Provincial Record Application Form

Application for:

- ☐ Provincial Men's Open
- ☐ Provincial Men's Junior
- ☐ Provincial Men's Sub Junior
- ☐ Provincial Men's Master I
- ☐ Provincial Men's Master II
- ☐ Provincial Men's Master III
- ☐ Provincial Men's Master IV
- ☐ Provincial Women's Open
- ☐ Provincial Women's Junior
- ☐ Provincial Women's Sub Junior
- ☐ Provincial Women's Master I
- ☐ Provincial Women's Master II
- ☐ Provincial Women's Master III
- ☐ Provincial Women's Master IV

IMPORTANT: A lifter's status as "unequipped" must be clearly identified on the contest scoresheet. Lifters CANNOT "cross-over" from equipped to unequipped, or from unequipped to equipped, they can only be in one division at a time in regards to records. If not so identified as unequipped, they will be assumed to be equipped.

"Unequipped" is defined as normal shoes, socks, under-garments, non-supportive singlet, T-shirt, wrist-wraps, neoprene knee-sleeves and belt. All items must conform to standard IPF Rules specifications. No other items are allowed.

Note:

All records must have been set using metric weights and recognized equipment. To apply for national records visit the CPU site at powerlifting.ca

A **RECORD APPLICATION** is required for **ALL record lifts**, INCLUDING those done at National Championships, plus an Application Fee of $75.00. Payment must be made to the Ontario Registrar and received (post marked) within **21 days** of the competition. If payment is not received within this time frame then the Record will not be acknowledged.

If a certificate is required for an Ontario Record a fee of $5 apply for each certificate, to be paid to the Ontario Registrar.

All fee's must be sent separately to Registration Chairperson Blake Giberson:
Ontario Powerlifting Association
c/o Blake Giberson
210 Wedgewood Lane
Tecumseh, ON N8N 4J5
blakegiberson@hotmail.com
519-979-4364

Squat	_____	kg
Bench Press	_____	kg
Deadlift	_____	kg
Total	_____	kg

Records Applying for:

- ☐ Squat
- ☐ 3 Lift Benchpress
- ☐ Single Benchpress
- ☐ Dead Lift
- ☐ Total

Category:

- ☐ Equipped
- ☐ Classic

Lifter Information:

Name:

Address:

City: **Prov:**

Phone: **Postal:**

Email: **Gender:**

Date of Birth:

CPU#:

Wt Class: **Actual Body Wt:**

Doping Control Sample#: ☐ **N/A**

Competition Information:

Name of Competition:

Venue:

Address:

City: **Prov / Country:**

Meet Director:

Date of Competition:

Record Certificate: ☐ **Yes** ☐ **No**
(Additional $5 Surcharge Per Record)

Additional Information: