard		
72 Kg	Squat	132.5	Lisa Nigh	23-Jan-11	2011 Ontario Championships
	Bench	85.0	Lisa Nigh	23-Jan-11	2011 Ontario Championships
	D/L	155.0	Lisa Nigh	23-Jan-11	2011 Ontario Championships
	Total	372.5	Lisa Nigh	23-Jan-11	2011 Ontario Championships
84 Kg	Squat	160.0	Ulrike Kruger	30-Mar-11	2011 Canadian Championships
	Bench	85.0	Minimum Standard		
	D/L	170.0	Ulrike Kruger	23-Jan-11	2011 Ontario Championships
	Total	405.0	Ulrike Kruger	23-Jan-11	2011 Ontario Championships
84.0+ Kg	Squat	150.0	Minimum Standard		
	Bench	90.0	Minimum Standard		
	D/L	155.0	Minimum Standard		
	Total	380.0	Minimum Standard		
WOMEN'S Masters 40 - 49					
47 Kg	Squat	85.0	Minimum Standard		
	Bench	52.5	Minimum Standard		
	D/L	95.0	Minimum Standard		
	Total	280.0	Minimum Standard		
52 Kg	Squat	90.0	Minimum Standard		
	Bench	55.0	Minimum Standard		
	D/L	102.5	Minimum Standard		
	Total	247.5	Minimum Standard		
57 Kg	Squat	100.0	Minimum Standard		
	Bench	60.0	Minimum Standard		
	D/L	110.0	Minimum Standard		
	Total	260.0	Minimum Standard		
63 Kg	Squat	105.0	Minimum Standard		
	Bench	65.0	Minimum Standard		
	D/L	117.5	Minimum Standard		
	Total	275.0	Minimum Standard		
72 Kg	Squat	132.5	Lisa Nigh	23-Jan-11	2011 Ontario Championships
	Bench	85.0	Lisa Nigh	23-Jan-11	2011 Ontario Championships
	D/L	155.0	Lisa Nigh	23-Jan-11	2011 Ontario Championships
	Total	372.5	Lisa Nigh	23-Jan-11	2011 Ontario Championships
84 Kg	Squat	160.0	Ulrike Kruger	30-Mar-11	2011 Ontario Championships
	Bench	80.0	Ulrike Kruger	23-Jan-11	2011 Ontario Championships
	D/L	170.0	Ulrike Kruger	23-Jan-11	2011 Ontario Championships
	Total	405.0	Ulrike Kruger	23-Jan-11	2011 Ontario Championships

Wt Cls	Lift	Weight	Name	Date	Meet
84.0+ Kg	Squat	135.0	Minimum Standard		
	Bench	82.5	Minimum Standard		
	Total	365.0	Minimum Standard		
WOMEN'S Masters 50 - 59					
47 Kg	Squat	77.5	Minimum Standard		
	Bench	47.5	Minimum Standard		
	D/L	90.0	Minimum Standard		
	Total	210.0	Minimum Standard		
52 Kg	Squat	82.5	Minimum Standard		
	Bench	50.0	Minimum Standard		
	D/L	97.5	Minimum Standard		
	Total	227.5	Minimum Standard		
57 Kg	Squat	90.0	Minimum Standard		
	Bench	55.0	Minimum Standard		
	D/L	105.0	Minimum Standard		
	Total	245.0	Minimum Standard		
63 Kg	Squat	117.5	Jane Lessard	30-Mar-11	2011 Canadian Championships
	Bench	67.5	Jane Lessard	30-Mar-11	2011 Canadian Championships
	D/L	117.5	Jane Lessard	30-Mar-11	2011 Canadian Championships
	Total	302.5	Jane Lessard	30-Mar-11	2011 Canadian Championships
72 Kg	Squat	105.0	Minimum Standard		
	Bench	65.0	Minimum Standard		
	D/L	125.0	Minimum Standard		
	Total	290.0	Minimum Standard		
84 Kg	Squat	160.0	Ulrike Kruger	30-Mar-11	2011 Canadian Championships
	Bench	80.0	Ulrike Kruger	23-Jan-11	2011 Ontario Championships
	D/L	170.0	Ulrike Kruger	23-Jan-11	2011 Ontario Championships
	Total	405.0	Ulrike Kruger	23-Jan-11	2011 Ontario Championships
84.0+ Kg	Squat	130.0	Janine Wheeler	3-Mar-11	2011 USAPL Raw Challenge
	Bench	72.5	Minimum Standard		
	D/L	142.5	Minimum Standard		
	Total	332.5	Minimum Standard		
WOMEN'S Masters 60 - 69					
47 Kg	Squat		Minimum Standard		
	Bench		Minimum Standard		
	D/L		Minimum Standard		
	Total		Minimum Standard		
52 Kg	Squat		Minimum Standard		
	Bench		Minimum Standard		
	D/L		Minimum Standard		
	Total		Minimum Standard		

Wt Cls	Lift	Weight	Name	Date	Meet
57 Kg	Squat		Minimum Standard		
	Bench		Minimum Standard		
	D/L		Minimum Standard		
	Total		Minimum Standard		
63 Kg	Squat	92.5	Carol Brady	23-Jan-11	2011 Ontario Championships
	Bench	50.0	Carol Brady	23-Jan-11	2011 Ontario Championships
	D/L	97.5	Carol Brady	23-Jan-11	2011 Ontario Championships
	Total	240.0	Carol Brady	23-Jan-11	2011 Ontario Championships
72 Kg	Squat		Minimum Standard		
	Bench		Minimum Standard		
	D/L		Minimum Standard		
	Total		Minimum Standard		
84 Kg	Squat		Minimum Standard		
	Bench		Minimum Standard		
	D/L		Minimum Standard		
	Total		Minimum Standard		
84.0+ Kg	Squat		Minimum Standard		
	Bench		Minimum Standard		
	D/L		Minimum Standard		
	Total		Minimum Standard		
MENS SUB-JUNIOR					
53 Kg	Squat	132.5	Minimum Standard		
	Bench	90.0	Minimum Standard		
	D/L	130.0	Minimum Standard		
	Total	300.0	Minimum Standard		
59 Kg	Squat	150.0	Minimum Standard		
	Bench	100.0	Minimum Standard		
	D/L	145.0	Minimum Standard		
	Total	332.5	Minimum Standard		
66 Kg	Squat	160.0	Minimum Standard		
	Bench	110.0	Minimum Standard		
	D/L	160.0	Minimum Standard		
	Total	370.0	Minimum Standard		
74 Kg	Squat	175.0	Minimum Standard		
	Bench	120.0	Minimum Standard		
	D/L	175.0	Minimum Standard		
	Total	410.0	Minimum Standard		
83 Kg	Squat	190.0	Minimum Standard		
	Bench	130.0	Minimum Standard		
	D/L	190.0	Minimum Standard		
	Total	430.0	Minimum Standard		

Wt Cls	Lift	Weight	Name	Date	Meet
93 Kg	Squat	202.5	Minimum Standard		
	Bench	140.0	Minimum Standard		
	D/L	200.0	Minimum Standard		
	Total	455.0	Minimum Standard		
105 Kg	Squat	212.5	Minimum Standard		
	Bench	145.0	Minimum Standard		
	D/L	215.0	Minimum Standard		
	Total	480.0	Minimum Standard		
120 Kg	Squat	220.0	Minimum Standard		
	Bench	155.0	Minimum Standard		
	D/L	220.0	Minimum Standard		
	Total	500.0	Minimum Standard		
120.0+	Squat	225.0	Minimum Standard		
	Bench	165.0	Minimum Standard		
	D/L	225.0	Minimum Standard		
	Total	520.0	Minimum Standard		
MENS JUNIOR					
53 Kg	Squat	155.0	Minimum Standard		
	Bench	105.0	Minimum Standard		
	D/L	150.0	Minimum Standard		
	Total	380.0	Minimum Standard		
59 Kg	Squat	172.5	Minimum Standard		
	Bench	115.0	Minimum Standard		
	D/L	170.0	Minimum Standard		
	Total	422.5	Minimum Standard		
66 Kg	Squat	190.0	Minimum Standard		
	Bench	130.0	Minimum Standard		
	D/L	185.0	Minimum Standard		
	Total	475.0	Minimum Standard		
74 Kg	Squat	205.0	Minimum Standard		
	Bench	140.0	Minimum Standard		
	D/L	205.0	Minimum Standard		
	Total	525.0	Minimum Standard		
83 Kg	Squat	225.0	Minimum Standard		
	Bench	152.5	Minimum Standard		
	D/L	220.0	Minimum Standard		
	Total	585.0	Minimum Standard		
93 Kg	Squat	235.0	Minimum Standard		
	Bench	160.0	Minimum Standard		
	D/L	237.5	Corey Persic	21-Feb-11	Canadore Classic
	Total	625.0	Minimum Standard		

Wt Cls	Lift	Weight	Name	Date	Meet
105 Kg	Squat	250.0	Minimum Standard		
	Bench	170.0	Minimum Standard		
	D/L	245.0	Minimum Standard		
	Total	645.0	Minimum Standard		
120 Kg	Squat	260.0	Minimum Standard		
	Bench	175.0	Minimum Standard		
	D/L	255.0	Minimum Standard		
	Total	655.0	Minimum Standard		
120.0+	Squat	265.0	Minimum Standard		
	Bench	180.0	Minimum Standard		
	D/L	262.5	Minimum Standard		
	Total	685.0	Minimum Standard		
MENS OPEN					
59 Kg	Squat	182.5	Minimum Standard		
	Bench	115.0	Minimum Standard		
	D/L	180.0	Minimum Standard		
	Total	450.0	Minimum Standard		
66 Kg	Squat	200.0	Minimum Standard		
	Bench	125.0	Minimum Standard		
	D/L	195.0	Minimum Standard		
	Total	500.0	Minimum Standard		
74 Kg	Squat	220.0	Minimum Standard		
	Bench	170.0	Frank Nadeau	31-Mar-11	2011 Canadian Championships
	D/L	225.0	Walter Urban	31-Mar-11	2011 Canadian Championships
	Total	580.0	Frank Nadeau	31-Mar-11	2011 Canadian Championships
83 Kg	Squat	292.5	Jeff Becker	23-Jan-11	2011 Ontario Championships
	Bench	190.0	Jeff Becker	23-Jan-11	2011 Ontario Championships
	D/L	295.0	Jeff Becker	31-Mar-11	2011 Canadian Championships
	Total	775.0	Jeff Becker	23-Jan-11	2011 Ontario Championships
93 Kg	Squat	252.5	Minimum Standard		
	Bench	195.0	Jerry Marentette	23-Jan-11	2011 Ontario Championships
	D/L	282.5	Jerry Marentette	24-Jan-11	2012 Ontario Championships
	Total	672.5	Jerry Marentette	24-Jan-11	2011 Ontario Championships
105 Kg	Squat	297.5	Patrick Hartwick	1-Apr-11	2011 Canadian Championships
	Bench	195.0	Steve Chomitz	23-Jan-11	2011 Ontario Championships
	D/L	265.0	Dave Pigozzo	24-Jan-11	2011 Ontario Championships
	Total	682.5	Patrick Hartwick	1-Apr-11	2011 Canadian Championships
120 Kg	Squat	275.0	Ron Strong	24-Jan-11	2011 Ontario Championships
	Bench	205.0	Ron Strong	24-Jan-11	2011 Ontario Championships
	D/L	305.0	Ron Strong	24-Jan-11	2011 Ontario Championships
	Total	785.0	Ron Strong	24-Jan-11	2011 Ontario Championships

Wt Cls	Lift	Weight	Name	Date	Meet
120.0+	Squat	285.0	Minimum Standard		
	Bench	205.0	Minimum Standard		
	D/L	280.0	Minimum Standard		
	Total	755.0	Minimum Standard		
MENS MASTERS 40 - 49					
59 Kg	Squat	165.0	Minimum Standard		
	Bench	105.0	Minimum Standard		
	D/L	165.0	Minimum Standard		
	Total	450.0	Minimum Standard		
66 Kg	Squat	182.5	Minimum Standard		
	Bench	120.0	Minimum Standard		
	D/L	195.0	Minimum Standard		
	Total	505.0	Minimum Standard		
74 Kg	Squat	215.0	Walter Urban	31-Mar-11	2011 Canadian Championships
	Bench	170.0	Frank Nadeau	31-Mar-11	2011 Canadian Championships
	D/L	225.0	Walter Urban	31-Mar-11	2011 Canadian Championships
	Total	580.0	Frank Nadeau	31-Mar-11	2011 Canadian Championships
83 Kg	Squat	292.5	Jeff Becker	23-Jan-11	2011 Ontario Championships
	Bench	190.0	Jeff Becker	23-Jan-11	2011 Ontario Championships
	D/L	295.0	Jeff Becker	31-Mar-11	2011 Canadian Championships
	Total	775.0	Jeff Becker	23-Jan-11	2011 Ontario Championships
93 Kg	Squat	230.0	Minimum Standard		
	Bench	195.0	Jerry Marentette	23-Jan-11	2011 Ontario Championships
	D/L	282.5	Jerry Marentette	24-Jan-11	2011 Ontario Championships
	Total	672.5	Jerry Marentette	24-Jan-11	2011 Ontario Championships
105 Kg	Squat	297.5	Patrick Hartwick	1-Apr-11	2011 Canadian Championships
	Bench	195.0	Steve Chomitz	23-Jan-11	2011 Ontario Championships
	D/L	265.0	Dave Pigozzo	24-Jan-11	2011 Ontario Championships
	Total	682.5	Patrick Hartwick	1-Apr-11	2011 Canadian Championships
120 Kg	Squat	275.0	Ron Strong	24-Jan-11	2011 Ontario Championships
	Bench	205.0	Ron Strong	24-Jan-11	2011 Ontario Championships
	D/L	305.0	Ron Strong	24-Jan-11	2011 Ontario Championships
	Total	785.0	Ron Strong	24-Jan-11	2011 Ontario Championships
120.0+	Squat	255.0	Minimum Standard		
	Bench	200.0	Michael Knott	2-Apr-11	2011 Canadian Championships
	D/L	275.0	Minimum Standard		
	Total	700.0	Minimum Standard		
MENS MASTERS 50 - 59					
59 Kg	Squat	137.5	Minimum Standard		
	Bench	102.5	Minimum Standard		
	D/L	150.0	Minimum Standard		

Wt Cls	Lift	Weight	Name	Date	Meet
	Total	370.0	Minimum Standard		
66 Kg	Squat	152.5	Minimum Standard		
	Bench	112.5	Minimum Standard		
	D/L	165.0	Minimum Standard		
	Total	407.5	Minimum Standard		
74 Kg	Squat	215.0	Walter Urban	31-Mar-11	2011 Canadian Championships
	Bench	170.0	Frank Nadeau	31-Mar-11	2011 Canadian Championships
	D/L	225.0	Walter Urban	31-Mar-11	2011 Canadian Championships
	Total	580.0	Frank Nadeau	31-Mar-11	2011 Canadian Championships
83 Kg	Squat	195.0	Laurie Greenidge	23-Jan-11	2011 Ontario Championships
	Bench	135.0	Minimum Standard		
	D/L	200.0	Laurie Greenidge	23-Jan-11	2011 Ontario Championships
	Total	530.0	Laurie Greenidge	23-Jan-11	2011 Ontario Championships
93 Kg	Squat	205.5	Marvin Kelso	23-Jan-11	2011 Ontario Championships
	Bench	195.0	Jerry Marentette	23-Jan-11	2011 Ontario Championships
	D/L	282.5	Jerry Marentette	24-Jan-11	2012 Ontario Championships
	Total	572.5	Jerry Marentette	23-Jan-11	2011 Ontario Championships
105 Kg	Squat	297.5	Patrick Hartwick	1-Apr-11	2011 Canadian Championships
	Bench	195.0	Steve Chomitz	23-Jan-11	2011 Ontario Championships
	D/L	240.0	Steve Chomitz	24-Jan-11	2012 Ontario Championships
	Total	682.5	Patrick Hartwick	1-Apr-11	2011 Canadian Championships
120 Kg	Squat	275.0	Ron Strong	24-Jan-11	2011 Ontario Championships
	Bench	205.0	Ron Strong	24-Jan-11	2011 Ontario Championships
	D/L	305.0	Ron Strong	24-Jan-11	2011 Ontario Championships
	Total	785.0	Ron Strong	24-Jan-11	2011 Ontario Championships
120.0+	Squat	220.0	Michael Knott	2-Apr-11	2011 Canadian Championships
	Bench	200.0	Michael Knott	2-Apr-11	2011 Canadian Championships
	D/L	230.0	Minimum Standard		
	Total	595.0	Michael Knott	2-Apr-11	2011 Canadian Championships
MENS MASTERS 60 - 69					
59 Kg	Squat	105.0	Minimum Standard		
	Bench	77.5	Minimum Standard		
	D/L	112.5	Minimum Standard		
	Total	282.5	Minimum Standard		
66 Kg	Squat	117.5	Minimum Standard		
	Bench	85.0	Minimum Standard		
	D/L	125.0	Minimum Standard		
	Total	312.5	Minimum Standard		
74 Kg	Squat	200.0	Glyn Moore	31-Mar-11	2011 Canadian Championships
	Bench	140.0	Glyn Moore	31-Mar-11	2011 Canadian Championships
	D/L	200.0	Glyn Moore	31-Mar-11	2011 Canadian Championships

Wt Cls	Lift	Weight	Name	Date	Meet
	Total	540.0	Glyn Moore	31-Mar-11	2011 Canadian Championships
83 Kg	Squat	195.0	Laurie Greenidge	23-Jan-11	2011 Ontario Championships
	Bench	135.0	Laurie Greenidge	23-Jan-11	2011 Ontario Championships
	D/L	200.0	Laurie Greenidge	23-Jan-11	2011 Ontario Championships
	Total	530.0	Laurie Greenidge	23-Jan-11	2011 Ontario Championships
93 Kg	Squat	205.5	Marvin Kelso	23-Jan-11	2011 Ontario Championships
	Bench	140.0	Marvin Kelso	23-Jan-11	2011 Ontario Championships
	D/L	190.0	Jack Taylor	23-Jan-11	2011 Ontario Championships
	Total	530.5	Marvin Kelso	23-Jan-11	2011 Ontario Championships
105 Kg	Squat	297.5	Patrick Hartwick	1-Apr-11	2011 Canadian Championships
	Bench	157.5	Patrick Hartwick	1-Apr-11	2011 Canadian Championships
	D/L	227.5	Patrick Hartwick	24-Jan-11	2011 Ontario Championships
	Total	682.5	Patrick Hartwick	1-Apr-11	2011 Canadian Championships
	Squat	160.0	Minimum Standard		
120 Kg	Bench	115.0	Minimum Standard		
	D/L	170.0	Minimum Standard		
	Total	425.0	Minimum Standard		
120.0+	Squat	162.5	Minimum Standard		
	Bench	117.5	Minimum Standard		
	D/L	172.5	Minimum Standard		
	Total	432.5	Minimum Standard		
MENS MASTERS 70 +					
59 Kg	Squat		Minimum Standard		
	Bench		Minimum Standard		
	D/L		Minimum Standard		
	Total		Minimum Standard		
66 Kg	Squat		Minimum Standard		
	Bench		Minimum Standard		
	D/L		Minimum Standard		
	Total		Minimum Standard		
74 Kg	Squat		Minimum Standard		
	Bench		Minimum Standard		
	D/L		Minimum Standard		
	Total		Minimum Standard		
83 Kg	*Squat	150.0	Lynton Lam	23-Jan-11	2011 Ontario Championships
	Bench	90.0	Lynton Lam	23-Jan-11	2011 Ontario Championships
	*D/L	190.0	Lynton Lam	31-Mar-11	2011 Canadian Championships
	*Total	427.5	Lynton Lam	31-Mar-11	2011 Canadian Championships
93 Kg	Squat	162.5	Jack Taylor	23-Jan-11	2011 Ontario Championships
	Bench	122.5	Jack Taylor	23-Jan-11	2011 Ontario Championships

Wt Cls	Lift	Weight	Name	Date	Meet
	D/L	190.0	Jack Taylor	23-Jan-11	2011 Ontario Championships
	Total	475.0	Jack Taylor	23-Jan-11	2011 Ontario Championships
105 Kg	Squat		Minimum Standard		
	Bench		Minimum Standard		
	D/L		Minimum Standard		
	Total		Minimum Standard		
120 Kg	Squat		Minimum Standard		
	Bench		Minimum Standard		
	D/L		Minimum Standard		
	Total		Minimum Standard		
120.0+	Squat		Minimum Standard		
	Bench		Minimum Standard		
	D/L		Minimum Standard		
	Total		Minimum Standard		

BENCH PRESS

WOMEN'S SUB-JUNIOR

43 Kg	Bench	35.0	Minimum Standard		
47 Kg	Bench	37.5	Minimum Standard		
52 Kg	Bench	40.0	Minimum Standard		
57 Kg	Bench	45.0	Minimum Standard		
63 Kg	Bench	47.5	Minimum Standard		
72 Kg	Bench	52.5	Minimum Standard		
84 Kg	Bench	57.5	Minimum Standard		
84.0+ Kg	Bench	60.0	Minimum Standard		

WOMEN'S JUNIOR

43 Kg	Bench	45.0	Minimum Standard		
47 Kg	Bench	47.5	Minimum Standard		
52 Kg	Bench	52.5	Minimum Standard		
57 Kg	Bench	57.5	Minimum Standard		
63 Kg	Bench	62.5	Minimum Standard		
72 Kg	Bench	67.5	Minimum Standard		
84 Kg	Bench	70.0	Minimum Standard		
84.0+ Kg	Bench	72.5	Minimum Standard		

WOMEN'S OPEN

47 Kg	Bench	55.0	Minimum Standard		
52 Kg	Bench	60.0	Minimum Standard		
57 Kg	Bench	65.0	Minimum Standard		
63 Kg	Bench	70.0	Minimum Standard		
72 Kg	Bench	85.0	Lisa Nigh	23-Jan-11	2011 Ontario Championships
84 Kg	Bench	85.0	Minimum Standard		
84.0+ Kg	Bench	90.0	Minimum Standard		

Wt Cls	Lift	Weight	Name	Date	Meet
WOMEN'S Masters 40 - 49					
47 Kg	Bench	52.5	Minimum Standard		
52 Kg	Bench	55.0	Minimum Standard		
57 Kg	Bench	60.0	Minimum Standard		
63 Kg	Bench	65.0	Minimum Standard		
72 Kg	Bench	85.0	Lisa Nigh	23-Jan-11	2011 Ontario Championships
84 Kg	Bench	80.0	Ulrike Kruger	23-Jan-11	2011 Ontario Championships
84.0+ Kg	Bench	82.5	Minimum Standard		

WOMEN'S Masters 50 - 59

47 Kg	Bench	47.5	Minimum Standard		
52 Kg	Bench	50.0	Minimum Standard		
57 Kg	Bench	55.0	Minimum Standard		
63 Kg	Bench	57.5	Minimum Standard		
72 Kg	Bench	65.0	Minimum Standard		
84 Kg	Bench	80.0	Ulrike Kruger	23-Jan-11	2011 Ontario Championships
84.0+ Kg	Bench	72.5	Minimum Standard		

WOMEN'S Masters 60 - 69

47 Kg	Bench		Minimum Standard		
52 Kg	Bench		Minimum Standard		
57 Kg	Bench		Minimum Standard		
63 Kg	Bench	50.0	Carol Brady	23-Jan-11	2011 Ontario Championships
72 Kg	Bench		Minimum Standard		
84 Kg	Bench		Minimum Standard		
84.0+ Kg	Bench	70.0	Ellyne Dickson	29-Mar-11	2011 Canadian Championships

MENS SUB-JUNIOR

53 Kg	Bench	90.0	Minimum Standard		
59 Kg	Bench	100.0	Minimum Standard		
66 Kg	Bench	110.0	Minimum Standard		
74 Kg	Bench	120.0	Minimum Standard		
83 Kg	Bench	130.0	Minimum Standard		
93 Kg	Bench	140.0	Minimum Standard		
105 Kg	Bench	145.0	Minimum Standard		
120 Kg	Bench	155.0	Minimum Standard		
120.0+	Bench	165.0	Minimum Standard		

MENS JUNIOR

53 Kg	Bench	105.0	Minimum Standard		
59 Kg	Bench	115.0	Minimum Standard		
66 Kg	Bench	130.0	Minimum Standard		
74 Kg	Bench	140.0	Minimum Standard		
83 Kg	Bench	152.5	Minimum Standard		

Wt Cls	Lift	Weight	Name	Date	Meet
93 Kg	Bench	160.0	Minimum Standard		
105 Kg	Bench	170.0	Minimum Standard		
120 Kg	Bench	175.0	Minimum Standard		
120.0+	Bench	180.0	Minimum Standard		
MENS OPEN					
59 Kg	Bench	115.0	Minimum Standard		
66 Kg	Bench	125.0	Minimum Standard		
74 Kg	Bench	170.0	Frank Nadeau	31-Mar-11	2011 Canadian Championships
83 Kg	Bench	190.0	Jeff Becker	23-Jan-11	2011 Ontario Championships
93 Kg	Bench	195.0	Jerry Marentette	23-Jan-11	2011 Ontario Championships
105 Kg	Bench	195.0	Steve Chomitz	24-Jan-11	2011 Ontario Championships
120 Kg	Bench	205.0	Ron Strong	24-Jan-11	2011 Ontario Championships
120.0+	Bench	205.0	Minimum Standard		
MENS MASTERS 40 - 49					
59 Kg	Bench	105.0	Minimum Standard		
66 Kg	Bench	120.0	Minimum Standard		
74 Kg	Bench	170.0	Frank Nadeau	31-Mar-11	2011 Canadian Championships
83 Kg	Bench	190.0	Jeff Becker	23-Jan-11	2011 Ontario Championships
93 Kg	Bench	195.0	Jerry Marentette	23-Jan-11	2011 Ontario Championships
105 Kg	Bench	195.0	Steve Chomitz	24-Jan-11	2011 Ontario Championships
120 Kg	Bench	205.0	Ron Strong	24-Jan-11	2011 Ontario Championships
120.0+	Bench	200.0	Michael Knott	2-Apr-11	2011 Canadian Championships
MENS MASTERS 50 - 59					
59 Kg	Bench	102.5	Minimum Standard		
66 Kg	Bench	112.5	Minimum Standard		
74 Kg	Bench	170.0	Frank Nadeau	31-Mar-11	2011 Canadian Championships
83 Kg	Bench	135.0	Minimum Standard		
93 Kg	Bench	195.0	Jerry Marentette	23-Jan-11	2011 Ontario Championships
105 Kg	Bench	195.0	Steve Chomitz	24-Jan-11	2011 Ontario Championships
120 Kg	Bench	205.0	Ron Strong	24-Jan-11	2011 Ontario Championships
120.0+	Bench	200.0	Michael Knott	2-Apr-11	2011 Canadian Championships
MENS MASTERS 60 - 69					
59 Kg	Bench	77.5	Minimum Standard		
66 Kg	Bench	85.0	Minimum Standard		
74 Kg	Bench	140.0	Glyn Moore	31-Mar-11	2011 Canadian Championships
83 Kg	Bench	135.0	Laurie Greenidge	23-Jan-11	2011 Ontario Championships
93 Kg	*Bench	140.0	Marvin Kelso	24-Jan-11	2011 Ontario Championships
105 Kg	Bench	112.5	Minimum Standard		
120 Kg	Bench	115.0	Minimum Standard		
120.0+	Bench	117.5	Minimum Standard		

Wt Cls	Lift	Weight	Name	Date	Meet
MENS MASTERS 70 +					
59 Kg	Bench		Minimum Standard		
66 Kg	Bench		Minimum Standard		
74 Kg	Bench		Minimum Standard		
83 Kg	Bench	90.0	Lynton Lam	23-Jan-11	2011 Ontario Championships
93 Kg	Bench	122.5	Jack Taylor	23-Jan-11	2011 Ontario Championships
105 Kg	Bench		Minimum Standard		
120 Kg	Bench		Minimum Standard		
120.0+	Bench		Minimum Standard		

Waterloo Region High School Invitational Apr 11, 2011

Div	Wt	Name	Club	BWT	Squat	Bench	DL	Total	Wilks
F-J	52	Yodit Tefagiorgis	RS	51.9	55	-40	85	175	218.487
F-J	52	Angel Braun	FH	47.5	35	32.5	72.5	140	186.844
F-J	52	Stephanie Melo	MS	50.2	-32.5	27.5	62.5	120	153.696
F-J	57	Sharlene Amos	RS	56.5	52.5	42.5	70	165	192.786
F-J	57	Anna Keats	GP	53.8	42.5	27.5	55	125	151.763
F-J	63	Emma Bluemke	BV	59.9	60	42.5	100	202.5	226.051
F-J	63	Heather Cottingham	SD	59.5	40	35	75	150	168.315
F-J	72	Kayla Welch	SD	68	72.5	45	117.5	235	238.596
F-J	72	Laura Franco	SM	67.3	70	47.5	100	217.5	222.459
F-J	72	Cassie Latyn	FH	69.1	55	45	115	215	215.817
F-J	84	Shereese Simpson	RS	73.4	82.5	50	110	242.5	233.722
F-J	84	Chelsi Rodrigues	MS	76.6	40	37.5	105	182.5	171.258
F-J	84+	Jasmine Keats	GP	98.6	77.5	55	87.5	220	183.942
M-J	53	Alen Chen	BV	49.5	82.5	72.5	112.5	267.5	276.702
M-J	53	Alex Nguyen	MS	46.8	60	52.5	97.5	210	231.315
M-J	53	Eric Armstrong	SD	49.5	45	42.5	82.5	170	175.848
M-J	59	Tarek Attia	SJ	53.5	87.5	-87.5	137.5	305	290.604
M-J	59	Jorge Ortez	MS	58	70	62.5	105	237.5	209.048
M-J	59	Alex Rollinson	SD	57	75	47.5	112.5	235	210.302
M-J	66	David Houat-Heng	FH	59.4	85	72.5	147.5	305	262.544



2011 Membership Application for residents of Ontario



Required if competing Jan 1,2011 - Dec 31,2011 (Includes Newsletter)

Becoming an OPA member automatically entitles you to a CPU (Canadian Powerlifting Union) membership. The CPU is affiliated with the IPF (International Powerlifting Federation).

--. PLEASE PRINT. Complete all areas.

Membership Fees are non-refundable.

Who can become an Ontario Powerlifting Association Member?

- Residents of Ontario can be full members of the Ontario Powerlifting Association. Lifters in other provinces must register with the association in their province
- Non-residents of Canada must register with the CPU Registration Chairperson directly
- Any person from anywhere can be an Associate member.

Are you a new Member? → **go to the OPA Website at: Ontariopowerlifting.org to download Waiver forms**

Name: _____
First Name Middle Initial Last Name

Address: _____ City: _____

Province: _____ Postal Code: _____ Phone: _____ - _____ - _____

Email: _____

Insurance waiver form that MUST accompany the membership form. Note that there is a separate version of this form for Minors to be signed by the parent/guardian.

***** Both the Waiver and Membership form must be signed before a CPU card can be issued *****

Type of Membership (Check only one)

Regular: \$65.00/Regular Sub-Junior \$45.00 or Special Athlete: \$45.00 or Associate: \$30.00

Note: All members receive the OPA Newsletter several times per year. Regular and Special Athletes receive a CPU card which entitles entry into IPF affiliated contests.

Date of Birth: ____/____/____ M or F Level: Novice Intermediate Senior
DD / MM / YYYY

Categories: Open Blind Special Athlete Other _____
(check all that apply) Sub Junior Junior Master I Master II Master III

Affiliated OPA Club: _____ or Unattached

Note: In order to represent an affiliated OPA club, the lifter must train with the club regularly (at least once a week) Notify the Registration Chairperson if you are changing clubs. You can only compete for the club that is indicated above.

As a member of the Ontario Powerlifting Association, I agree to follow and obey all rules, regulations, and drug testing procedures as specified in the Ontario Powerlifting Association Constitution and Bylaws (available on the OPA website and upon request). In order to have the right to a Provincial, National or International record, it will be required of me to undergo a drug screening test before I may be declared the record holder.

Privacy:

The Ontario Powerlifting Association collects and uses your personal information primarily for the purposes of: a. registration activities associated with the Ontario Powerlifting Association, the Canadian Powerlifting Union and affiliates; b. mailing of periodic newsletters; c. Posting contest results on the website and in the newsletter; d. insurance.

I understand that by joining the Ontario Powerlifting Association, I am granting permission to use my likeness, voice and words on television, radio, films, newspapers, newsletters, on the internet and any other media. As a competitor, I further understand that my age, bodyweight and competition results will be available for scrutiny and posting at competitions as well as in the above described media.

I consent to the information above being made available to our members for networking (e.g. membership lists, newsletters, etc). Only the information that is necessary (and nothing additional) will be shared. This information will not be given out to any other organization.

Medical:

Should there be an instance during a club practice or competition where I am not medically able to determine emergency medical care for myself, I authorize the Ontario Powerlifting Association or Ontario Powerlifting Club officials to take such measures and arrange for such medical and hospital treatment as they may deem advisable for my health and well-being.

Signature (Required): _____ Date: _____
(Parent/Guardian if under 18)

Send application & cheque/money order to:

Ontario Powerlifting Association
c/o Marlene Moore, 9 Old Oxford Road
St Catharines, ON L2M 2J7

Make Cheque or Money Order payable to:

Ontario Powerlifting Association

*Allow 4-6 weeks for CPU Cards to be processed.

Registration will not be accepted on the day of a contest.

Rev: 11/10

How to enter an OPA Sanctioned Contest

Anyone entering an OPA sanction competition must send a completed and signed Contest Entry form along with payment to the Meet Director or specified individual.

You must be an OPA Member in order to compete in an Ontario Championship. Competitors from out of province must possess the appropriate IPF membership to compete in other contests. Example: A lifter from Quebec can compete in an open competition as a CPU member affiliated with the QPF (Quebec Powerlifting Federation).

Here are the steps to follow to enter a contest:

- Verify that all qualifications are met if this is an Ontario Championship.
- Become an OPA Member. Fill out and send in the Membership form which can always be found on the website
- Complete the Contest Entry form (below) and send to the Meet Director along with the appropriate fees.

 <small>ONTARIO POWERLIFTING ASSOCIATION</small>	<h3 style="margin: 0;">Contest Entry Form</h3> <ul style="list-style-type: none">Use this form if you wish to enter an Ontario Powerlifting Association sanctioned contest.Send the completed form along with the appropriate fees to the contact indicated in the contest details. <p>→ Complete all areas of the form – Please Print Legibly</p> <p>→ ALL ENTRY FEES ARE NON-REFUNDABLE</p>														
<p>Name of Contest: _____</p> <p>Your Name: _____ Phone#: _____</p> <p>Address: _____</p> <p>Email : _____</p>															
<p>Club Representing: _____ or <input type="checkbox"/> Unattached</p> <p>CPU Card#: _____ Weight Class: _____ kg <input type="checkbox"/> Male <input type="checkbox"/> Female Date of Birth: _____ dd/mm/yyyy</p> <p>Contest Category Entered: (check all that applied)</p> <table style="width: 100%; border: none;"><tr><td><input type="checkbox"/> 3-Lift</td><td><input type="checkbox"/> Deadlift only</td><td><input type="checkbox"/> Bench only</td><td><input type="checkbox"/> Special Athlete</td><td><input type="checkbox"/> Intermediate</td><td><input type="checkbox"/> Blind</td><td><input type="checkbox"/> Novice</td></tr><tr><td><input type="checkbox"/> Sub-Junior</td><td><input type="checkbox"/> Junior</td><td><input type="checkbox"/> Master I</td><td><input type="checkbox"/> Master II</td><td><input type="checkbox"/> Master III</td><td><input type="checkbox"/> Open</td><td></td></tr></table> <p>T-Shirt size: (if applicable) _____</p>		<input type="checkbox"/> 3-Lift	<input type="checkbox"/> Deadlift only	<input type="checkbox"/> Bench only	<input type="checkbox"/> Special Athlete	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Blind	<input type="checkbox"/> Novice	<input type="checkbox"/> Sub-Junior	<input type="checkbox"/> Junior	<input type="checkbox"/> Master I	<input type="checkbox"/> Master II	<input type="checkbox"/> Master III	<input type="checkbox"/> Open	
<input type="checkbox"/> 3-Lift	<input type="checkbox"/> Deadlift only	<input type="checkbox"/> Bench only	<input type="checkbox"/> Special Athlete	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Blind	<input type="checkbox"/> Novice									
<input type="checkbox"/> Sub-Junior	<input type="checkbox"/> Junior	<input type="checkbox"/> Master I	<input type="checkbox"/> Master II	<input type="checkbox"/> Master III	<input type="checkbox"/> Open										
<p>Required Information for Provincial or National Championships:</p> <p><i>(Note if this section is not filled out, you will not be considered qualified for Championships)</i></p> <p>Qualifying Total: _____ Date of Qualifying Total: ___/___/___</p> <p>Where Qualifying Total was obtained: _____</p> <p>Note: All qualifying totals must be within 24 months of the competition applying for</p>															
<p><small>You must be registered with the O.P.A.(Ontario Powerlifting Association) or C.P.U. (Canadian Powerlifting Union) or recognized I.P.F. (International Powerlifting Federation) affiliate. Registration cards must be shown at weigh-in.</small></p> <p><small>I.P.F. Rules will be strictly enforced. The O.P.A. and C.P.U. reserves the right to carry out drug testing at any contest under their jurisdiction. In order to have the right to a Provincial, National or International record, it will be required of me to undergo a drug screening test before I may be declared the record holder.</small></p> <p><small>Should there be an instance during competition where I am not medically able to determine emergency medical care for myself, I authorize the Ontario Powerlifting Association or Ontario Powerlifting Club officials to take such measures and arrange for such medical and hospital treatment as they may deem advisable for my health and well-being.</small></p> <p><small>In consideration of your acceptance, I hereby intend to be legally bound for myself: my heirs, executors or assigns waive and release any and all rights and claims for damages I may have against the C.P.U., the O.P.A., the Directors, the Executives or their representatives and successors and/or assigns, and the sponsors of this contest for any and all injuries suffered by me at the said contest.</small></p> <p>Signature of Competitor: _____ Date: _____</p> <p style="text-align: center;"><small>(Parent/Guardian if under 18)</small> <small>[11/2005]</small></p>															

ARTICLE XIX - Provincial Records

1. Standard application form has to be submitted no later than 30 Calendar days from the date of the supposed record.
2. A) The Chief Referee's seat and two side judges' seats must be occupied by at least a Provincial Category I card holder.
B) I.P.F. rules must be followed.
3. The lifter is responsible for completion and submission of the application form and fee of \$75.00 to the Ontario Registrar.
4. Any lifter who registers a positive doping test shall have all previous OPA records that he/she may have held removed. Records will revert back to the previous record holder.
5. Record Certificate designed by H. Rai is the Official Record Certificate of the OPA. The certificate will be distributed by the Records Chair for a fee of \$5.00 each.

[From Ontario Powerlifting Constitution and Bylaws]

 <small>ONTARIO POWERLIFTING ASSOCIATION</small>	<h3>National or Provincial Record Application Form</h3>																											
<p>Application for:</p> <table style="width: 100%;"> <tr> <td><input type="checkbox"/> National Men's Senior</td> <td><input type="checkbox"/> National Women's Senior</td> </tr> <tr> <td><input type="checkbox"/> National Men's Junior</td> <td><input type="checkbox"/> National Women's Junior</td> </tr> <tr> <td><input type="checkbox"/> National Men's Sub Junior</td> <td><input type="checkbox"/> National Women's Sub Junior</td> </tr> <tr> <td><input type="checkbox"/> National Men's Master 40-49</td> <td><input type="checkbox"/> National Women's Master 40-49</td> </tr> <tr> <td><input type="checkbox"/> National Men's Master 50-59</td> <td><input type="checkbox"/> National Women's Master 50-59</td> </tr> <tr> <td><input type="checkbox"/> National Men's Master 60+</td> <td><input type="checkbox"/> National Women's Master 50+</td> </tr> <tr> <td> </td> <td></td> </tr> <tr> <td><input type="checkbox"/> Provincial Men's Senior</td> <td><input type="checkbox"/> Provincial Women's Senior</td> </tr> <tr> <td><input type="checkbox"/> Provincial Men's Junior</td> <td><input type="checkbox"/> Provincial Women's Junior</td> </tr> <tr> <td><input type="checkbox"/> Provincial Men's Sub Junior</td> <td><input type="checkbox"/> Provincial Women's Sub Junior</td> </tr> <tr> <td><input type="checkbox"/> Provincial Men's Master 40-49</td> <td><input type="checkbox"/> Provincial Women's Master 40-49</td> </tr> <tr> <td><input type="checkbox"/> Provincial Men's Master 50-59</td> <td><input type="checkbox"/> Provincial Women's Master 50-59</td> </tr> <tr> <td><input type="checkbox"/> Provincial Men's Master 60+</td> <td><input type="checkbox"/> Provincial Women's Master 60+</td> </tr> </table>		<input type="checkbox"/> National Men's Senior	<input type="checkbox"/> National Women's Senior	<input type="checkbox"/> National Men's Junior	<input type="checkbox"/> National Women's Junior	<input type="checkbox"/> National Men's Sub Junior	<input type="checkbox"/> National Women's Sub Junior	<input type="checkbox"/> National Men's Master 40-49	<input type="checkbox"/> National Women's Master 40-49	<input type="checkbox"/> National Men's Master 50-59	<input type="checkbox"/> National Women's Master 50-59	<input type="checkbox"/> National Men's Master 60+	<input type="checkbox"/> National Women's Master 50+	 		<input type="checkbox"/> Provincial Men's Senior	<input type="checkbox"/> Provincial Women's Senior	<input type="checkbox"/> Provincial Men's Junior	<input type="checkbox"/> Provincial Women's Junior	<input type="checkbox"/> Provincial Men's Sub Junior	<input type="checkbox"/> Provincial Women's Sub Junior	<input type="checkbox"/> Provincial Men's Master 40-49	<input type="checkbox"/> Provincial Women's Master 40-49	<input type="checkbox"/> Provincial Men's Master 50-59	<input type="checkbox"/> Provincial Women's Master 50-59	<input type="checkbox"/> Provincial Men's Master 60+	<input type="checkbox"/> Provincial Women's Master 60+	<p>Note:</p> <p>All National records must have been set using metric weights and equipment to be recognized. Please use separate sheets if applying for both National and Provincial Records</p> <p>Provincial Records Mail to: Glyn Moore 9 Old Oxford Rd St Catharines, ON L2M 2J7</p> <p>National Records Mail to: Mike Armstrong 4709 Fordham Cr. SE., Calgary AB T2A 2A5 *Or go to www.powerlifting.ca to use the online application</p>
<input type="checkbox"/> National Men's Senior	<input type="checkbox"/> National Women's Senior																											
<input type="checkbox"/> National Men's Junior	<input type="checkbox"/> National Women's Junior																											
<input type="checkbox"/> National Men's Sub Junior	<input type="checkbox"/> National Women's Sub Junior																											
<input type="checkbox"/> National Men's Master 40-49	<input type="checkbox"/> National Women's Master 40-49																											
<input type="checkbox"/> National Men's Master 50-59	<input type="checkbox"/> National Women's Master 50-59																											
<input type="checkbox"/> National Men's Master 60+	<input type="checkbox"/> National Women's Master 50+																											
<input type="checkbox"/> Provincial Men's Senior	<input type="checkbox"/> Provincial Women's Senior																											
<input type="checkbox"/> Provincial Men's Junior	<input type="checkbox"/> Provincial Women's Junior																											
<input type="checkbox"/> Provincial Men's Sub Junior	<input type="checkbox"/> Provincial Women's Sub Junior																											
<input type="checkbox"/> Provincial Men's Master 40-49	<input type="checkbox"/> Provincial Women's Master 40-49																											
<input type="checkbox"/> Provincial Men's Master 50-59	<input type="checkbox"/> Provincial Women's Master 50-59																											
<input type="checkbox"/> Provincial Men's Master 60+	<input type="checkbox"/> Provincial Women's Master 60+																											
<p>Lifter Information:</p> <p>Name: _____</p> <p>Street: _____</p> <p>City: _____ Prov: _____</p> <p>Postal Cd: _____ Phone#: _____</p> <p>CPU#: _____</p> <p>Wt Class: _____ Precise Body Wt. _____</p> <p>Doping Control Sample#: _____</p> <p>I have checked all the data and all lists and hereby state that everything is in order</p>	<p>Competition Information:</p> <p>Name of Competition: _____</p> <p>Location/Address: _____</p> <p>City: _____ Prov: _____</p> <p>Date of Competition: _____</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th>Attempt</th> <th>1st</th> <th>2nd</th> <th>3rd</th> </tr> </thead> <tbody> <tr> <td>Squat</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Bench Press</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Deadlift</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Total</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		Attempt	1 st	2 nd	3 rd	Squat				Bench Press				Deadlift				Total									
Attempt	1 st	2 nd	3 rd																									
Squat																												
Bench Press																												
Deadlift																												
Total																												
<p>Date: _____</p> <p>Signature: _____</p>		<p>Send completed form to the appropriate chairperson as stated above.</p>																										

NOTE: Record applications can also be submitted online at: www.ontariopowerlifting.org

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:
Glyn Moore
9 Old Oxford Rd
St Catharines, ON L2M 2J7

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: _____

Purpose of the Classification Awards Program:

- 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.
- To provide an incentive program for novice lifters.
- To provide recognition to those who have achieved status in their sport.
- 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	53 kg	59 kg	66 kg	74 kg	83 kg	93 kg	105 kg	120 kg	120+ kg	Badge Colours
Elite	492.5	555	620	685	750	800	842.5	875	892.5	Black & Red
Master	455	512.5	567.5	627.5	685	735	772.5	802.5	822.5	Red & White
Class I	407.5	457.5	510	565	615	657.5	695	720	730	Blue & White
Class II	360	402.5	447.5	495	542.5	580	610	635	642.5	Green White
Class III	312.5	350	392.5	432.5	472.5	505	535	555	560	Orange White
Class IV	272.5	307.5	342.5	375	412.5	440	465	485	490	Yellow & White
CLASSIFICATION TOTALS: WOMEN										
Wt. Class	43 kg	47 kg	52 kg	57 kg	63 kg	72 kg	84 kg	84+ kg		Badge Colours
Elite	285	305	332.5	360	390	432.5	485	522.5		Black & Red
Master	257.5	277.5	302.5	327.5	355	392.5	440	475		Red & White
Class I	230	250	272.5	295	320	355	397.5	422.5		Blue & White
Class II	207.5	220	242.5	262.5	285	315	352.5	370		Green & White
Class III	180	195	212.5	227.5	250	277.5	307.5	322.5		Orange & White
Class IV	155	167.5	182.5	195	215	237.5	265	275		Yellow & White
Qualifying Totals	Women Provincial	Men Provincial			Women National					Men National
Open	Class III	Class I			Class III					Class I
Master 1 (40 - 49)	Class III	Class II			Class III					Class II
Master 2 (50-59)	Class IV	Class III			Class IV					Class III
Master 3 (60-69)	Class IV	Class IV			Class IV					Class IV
Master 4 (70+)	(Not Applicable)	Class IV			(Not Applicable)					Class IV
Sub-Junior	Class III	Class IV			Class IV					Class IV
Junior	Class III	Class III			Class III					Class III
Intermediates	(Not Applicable)	(Class 111+4%)<Class I			(Not Applicable)					(Not Applicable)
Bench Press Open Qualifying Totals										
Weight Class	53	59	66	74	83	93	105	120	120+	
Men - Sub Jr	80.0	95	105	115	125	132.5	140	145	150	
Men - all others	57.5	62.5	70	77.5	82.5	87.5	92.5	95	97.5	
Weight Class	43	47	52	57	63	72	84	84+		
Women - Sub Jr	30	32.5	35	37.5	45	52.5	60	65		
Women - all others	40	42.5	47.5	50	55	60	65	70		



Request for Expense Reimbursement

This form along with original receipts is to be submitted within 30 days of the event to the OPA Treasurer for:

- OPA Lifters claiming reimbursement for travel to championship contests (CPU, IPF)
- OPA Referees claiming reimbursement for refereeing a sanctioned contest (OPA)
- OPA Executive Meetings
- OPA Administrative Expenses

Mail To:
 OPA Treasurer:
 Jackie Pritchard
 581202 RR5,
 Dundalk, ON
 N0C 1B0

Member Information

Event Information

Name: _____
 CPU Card #: _____
 Address: _____

 Phone #: _____
 Email (optional): _____

Competition _____ Referee _____
 Meeting _____ Administrative _____
 Name of Event: _____
 Location: _____
 Date: _____
 Contest Results: (how you placed etc): _____

**** Each section must be completed as fully as possible. ****

CLAIMANT SECTION

O.P.A SECTION

Details of Expenses	Amount Claimed	Provision in Constitution	Amount Allowed	Amount Approved	Claim Category
Total:			Total:		

OFFICE USE ONLY

Date Received: _____
 Approved by: _____
 Cheque #: _____
 Date Issued: _____

I hereby declare the above information to be true and expenses to be incurred by me:

Claimant's Signature:

Rev. 01/ 08

ONTARIO POWERLIFTING ASSOCIATION

www.ontariopowerlifting.org



Board of Directors and Officials

President	Glyn Moore	(905) 646-8536	gmoore82@cogeco.ca
Vice President	Stan Goss		sgoss@live.ca
Secretary	Trisha Boyle		trisha.ross@rogers.com
Treasurer	Jackie Pritchard	(519) 925-2744	jackie.pritchard@gmail.com
Registration Chairperson	Marlene Moore	(905) 646-8536	marlene4opa@cogeco.ca
Records Chairperson	Glyn Moore	(905) 646-8536	gmoore82@cogeco.ca
Referee Chairperson	Michael Knott	(519) 317-6078	Mike_Knott@bell.net
Past President	Bill Jamison		

Regional Chairpersons

Northwest (vacant)			
Northeast: (vacant)			
Southern	Jerry Marentette		opa.southern@ontariopowerlifting.org
Eastern	Sandro D'Angelo		sandrodangelo@rogers.com
Website and Newsletter	Julie Watkin		J_Watkin@cogeco.ca
CPU President	Jeff Butt	(306) 694-5262	jeff@powerlifting.ca

Affiliated Clubs - 2011

Club Name	Club Contact	Phone Number	Email	Club Website
Canadore Panthers Powerlifting Club	Jeff Sivell	705-493-8940	jeffsivell@hotmail.com	
Capital Barbell	Sue Thomson	613-240-6134	sue.thomson@yahoo.com	
Defining Strength	Susan Abbott	905-768-4723	suabbot@mountaincable.net	
Fern's Gym	Fern Boucher	705-647-4279		
Golden Triangle	Dave Hoffman	519-894-5913		
Iron Foundation	Alex Drolc	519-757-3332	alex_drolc@gmail.com	
Iron Works	Sandro D'Angelo	613-769-7747	sandrodangelo@rogers.com	ottawaironworks.weebly.com
K.W. Grizzlies	Adele Couchman	519-744-4881	acouchman@sympatico.ca	
Limestone Powerlifting	Jon Steward	613-540-0914	jdm.22@hotmail.com	
London Powerlifting Club	Terry Stinchcombe	519-681-4766	karnterr@primus.ca	londonpowerlifting.org
Monster Powerlifting Club	Harneke Singh Rai	416-569-1488	raiharneke@hotmail.com	
Niagara Powerlifting Club	Jay Gemmell/Glyn Moore	905-685-9828	jgemmell@cogeco.ca	niagarapowerlifting.org
Power Pit Gym	Jerry Marentette	519-727-6096		
PoweReacH	Ashley Hartwick	613-832-2906	powereach@sympatico.ca	
Steel City Powerlifting Club	William T. Jamison	905-765-5345	billjamison@sympatico.ca	
Team Barbarian	Josh Hewett	416-931-0800	josh@top-form-fitness.com	www.teambarbarian.com
Toronto Rex Powerlifting Club	Mark Boyle	416-628-3577	mark.boyle@algorithmics.com	
U.T.M. Powerlifting	Pascal Tyrrell	905-842-6701	pascal.tyrrell@gmail.com	www.utm.utoronto.ca
Ultimate Fitness Gyms	Sarah Leighton	613-433-9775	sarah@ultimatefitnessgyms.com	www.ultimatefitnessgyms.com