

Newsletter

The Official News of the Ontario Powerlifting Association



Steve McKenzie squatting at the Nationals

www.ontariopowerlifting.ca

	Davida		Davida	<b>K</b> !Lee	Devende		Designation
Kilos	Pounds	Kilos	Pounds	Kilos	Pounds	Kilos	Pounds
25.0	55.0	157.5	347.0	290.0	639.5	425.0	936.75
27.5	60.5	160.0	352.5	292.5	644.75	427.5	942.25
30.0	66.0	162.5	358.0	295.0	650.25	430.0	947.75
32.5	71.5	165.0	363.75	297.5	655.75	432.5	953.25
35.0	77.0	167.5	396.25	300.0	661.25	435.0	959.0
37.5	82.5	170.0	374.75	302.5	666.75	437.5	964.5
40.0	88.0	172.5	380.25	305.0	672.25	440.0	970.0
42.5	93.5	175.0	385.75	307.5	677.75	442.5	975.5
45.0	99.0 101 F	177.5	391.25	310.0	683.25	445.0	981.0
47.5	104.5	180.0	396.75	312.5	688.75	447.5	986.5
50.0	110.0	182.5	402.25	315.0	694.25 600.75	450.0	992.0 007.5
52.5	115.5	185.0	407.75	317.5	699.75	452.5	997.5
55.0	121.5	187.5	413.25	320.0	705.25	455.0	1003.0
57.5	126.75	190.0	418.75	322.5	710.75	457.5	1008.5
60.0	132.25	192.5	424.25	325.0	716.25	460.0	1014.0
62.5 65.0	137.75	195.0	429.75 435.25	327.5	722.0	462.5	1019.5
	143.25	197.5		330.0	727.5	465.0	1025.0
67.5	148.75	200.0	440.75	332.5	733.0	467.5	1030.0
70.0	154.25	202.5	446.25	335.0	738.5	470.0	1036.0
72.5	159.75	205.0	451.75	337.5	744.0	472.5	1041.5
75.0 77 5	165.25	207.5	547.25	340.0	749.5	475.0	1047.0
77.5	170.75	210.0	462.75	342.5	755.0	477.0	1052.5
80.0	176.25	212.5	468.25	345.0	760.5	480.0	1058.0
82.5	181.75	215.0	473.75	347.5	766.0	482.5	1063.5
85.0 97.5	187.25	217.5	479.5	350.0	771.5	485.0	1069.0
87.5 90.0	192.75 198.25	220.0 222.5	485.0 490.5	352.5 355.0	777.0 782.5	487.5	1074.5 1080.25
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95.0 97.5	209.25 214.75	227.5	507.0	360.0 362.5	793.5 799.0	495.0 497.5	1091.25 1096.75
97.5 100.0	214.75	230.0	512.5	365.0	804.5	497.5 500.0	1102.25
100.0	220.25	232.5	518.0	367.5	810.0	500.0 502.5	1102.25
102.5	231.25	237.5	523.5	370.0	815.5	502.5 505.0	1113.25
103.0	236.75	240.0	529.0	372.5	821.0	505.0 507.5	1118.75
1107.5	242.5	240.0	534.5	377.5	832.0	510.0	1124.25
112.5	248.0	245.0	540.0	380.0	837.5	512.5	1129.75
112.0	253.5	247.5	545.5	382.5	843.25	515.0	1125.25
117.5	259.0	250.0	551.0	385.0	848.75	517.5	1140.75
120.0	264.5	252.5	556.5	387.5	854.25	520.0	1146.25
120.0	270.0	255.0	562.0	390.0	859.75	520.0	1151.75
125.0	275.0	257.5	567.5	392.5	865.25	527.5	1162.75
127.5	281.0	260.0	573.0	395.0	870.75	530.0	1168.25
130.0	286.5	262.5	578.5	397.5	876.25	532.5	1173.75
132.5	292.0	265.0	584.0	400.0	881.75	535.0	1179.25
135.0	297.5	267.5	589.0	402.5	887.25	537.5	1184.75
137.5	303.0	270.0	595.0	405.0	892.75	540.0	1190.25
140.0	308.5	272.5	600.75	407.5	898.25	542.5	1195.25
142.5	314.0	275.0	606.25	410.0	903.75	545.0	1201.5
145.0	319.5	277.5	611.75	412.5	909.25	547.5	1207.0
147.5	325.0	280.0	617.5	415.0	914.75	550.0	1212.5
150.0	330.5	282.5	622.75	417.5	920.0	552.5	1218.0
152.5	336.0	285.0	628.25	420.0	925.75	555.0	1223.5
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#### **EDITORAL** Newsletter Editor/Web Master/Eastern Regional Chair The winter season is upon us and the Ontario Junior/Master and Bench Mike Latocha 613-348-1024 Press Championships are fast approaching. We seen some records set R.R.# 1 3312 CON 3 Brockville, ON K6V 5T1 at the Ontario Seniors and Intermediates, hope to see more set at the E-mail: mike@ontariopowerlifting.ca Dec Meet. **OPA NEWSLETTER EDITORIAL DEADLINE** I hope to make it back to the platform this year to compete again, but first I have to lose a couple of pounds of extra pounds. (20lbs). Next Issue: Jan (Volume 54, Issue 1) Deadline: Jan 4/03 Get you contributions in early Please I would like to wish everyone in the OPA Merry Christmas and a Happy See Back cover New Year and best of lifting in the new year. Mike Latocha QUICK LOOK A T UPCOMING EVENTS AGM, Ontario Junior Championships, March 03 Steel City Open and Mentally Dec 7-8 Masters Championships and Bench Challenged (not sanctioned) Press Championships, Guelph ON Bill Jamison (905) 765 5345 Steve McKenzie 519-827-1946 Mav 03 Kitchener Dead Lift Open, Bench Press 2003 Canadian National March 13-16, 03 Qualifier and Mentally Challenged (not **Powerlifting & Benchpress** sanctioned) Dave Hoffman Championships Winnipeg, Manitoba (519) 894 5913 **OPA President:** Bill Jamison 905-765-5345 May 2003 London Open (not sanctioned) Terry Stinchcombe (519) 681 4766 Feb 1/03 Niagara Open July 2003 **Toronto Open, Blind and Bench Press** Jay Gemmell (905) 658 9828 (not sanctioned) Harnek Singh Rai (416) 748 8008 INSIDE THIS ISSUE: Message from the President Contest Results: Pg 8 In January the executive set out to attain two main goals. The first was Pa 4 to hold more referees clinics. Up Coming Events: Pg 10 2003 OPA Membership Form: Pg 4 Bench Press Routine for Women: Pa 11 The First Meet Do you know Squat: Pg 11 Mike Latocha I remember my first meet in 93, the London Open. Being new to the sport and never have been to a competition or even seen one, I didn't know Top Ten Men: Pg 12 what to expect Pq 5 2003 Club Affiliation Application: Pg 15 History of the Golden Triangle: Founded in January 1982 by Mr. Paul Summers (aka "Dr. Squat"), Mr. Larry Kuhn, Mr. Bob Wilson and Mr. Lynton Lam, the Golden Triangle Entry Form: Pg 17/18 Powerlifting Club grew to be the largest Powerlifting club in Canada. Pg 6 **OPA Records:** Pg 20 Featured Lifter March of 97 I changed gyms because my gym closed down.(the bas-Classification Totals: Pg 22 tards ripped me off for 500\$!!)I decided to go to this new gym called Good life, they had all the equiptment and they were part of a large Pg 7 Club Listings: Pg 23 chain so I felt secure financially.

# MESSAGE FROM THE PRESIDENT

Dear OPA membership,

The 2002 AGM is fast approaching and as of this writing there are four positions open, but no one has expressed an interest in running for these positions.

These positions are: Secretary, Referees chair person, Northwestern regional chair person and North Eastern Regional chair person.

As the year 2003 approaches we have been in touch with the meet directors that plan to hold contests in the coming year and compiling a list of these contests which can be found in this newsletter. Our referees chair man has been busy lining up as many referees for these contests as pos-

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sible.

On Monday November 11th, I'm leaving for the Men's Open World Championships in Trecin Slovakia. As a member of the IPF technical committee I'll be attending the technical committee meeting and the congress with our CPU President, Jeff Butt. Upon my return I'll be getting ready to attend the OPA Masters, Juniors and Bench press Championships in Guelph. Our AGM will also be held on that weekend, hope to see you all there. Here's wishing you seasons greetings and a Happy New year.

Sincerely, William T. Jamison **OPA** President

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	2002 Annual G	eneral Meeti	ng
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	WE HOPE TO S	EE AS MANY ME VERY IMPORT	EMBERS AS POSSIBLE AT THIS ANT MEETING

# THE FIRST MEET

#### By Mike Latocha

I remember my first meet in 93, the London Open. Being new to the sport and never have been to a competition or even seen one, I didn't know what to expect.

The months leading up to the meet; a seven hour drive there gave me plenty of time to ask myself all of these questions over and over. When do I warm up? What weights do I use? Do I put my gear on right away or wait? When do I wrap my knees in between attempts during the squats? These are common question asked by novice lifter; I hope that this article answers them.

#### The Training

From the time that you make the commitment to enter your first meet, it is usually a plan to attend a meet months before. If you are lucky you have a seasoned lifter to show you the ropes and tell you what to do. A training schedule of 8 to 12 weeks or even longer for preparation is involved. During the last weeks before the meet, it is best to train with your full gear and do a mock meet day. I timed how long it took me to get my gear on, wrap my legs, and practice my warm ups.

#### Meet Day

The morning of the meet usually means getting out of bed early for equipment check which is at 7 or 8 a.m. That usually isn't hard getting up that early except for the fact that you probably won't sleep all-night tossing and turning worry about your first competition. Add the fact that you are not sleeping in your own bed doesn't help matters either.

#### **Equipment Check**

The first thing that happens when you get there is the equipment check. This consists of all of your equipment being check for proper size and regulation to IPF rules. It is best that you check all of you equipment and make sure that it is legal before you go. There is nothing worst than finding out that your suit that you where given is not IPF legal the morning of the meet. A copy of the rules can be found on line at www.ontariopower-lifting.ca or ask for a copy of them from the Registration Chair or your local Chairperson. Making sure that you have the proper equipment is important.

#### Weigh-In

After the equipment check or during you will weigh-in. There is a list posted with your name in the order the weigh-ins will be with the flight that you are lifting in. You wait until they call your name and then weigh-in. If you do not make weight, you can be weighed in again at the end of the list and try to make weight or go up to the next weight class. You will be asked to give your first attempts and given your attempt cards, put them some where safe.

After the weigh in, go to the platform and get your rack height for the squat. Do a couple with the bar to get the feel for it.

#### Breakfast

Now you can eat, that is if your nerves are not getting the best of you. Everyone has a different thing that they like to eat. It is entirely up to you what you want to eat, only you know your body and how you feel. Just don't over eat but make sure to have something. My breakfast on meet day was spaghetti, It just something that I ate one competition morning and lifted well, so I stuck with it.

During the meet, it is important to drink lots of water. I like to eat fruits during the day such as bananas, oranges, apples and a good old peanut butter sandwich.

#### The Warm Up

During your work out in the weeks leading up to the meet, you had a warm-up schedule that you used, it is best if you stay with that. For example, if I was going to open with 405lbs, I would do the following.

" Stretch hip flexors and lower back

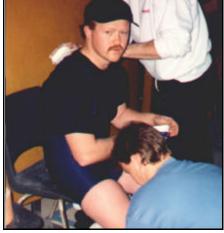
- " Bar x10
- " 135lbs 2 x 8
- " 225lbs x 5
- " 315lbs x 3 (Suit on)
- " 385lbs x 1 (Complete gear)

I would start to warm up about a half an hour before lift time, now this all depends on what your opener is going to be. If the warm up didn't fell to

good, go a bit lighter with the opener, you don't want to fail on the first lift. If you don't get the first lift, you can not lower the weight so be sure that you can complete it with ease.

#### Wrapping Your Knees

If you are lucky, you will have someone to wrap your knees for you. Wrapping your knees can be harder than the actual lift sometimes. My first meet I had help to put my wraps on, but now I wrap my own knees. I have 4 sets of knee wraps that I use, one for each lift and one spare in case I drop one during the wrapping procedure. It is good to practice rolling your knee wraps good and tight and wrapping your knees. Time it to see how long it takes you to



Getting ready to squat; first meet London 93

complete. You don't want to be standing around to long with your wraps on waiting for your turn to lift. It is good practice to wrap your knees counter clock wise on the left and clock wise on the right. I always start at the bottom and go up to the top of the knee finishing one width of the wrap above the knee. Your wraps can not be longer than 2 m in length and 8cm in width. The wrap should not extend 15 cm above or below the center point of your knee joint. Talk with some of the experienced lifters at the meet; I am sure that they will be more than glad to give you pointers.

When they call your name as being in the hole, you should be sitting in a chair close to the entrance to the platform with all of your equipment ready to go. Knee wraps in hand with elastics around them to stop them from unrolling. I usually start to wrap when the guy who just lifted is coming off of he platform. You have 60 seconds from the time the announcer say, "The Bar is Loaded". Once that first lift is in and passed, you will feel like the world has been lifted from your shoulders.

#### Attempt Cards

If you do not have someone to help you; it is important that you have your next attempt filled out and ready to go. I usually put it in my sock or very close to the announce table. Once you complete the lift, you only have 60 seconds to get your next attempt to the announcer table and it must be in Kilos. (See the inside cover for chart). If you don't get it there within time, they can pass your next lift and move on to the next lifter.

#### The Squat

Well here you go, "THE BAR IS LOADED". Make sure that all your equipment is on before walking out on the platform. Once you step onto the platform, you can not adjust it. The head referee's hand is up waiting to give you the signal to squat. Setup under the bar, un rack the weight and step back under control, strong, positive and focused. Pick a focus point on the back wall or the ceiling. When you are ready to go and the head



Maxville Open, Second meet June 93. Completed 7 for 9 lifts.

referee likes what he/she see, you will he the word, "SQUAT" and the hand goes down. Now it is up to you, sink the squat down below parallel and coming up from the bottom fast and strong. Remember not to move your feet or wrack the weight until you hear the words from the head referee, "RACK". Rack the weight and look at the lights and see that you have 3 white lights and have completed your first lift. Now the stress is gone you are in the meet. Get your next attempt in ASAP, before the time runs out. Then celebrate your first successful squat at a competition.

Complete your 2nd and 3rd attempts sticking to your schedule. I always try to better each lift each time, even if it is only a couple of pounds.

#### The Bench

For the bench same rules apply for the warm up. Once the squat is getting close to the end, you will see other lifter starting to warm up. Warm up the same way that you would at the gym. If you wear a bench shirt, put it on before you do your last warm up.

Once you have been called, and the announcement has been made, "THE BAR IS LOADED" you can then go to the bench and setup into position. When you are ready, take the lift off from the spotter; position the weight in the start position with your elbows locked wait for the head referee to give the command "start" and motion of the arm down. Proceed with the lift until the bar is on your chest, the bar must remain motionless for a pause (1000one). Push the weight up evenly and hold it at the top motionless lock, until given the signal to rack the weight. Same rule applies for getting your next attempt in 60 seconds.

#### The Deadlift

Warm up and be ready to go when your name is called. "THE BAR IS LOADED" Tighten up your belt, put the chalk on your hands and proceed to the platform. When you approach the platform the head referee's hand will rise in the air into the start position. There is no signal to begin, the lift starts when you begin to pull the weight from the floor. Setup over the bar, focused, reach down grip the bar push your feet pulling the weight up with explosive force. Don't let your back round; and keep good form

# HISTORY OF THE GOLDEN TRIANGLE POWERLIFTING CLUB

Founded in January 1982 by Mr. Paul Summers (aka "Dr. Squat"), Mr. Larry Kuhn, Mr. Bob Wilson and Mr. Lynton Lam, the Golden Triangle Powerlifting Club grew to be the largest Powerlifting club in Canada. The membership roster has been as high as 26 active lifters. Several of which have been multiple Intermediate, Junior, Senior, Master and Canadian champions.

#### Mission Statement

To achieve true contentment from powerlifting through continuous awareness and an honest culture.

To provide knowledge openly and to nurture new members, who have the wit, integrity, true grit and the self-confidence that it takes to build the character which all truly great powerlifters' posses.

This commitment to maintain these top-notch character traits in an honest and aware culture are always to be considered regular business.

Major Achievements;

" Our club has run more than 30 competitions over the past 20 years of existence.

" Won the Ontario Intermediate team trophy 5 times.

" Won every major team trophy at every competition held in Ontario in 1990 and 1991. Members past and present are or have been O.P.A. executives. Dave Hoffman is Records Chairperson. Paul Summers was President Steve and Chomitz was Treasurer. Regan Gerry was a Regional

Director. Paul and Steve are judges and have been involved in all aspects of the sport.

Dave is still actively involved as an O.P.A. executive. His involvement is exemplary. Dave is our clubs meet director.

Have held the Canadian Junior and Master Championships an unprecedented 4 times.

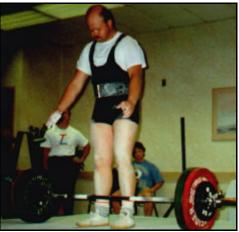
Have instituted new concepts into the sport by running different types of contests for the first time. Ontario Deadlift Open, which has been run for 13 years straight. Team Challenge contest. Ability Challenged contests. Contest in conjunction with Highland heavy games.

• Our club owns all of the equipment necessary to run a competition. This is quite a feat to accomplish.



completing the lift. A nice clean pull, no rocking, hitching, resting the bar on the thighs, or downward motion, push your hips forward and lock out you knees and shoulders back. Stand with the bar in the locked out position until given the down signal of the arm moving down and the command 'Down' by the head referee. Set the bar down under control; don't drop it from your knees. You must have control of the bar setting it down. Get vour next attempt in and finish the meet.

Congratulations, you have just completed your first competition. In my first meet I boomed out on the squats, but it was a great experience and I learn a lot and had fun.





Kitchener July 93

We assist other clubs to run competitions.

It can be stated that this club has been together for 20 consecutive years. Our club has been sanctioned every one of those years by the O.P.A. without broken service.

We have regular on-going club workouts, which challenge our abilities.

• We have had two barbecue parties to celebrate our clubs long time together. A 10-year party in 1992 and a 20-year part in 2002.

• Our long time commitment to each other is indicative of the integrity of our members. We are respected by the general public and by the powerlifting community.

People come from other clubs to learn from us. This is one of the best compliments anyone can have.

In conclusion I would like to thank past members and others that have helped out. Chris Baron, Rob Duench, Larry Kuhn, John Binder, Lynton Lam, Dave Pasnyk, Dave Gardener, Mike Farquhar, Angela Summer, Lauri Chomitz and the late Maria Hoffman for all of their support. There are many others that have been there for this club without whom we would not be where we are today.

We at the Golden Triangle are extremely proud of our accomplishments and we want all of the other clubs to know that we are here for the long run.

# FEATURED LIFTER

March of 97 I changed gyms because my gym closed down.(the bug-

gers ripped me off for 500\$!!)I decided to go to this new gym called Good life, they had all the equipment and they were part of a large chain so I felt secure financially.

I was training very hard back then,bodybuilding style. Very light and lean (178lbs). I went to the gym the first day to squat and found this very large man giggling in the corner every time I went down, so I stopped and

You only squat half way! And your weak!!

went over"Is there something wrong buddy?"

The guy said "yeah you only squat half way! And your weak!!" I said "What are you talking about, I've got 5 plates on here??" "You can't even squat 3 plates!". He came over and took my towel off the

bar, kicked away the 5lb plates I had for my heels,took away my belt and knee wraps and said, "o.k we'll start at two plates. Now you watch me and squat the way I do". He took the 2 plates and buried it nice and smooth and easy. "Now you try it."

I figure ,how hard can it be? I was just under 5 plates, it can't be that bad. I step under the weight,set up, and go down. At the end.I could not budge it from that far down. That was the first time I really squatted and the first time I've ever been squashed.

The giggling fat bastard was Nick Singleton.(260lbs) He said "You know, most guys are scared of me why aren't you?" I said "the real question is why aren't YOU scared of ME?" "Whatever, tough guy ,meet us here tomorrow at 4:30". I nodded.ok.

The next day I went to the gym to see Nick and Mark Giffen(230lbs) training for the worlds (97' Prague). That was it, game over.I get to lift as much as I can? Sign me up. I then proceeded to jump into their training cycle at 178lbs and no powerlifting experience. They would not slow down for me, they made me take off my girly weights and beat the crap out of me. Usually I was on the floor after a workout for about 40 min. Soooo tired and sore.Nick made me vomit a few times for sure but I got stronger.

This all started 5 weeks before the St.Thomas open which Mark and Nick were going to so I trained for it,figuring I could compete in the 82.5 class. Not! In that five weeks I went up to 187lbs. I had quite the competition, shaking and almost falling over(some things don't really change) but in the end I got my class 1 at that meet. From then on I basically went to every meet that I could,London,T.O., Ottawa, Quebec and every Nationals.(I would go to the Nationals with a broken leg, anyone that knows me knows that.)

One of my most memorable experiences was meeting Tom Nicholls for the first time at the Nationals in 98. He was a nice guy but very serious at the same time. He beat the pants off of me and made it known that he was king of the mountain and he wasn't giving up the crown to anyone so don't mistake his kindness for weakness. I liked that, I wanted to lift like that,and of course I WANTED TO BEAT HIM! If he can lift it ,so can I.Since then Tom and I have become friends, I like the guy and he knows that if he competes in a meet and I'm there it's not a coincidence. To be the best, you have to beat the best. I think everyone should have an ongoing goal to achieve,to keep them focussed.

Meeting Bill Jamieson was also very important for me. The first thing he said was "You have the potential to be a fantastic lifter, are you tough enough to do it?" I said "yes".

How come he didn't tell me about all the work that it was going to take? I

**Note:** If you would like to be or know someone that could be our featured athlete, send information lifting history, bios, pictures, etc.. to Mike Latocha 3312 CON 3 R.R.#1 Brockville, ON K6V 5T1 Or E-mail: mike@ontariopowerlifting.ca

haven't put it all together yet, but I will. He knew just what to say to make me want to excel and I really needed that.

The Pan-American Games in Chicago (2000) was my first international meet. It was also the only meet I've been to where the women had their own flights. That was cool.I came in third.

Going to the worlds in Japan (2000) was the best experience of my life. Once I saw so many people that were stronger than me at lighter body-weights, I realized that I wasn't training hard enough. I ended up 6th.

Finland in 2001 was also a fantastic experience; always meeting a lot of people and so on. I didn't lift well; bad preparation.

Now I am recovering from an injury and doing well. I am already training for the nationals and will be ready. I can't hardly wait. The guys in the gym always call me names like maniac, madman, insane. I don't know why. I just want to be really good, and I want to keep raising the bar for younger lifters so they will train harder and place higher at the worlds.

Steve McKenzie



Steve with the big deadlift



Steve and Inaba in Japan 2000, Steve's proudest picture.

August, 2002

## CONTEST RESULTS

### **Guelph Open**

Aug 11/02 Results: Steve McKenzie

-					
Women					
Name	Place	Squat	Bench	Deadlift	Total
67.5 kg		450 5	07 5	450.0	
Glorianne Papolis	1	152.5	87.5	150.0	390.0
Leslie Harley	2	100.0	55.0	110.0	265.0
<b>90.0 kg</b> Pam Eisen	1	125.0	80.0	127.5	332.5
	I	125.0	00.0	127.5	552.5
Men					
Name	Place	Squat	Bench	Deadlift	Total
56.0 kg		•			
David Heisel	1	95.0*	65.0*	125.0*	285.0*
60.0 kg					
Jimmy Jong	1	195.0	140.0	212.5	547.5
67.5 kg		107 5	445 0	000.0	400 5
Brian Decastro	1	167.5	115.0	200.0	482.5
<b>75.0 kg</b> Stan Goss	1	160.0	102.5	207.5	470.0
82.5 kg	I	100.0	102.5	207.5	470.0
Jeff Becker	1	255.0	175.0	275.0	705.0
Ryan Etchells	2	182.5	140.0	217.5	540.0
Adam Bury	3	130.0	107.5	180.0	417.5
90.0 kg					
Tim Jones	1	195.0	137.5	220.0	552.5
Dave Bolton	-				
100 kg				o / o =	
Mike Mangan	1	270.0	185.0	242.5	697.5
V Kozmirnko	2 3	250.0 227.5	150.0 145.0	240.0 240.0	640.0 612.5
Terry Stinchombe Jon Heisel	3	227.5	145.0	240.0	560.0
Brian Moodie	4 5	200.0 195.0	140.0	220.0	535.0
Jason Platts	-	245.0	175.0	<del>272.5</del>	
Men					
Name	Place	Squat	Bench	Deadlift	Total
110 kg		000.0	040.0*	050.0	000.0*
Bruce McIntyre Mark Glofcheskie	1 2	230.0 235.0	210.0* 175.0	250.0 220.0	690.0* 630.0
Tim Ekert	2	235.0 215.0	175.0	220.0	607.5
Nathan Donahue	4	185.0	137.5	220.0	522.5
125 kg	-	105.0	107.0	200.0	522.5
Jim Halliday	1	245.0	170.0	260.0	675.0
Richard Gazdig	2	205.0	145.0	240.0	590.0
125+ kg					
Dmitry Vordnov	1	275.0	185.0	210.0	645.0
Miles Kestt	0	105.0	1 40 0	475 0	500.0
Mike Knott	2	185.0	140.0	175.0	500.0

# Ontario Senior Women & Intermediate Men Provincial Championships

Sept 22/02 Results: Sean Brown

Senior Women					
Name	Place	Squat	Bench	Deadlift	Total
75.0 kg					
Sara Clark	1	152.5	75.0	160.0	387.5
82.5 kg					
Sarah Frankel	1	125.0	72.5	145.0	342.5
90.0 kg					
Pam Eisen	1	117.5	80.0	137.5	335.0
Intermediate Men					
75.0 kg					
John Gutri	1	155.0	100.0	180.0	435.0
82.5 kg					
Herbert Greenidge	1	185.0	175.0*	185.0	545.0
Stan Goss	2	165.0	105.0	205.0	475.0

Men					
Name	Place	Squat	Bench	Deadlift	Total
90.0 kg					
Tim Jones	1	200.0	137.5	225.0	562.5
Laurie Greenidge	2	200.0	145.0	210.0	555.0
100 kg					
Blair Lyon	1	230.0	155.0	262.5	647.5
110 kg					
Richard Lyndon	1	242.5	135.0	280.0	665.0
Sean Roach	2	220.0	162.5	255.0	637.5
Mark Miller	3	227.5	150.0	242.5	620.0
Ken Smalko	-				
125+ kg					
Chris Yantha	1	242.5	185.0	265.0	692.5
* Ontario Record A	ttempt				
Best Lifters:					
Best Female:	Sara Cla	rk			
Best Male:	Blair Lyn	don			
Platform:	Dave Kra	amer, Pat,	Billy & Je	sse Jamiso	on
Referres:			Bazdig, Te	rry Stincho	mbe
Announcer:	Sean Bro	own			
Meet Directors:	Harnek S	Singh Rai,	Sean Bro	wn	

#### Ontario Senior Men Provincial Championships Sept 22/02 Results: Sean Brown

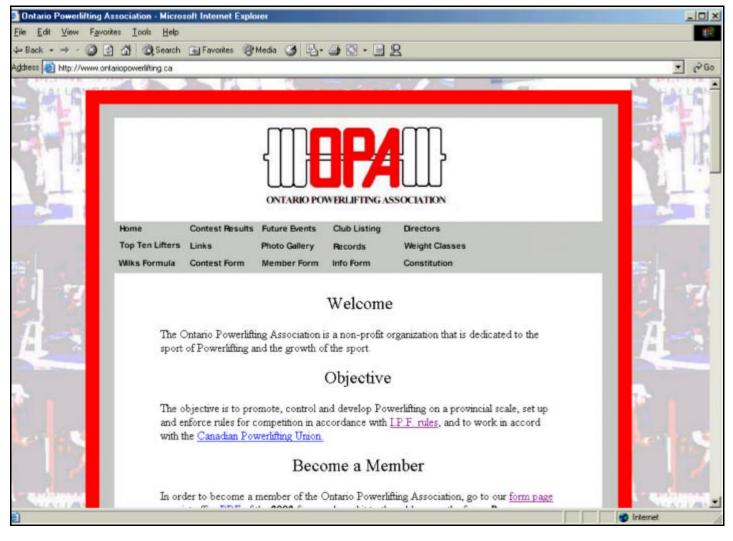
Senior Men					
Name	Place	Squat	Bench	Deadlift	Total
75.0 kg		-			
Brandon Summer	1	210.0	160.0	240.0	610.0
Glyn Moore	2	230.0**	131.5**	237.5**	590.0
82.5 kg					
Jeff Becker	1	262.5	177.5	290.0	730.0
90.0 kg					
Rick Morrissette	1	255.0	155.0	295.0	705.0
Alex Drolc	2	240.0	167.5	275.0	682.5
Dave Bolton	3	240.0	155.0	260.0	655.0
David Pigozzo	4	225.0	137.5	245.0	607.5
100 kg					
Steve McKenzie	1	292.5	180.0	300.0	772.5
Eric Gagnon	2	295.0	180.0	255.0	730.0
Steve Magistrate	3	250.0	185.0	265.0	700.0
Jason Platts	4	250.0	175.0	260.0	685.0
Mark Finocchio	5	250.0	165.0	227.5	642.5
Mike Mangan					
110 kg					
Mark Giffin	1	282.5	232.5**	297.5	812.5
125 kg					
David Gratton	1	327.5	245.0**	290.0	862.5
125+ kg					
Sean Brown	1	292.5			
** Canadian Record	d Attempt				
Best Lifters:	David Gra	atton			

Platform:	Dave Kramer, Pat, Billy & Jesse Jamison
Referres:	Bill Jamison, Adele Couchman, Lynton Lam
Announcer:	Stan Goss
Meet Directors:	Harnek Singh Rai, Sean Brown

**Note:** Every effort has been made to ensure the correct information is published. The information that is published is only as good as the information received. If the information is not readable, or hand written it can be entered into the newsletter incorrectly. Please remember that this is a NON-PROFIT Organization and all of the Executive Members are all volunteers. Please send any errors, comments or articles to: Mike Latocha R.R.#1 3312 CON 3 Brockville, ON K6V 5T1 OR **E-mail:***mike* @ontariopowerlifting.ca

# OPA Website Check us out On Line!

www.ontariopowerlifting.ca



What's on the OPA Site?

Contest Information, OPA Membership Form, Contest Entry Form, Contest Sanction Application, Club Affiliation Application and much more. All forms can be found at http://www.ontariopowerlifting.ca/download.html

Ontario Junior/Ma	asters Championship	Entry Fee: Payable to:	\$50.00 Kevin Samson
Date:	Dec 7th, 2002 Lifting @ 10:00 am	Send to:	Steve McKenzie, 106 Bagot St. Guelph, ON
Place:	University of Guelph Athletic Centre		N1H 5T6
Host:	Iron Foundation	Deadline:	Entries must be in by Nov 22nd, 2002
Weigh-ins:	Weigh-in at 8:00 a.m. Lift at 10:00 a.m.	Sanction by:	Ontario Powerlifting Association.
Eligability:	Must meet Provincial Qualifing standards total within 24 months.C.P.U. card must be shown at weigh-ins.	Rules:	I.P.F. rules will be strictly enforced. The C.P.U. and O.P.A. reserve the right to carry out drug testing at any contest under it's jurisdiction according to C.P.U. rules.
Awards:	Medals 1st - 3rd in each class. Best lifter by wilks, best team.		
		Niagara Open	
Meet Director:	Steve McKenzie 519-827-1946	Date:	Feb 1st, 2003 Lifting @ 10:00 am
Entry Fee:	\$50.00	Place:	Quality Inn Ontario Street, St. Catherines
Payable to: Send to:	Kevin Samson Steve McKenzie,	Host:	Niagara Powerlifting Club
	106 Bagot St. Guelph, ON N1H 5T6	Weigh-ins:	Weigh-in at 8:00 a.m. Lift at 10:00 a.m.
Deadline:	Entries must be in by Nov 22nd, 2002	Eligability:	Open Competition (First 28 lifters). C.P.U. card must be shown at weigh-ins.
Sanction by: Rules:	Ontario Powerlifting Association.	Awards:	1st - 3rd in each class. Best lifter by wilks, best team.
Kules.	and O.P.A. reserve the right to carry out drug testing at any contest under it's jurisdiction according to C.P.U. rules.	Meet Director:	Glyn Moore E-mail: gmoore82@cogeco.ca 905-646-8536
2002 Annual Gen	eral Meeting	Entry Fee:	\$50.00 (Includes T-Shirt) must accompany entry form. Money Order or Check.
Date:	Dec 7th, 2002 @ 5:00 P.M	Payable to: Send to:	Glyn Moore Glyn Moore,
Place:	University of Guelph Athletic Centre		9 Old Oxford Road, St Catherines, ON
Deadline Date:	All proposals, resolutions must be recieved by the OPA Secretary no later than Nov 7th, 2002.	Deadline:	L2M 2J7 Entries must be in by
Send to:			Jan 17th, 2003

Sanction by:

Rules:

**Ontario Bench Press Championships** 

Date:	Dec 8th, 2002 Lifting @ 10:00 am		
Place:	University of Guelph Athletic Centre		
Host:	Iron Foundation		
Weigh-ins:	Weigh-in at 8:00 a.m. Lift at 10:00 a.m.		
Eligability:	Must meet Provincial Qualifing standards total within 24 months.C.P.U. card must be shown at weigh-ins.		
Awards:	Medals 1st - 3rd in each class. Best lifter by wilks, best team.		
Meet Director:	Steve McKenzie 519-827-1946		

R.R # 2 Cayuga, ON N0A 1E0

E-mail: krista@powerlifting.ca

Are You Planning a Meet? If you plan to hold a meet in Ontario within the next 6 months, you can post the details in the next issue of the OPA newsletter. To apply for a meet, file out the sanction form and send it to :

according to C.P.U. rules.

Ontario Powerlifting Association.

I.P.F. rules will be strictly enforced. The C.P.U. and O.P.A. reserve the right to carry out drug

testing at any contest under it's jurisdiction

**Ontario Powerlifting Association** C/O Heather Johns, PO Box 93, Bancroft, ON K0L 1C0

To hold an OPA sanctioned meet, you must ensure that the sanction application and applicable fees are received by the Registration Chair 3 months before the proposed date of the meet and also keep in mind that it can not be within 21 days of another meet.

#### 2003 Canadian National Powerlifting & Benchpress Championships Winnipeg, Manitoba

Date:

Thursday, March 13, 2003 Afternoon 2003 C.P.U. Annual General Meeting Dinner Meet & Greet Evening National Referees Clinic & Theory Examination

Friday, March 14, 2003 Morning Opening Ceremonies C.B.S.A. Powerlifting Championship Afternoon C.P.U. Masters & Juniors Powerlifting Championship Evening Lifting Seminar with Special Guest

Saturday, March 15, 2003 Morning C.P.U. Women's Open Powerlifting Championship Afternoon C.P.U. Men's Open Powerlifting Championship

Sunday, March 16, 2003 Morning C.P.U. Benchpress Championship Afternoon C.P.U. Benchpress Championship Evening Awards Banquet

**Note:** It should be noted that this schedule is tentative and subject to some revision based on review by the Canadian Powerlifting Union Executive Council. Provincial Presidents will be notified of any changes to the competition schedule no less than eight (8) weeks prior to the competition.

After careful thought and deliberation, we have elected to relocate the Women's Open portion of the Championship to the Saturday, placing the Master's and Junior's on the Friday. By doing this, it will allow any Master and/or Junior wishing to compete in the Open Championship, the ability to do so.

# **BENCH PRESS FOR WOMEN**

The following routine should give athletes a way to break through barriers and continue toward attaining goals. This is designed for a bench of 100 lbs max. A 22" grip should be used, plant your feet firmly and flare your legs. Shoulders should be pushed into the bench with a slight arch in the back. This routine should be preformed two times a week.

Week 1: Flat bench 45x8x2 sets, 65x6, 75x3x3sets, 60x5x5 sets

Week 2: Elevate bench by pacing 10lbs. plate under head to create a slight incline position..45x8x2 sets, 65x6, 75x3x3sets, 60x5x5 sets

Week 3: Elevate bench by placing 10lbs plate at foot of bench to create a slight decline position. 45x8x2 sets, 65x6, 75x3x3sets, 60x5x5 sets

Week 4: Flat bench 45x8x2 sets, 65x6, 75x3x3sets, 60x5x5 sets

Week 5: elevate head as in Week 2. 45x8x2 sets, 65x6, 75x3x3sets, <math display="inline">60x5x5 sets

Week 6: elevate foot as in Week 3: 45x8x2 sets, 65x6, 75x3x3 sets, 60x5x5 sets

Week 7: flat bench 45x5x2 sets, 65x6, 75x5 sets, 85x1x3 sets

Week 8: Flat bench 45x5x2 sets, 65x6, 75x5 sets, 85x2x2 sets

Week 9: flat bench 45x5x2 sets, 65x6, 75x5 sets, 85x2x3 sets

Week 10: Flat bench 45x5x2 sets, 65x6, 75x5 sets, 85x1, 85x2, 85x3 sets

Week 11: Flat bench 45x5x2 sets, 65x6, 75x5 sets, 85x1, 100x1, 110x1, 120x1

Accessory work is also employed with this routine, since the lifter needs a lot of volume and foundation. The following are the suggested accessory exercises, divided into an A and B routine. The lifter should bench press twice per week and alternate A and B accessory work with each bench workout.

#### Accessory A:

35 degrees upper pulley row 3x8 reps, decline dumbbell press for Weeks 1-9 only 4x6, bench press as written above, flat flyers for weeks 1-8 only 5x6, bent elbow wide grip pullovers 3x10 reps.

Accessory B:

Rear lat pull downs 3x8, narrow underhand lat pull down 3x6. Bench press as written above, incline 20" pause (45 -55 lbs) 3x5 reps.



# Do you know Squat?

**De-Bunking the Myths** By Eric Gagnon C.S.C.S.

One of the most misunderstood exercises in strength training is the barbell squat. It is a very effective exercise that loads the entire lower body, including the lower back and abdominals. Ironically, it is also one of the simplest exercises. Put a bar on your shoulders, bend you knees and stand back up. What could be so complex about that? It has grown complex largely because of the propagation of several moths that have grown out to gym culture. Let's de-bunk some of those myths once and for all.

"Full squats are bad for your knees," These was one weak study from the 60's that I won't even bother to quote that would have liked to prove that full squats are bad for your knees. The problem with this statement is that it is condition all true. If you're never done full squats and one day you decide to drop rock bottom with 135 lbs on your back, you could conceivably hurt you knees. ...among other things. Ironically, this scenario is fairly common. Machismo dictates that the 45lbs plate is the currency in the gym and that anything less than that would look bad. However, if you have a degenerative condition of the patella full squats would be contraindicated.

Just like muscle, bone and skin, ligaments grow stronger from stress. However their rate of strengthening is about 25% that of muscular tissue. Start light. Another reasons to perform full squats is to strengthen and full develop the articular surfaces of the knees that need loading to grow completely over its full range of motion. Partial squats, I anything can cause knee injuries because they only strengthen your knees and leg muscles in the trained range. If a proponent of partial squats is ever forced into full knee flexion, in skiing for example, an injury could easily occur. Finally, there is a current trend in rehab circles to utilize full squats after ligament surgery primarily because of the compressive forces that help stabilize the knee joint.

"Squats are bad for your back" Once again the problem with this persisting myth is that is conditionally true. If you have very tight hip flexor and you go into a very full squat, well below parallel, this will cause posterior tilting of the pelvis, like a dog tucking its tail between its legs, putting the lumbar spine in flexion, therefore putting lumbar discs at risk of herniation. Stretch you hip flexor and stop at parallel and maintain a neutral back (or even a slight arch), if you suffer from this condition. By the way, most peo-

November, 2002

ple overestimate their depth in the squat. Have a pro look you over when you try to implement this.

Another reason why this myth persists is because some people initiate squatting program with inherent muscular discrepancies, predisposing them to a back injury. Let me explain: Many people have built up relatively strong legs with the help of leg extensions, leg curls and leg presses. The program with this combination of exercises is that it doesn't do anything for the lower back. Strong legs + weak backs= squatting injury.

Finally, another reason some have hurt their back while squatting is that they suffer from excessive machismo. Because they want to impress someone, who might actually care, with

their ability to pile up 45 lbs plates on a bar, they confuse that with their ability to squat with that weight. Painfully they take that monster weight out of the rack, shake and rattle as they shuffle their feet backward, drop down 1/16' of a full squat, round their backs forward and "ouch!" something gets hurt. There is no cure for stupidity.

"Squat makes my butt (or legs or midsection) too big" It is true that for some, squats will develop some of those areas more than remains: Only food can make you big. This is simple thermodynamics: You cannot create matter without another matter as substrate. It does not mean that you should not squat, only that you should supplement you squat regimen with other exercises that target those muscles tat are not fully targeted by the squat for you. So if squats can develop your midsection what is the problem with that?

If you need to lose inches around the waist, that's another story. A strong midsection rhymes with a strong back. It's ironic how we associate small waistlines with health and fitness. Just take a look at Hercules' Hercules (the Greek statue). You will notice how Hercules has HUGE, defined, abs and obliques. Maybe the ancient Greeks were on to something.

All that being said, the essence of my message is this: Don't let poor excuses keep you from one of the best, healthiest and most functional lifts available. If you need assistance with this lift, talk to a professional.

	- 2 YEARS ENDING DECEN	· · · · · ·	Total
Squat 56 kg	Bench Press	Deadlift	Total
о ку . 75.0 А. Ritchie 06/03/00	1. 60.0 A. Ritchie 06/03/00	1. 115.0 A. Ritchie 06/03/00	1. 250.0 A. Ritchie 06/03/00
50 kg	1. 00.0 A. Kitchie 00/03/00	1. 115.0 A. Ritchie 00/03/00	1. 250.0 A. Kitchie 00/05/00
1. 190.0 J. Jong 12/02/01	1. 142.5 J. Jong 10/17/01	2 17.5 J. Jong 02/24/00	1. 537.5 J. Jong 10/17/01
67.5 kg	1. 142.3 3. 30 ng 10/17/01	2 17.5 5. 50 lg 02/24/00	1. 337.3 3. 30hg 10/17/01
. 202.5 G. Moore 10/17/01	1. 135.0 R. Paananen	1. 230.5 G. Moore 03/31/01	1 557.5 G.Moore 03/31/01
2 190.0 B.Summer 04/05/00	2 132.5 J. Jong10/14/00	2 217.5 J. Jong 08/05/00	2 532.5 B.Summer 04/05/00
3 185 0 R. Paananen 07/08/00	3 130.0 B.Summer 04/05/00	3 212.5 B.Summer 04/05/00	3 520.0 R.Paananen 07/08/00
1.177.5 J.Jong 10/14/00	4 122.5 G.Moore 10/17/01	4 202.5 R.Paananen 07/08/00	4 515.0 J.Jong 10/14/00
5 172.5 B.DeCastro 06/03/00	5 117.5 B.DeCastro 06/03/00	5 200.0 A.Bury 11/24/00	5 487.5 B.DeCastro 06/03/00
5 152.5 F.Nadeau 10/13/01	6 110 F.Nadeau 10/13/01	6 197.5 B.DeCastro 06/03/00	450.0 A.Bury 11/24/00
150.0 A.Bury 11/24/00	7100.0 A.Bury 11/24/00	7 185.0 A.Goss 08/04/01	7 422.5F.Nadeau 10/13/01
3 140.0 S.Sher 05/26/01	8 87.5 A.Goss 08/04/01	8 170.0 S.Sher 05/26/01	8 400.0 A.Goss 08/04/01
135.0 S. Leconte 10/14/00	9 85.0 S. Leconte 10/14/00	9 160.0 F.Nadeau 10/13/01	9 385.0 S.Sher 05/26/01
0 127.5 A.Goss 08/04/01	10 75 S.Sher 05/26/01	10 140.0 S. Leconte 10/14/00	10 360.0 S. Leconte 10/14/00
75.0 KG			
230.0 B.Summer 12/03/00	1 152.5 B.Summer 12/03/00	1 260.0 B.Summer 03/31/01	1 640.0 B.Summer 12/03/00
2 225.0 G.Moore 12/03/00	2 150.0 E.Dunstan 10/13/01	2 232.5 N.Davidson 08/04/01	2 585.0 G.Moore 12/03/00
3 212.5 N.Davidson 08/04/01	3 147.5 H. Singh-Rai 10/13/01	3 230.0 W.Albert 12/02/01	3 577.5 N.Davidson 08/04/01
212.5 J.Bourgoin 03/31/01	4 132.5 N.Davidson 08/04/01	4 227.5 G.Moore 12/03/00	4 532.5 E.Dunstan 10/13/01
5 195.0 H. Singh-Rai 10/13/01	132.5 G.Moore 12/03/00	5 205.0 S.Goss 05/26/01	5 527.5 W.Albert 12/02/01
5 190.0 C. Merkley 06/03/00	6 125.0 J. Bourgoin 03/31/01	6 202.5 G.Stan 08/04/01	527.5 J.Bourgoin 03/31/01
182.5 W.Albert 12/02/01	7 120.0 C. Merkley 06/03/00	7 200.0 E.Dunstan 10/13/01	7 520.0 H.Singh-Rai 10/13/01
182.5 E.Dunstan 10/13/01	8 115.0 W.Albert 12/02/01	200.0 C. Merkley 06/03/00	8 510.0 C. Merkley 06/03/00
) 172.5 S.Goss 08/04/01	9 110.0 D. Smiderle 08/04/01	200.0 J. Gutri 09/16/00	9 482.5 S.Goss 05/26/01
0 170.0 J.Gutri 09/16/00	10 107.5 J.Gutri 09/16/00	10 H. Singh-Rai 10/13/01	10 477.5 J.Gutri 09/16/00
		190.0 J.Bourgoin 03/31/01	
32.5kg			
270.0 J.Becker 04/05/00	1 180.0 J.Becker 04/05/00	1 297.5 J.Becker 04/05/00	1 747.5 J.Becker 04/05/00
2 242.5 B.Summer 09/15/01	2 167.5 E.Dunstan 10/14/00	2 280.0 H.Leung 03/31/01	2 660.0 H.Leung 03/31/01
242.5 H.Leung 08/15/01	3 165.0 B.Summer 11/15/01	3 265.0 J.Marentette 03/31/01	3. 657.5 J. Marentette 03/31/01
I. 230.0 J. Marentette 03/31/01	165.0 H. Greenidge 03/31/01	4. B. Summers 11/15/01	4. 650.0 B. Summers 11/15/01
230.0 J. Bourgoin 06/03/00	165.0 J. Marentette 10/17/01	5. 240.0 B. Simms 12/02/01	5. 615.0 B. Simms 12/02/01
6. 225.0 B. Simms 12/02/01	6. 152.5 P. Clipperton 03/31/01	6. 222.5 C. Lauzon 12/03/00	6. 585.0 H. Greenidge 03/31/01
7. 220.0 M. Kelso 06/03/00	7. 150.0 B. Simms 12/02/01	7. 220.0 P. Clipperton 03/31/01	7. 582.5 E. Dunstan 10/14/00
3. 210.0 H. Greenidge 03/31/01	8. 147.5 H. Leung 03/31/01	8. 217.5 K. Samson 10/14/00	8. 565.0 P.Clipperton 03/31/01
210.0 L. Page 06/03/00	9. 145.0 L. Greenidge 05/26/01	217.5 M. Kelso 06/03/00	9. 555.0 L Page 06/03/00
0. E. Dunstan 10/14/00	145.0 R. Etchells 06/03/00	10. 215.0 K. Stirling 10/13/01	555.0 L. Page 06/03/00
		2115.0 E. Dunstan 10/14/00	
00.0 kg			
285.0 J. Becker 02/24/00	1. 182.5 J. Becker 09/15/01	1. 300.0 R. Morrissette 05/26/01	1. 750.0 J. Becker 09/15/01
2. 262.5 R. Morrissette 05/26/01	2. 175.0 A. Drolc 10/14/00	2. 292.5 J. Becker 09/15/01	2. 707.5 R. Morrissette 05/26/01
3. 252.5 T. McPhail 06/03/00	3. 172.5 H. Greenidge 05/26/01	3. 275.0 A. Drolc 10/14/00	3. 695.0 A. Drolc 10/14/00
4. 245.0 A. Drolc 10/14/00	172.5 S. Sequin 03/31/01	4. 272.5 D. Bolton 07/08/00	695.0 T. McPhail 06/03/00
5. 242.5 D. Bolton 03/31/01	5. 170.0 T. McPhail 06/03/00	272.5 T. McPhail 06/03/00	5. 650.0 D. Bolton 07/08/00
6. 235.0 D. Pigozzo 10/13/01	6. 162.5 M. Goss 10/13/01	6. 257.5 D. Pigozzo 10/13/01	6. 645.0 D. Pigozzo 10/13/01
7. 232.5 M. Goss 10/13/01	7. 152.5 R. Morrissette 10/13/01	7. 255.0 S. Sequin 12/03/00	7. 625.0 S. Sequin 03/31/01
B. 227.5 S. Sequin 12/02/01	152.5 D. Pigozzo 10/13/01	255.0 J. Platts 07/08/00	8. 620.0 J. Platts 07/08/00
0. 215.0 J. Platts 07/08/00	9. 150.0 D.Bolton 07/08/00	9. 230.0 T. Jones 09/15/01	9. 617.5 M. Goss 10/13/01
0. 212.5 H. Greenidge 05/26/01	150.0 J. Platts 07/08/00	230.0 B. Lyon 10/14/00	10. 592.5 H. Greenidge 05/26/01
<b>00 kg</b>	1 105 0 B Zooberies 06/02/00	1 220 0 S. Makanzia	1 700 0 S Makanatia 00/15/01
. 305.0 S. McKenzie 03/31/01	1. 195.0 B. Zacharias 06/03/00	1. 320.0 S. McKenzie	1. 790.0 S. McKenzie 09/15/01
. 302.5 E. Gagnon 03/31/01	2. 182.5 S. McKenzie 09/15/01	2. 285.0 F. Tavernier 07/08/00	2. 740.0 B. Zacharias 06/03/00
8. 285.0 B. Zacharias 08/05/00	3. 175.0 M. Goss 05/26/01	3. 272.5 S. Duncan 09/15/01	3. 717.5 E. Gagnon 03/31/01
. 265.0 S. Magistrale 06/03/00	175.0 S. Magistrale 09/15/01	4. 270.0 J. Platts 09/15/01	4. 697.5 J. Platts 09/15/01

5. 262.5 M. Finochio 10/13/01 6. 260.0 J. Platts 09/15/01 7. 257.5 J. Cautillo 08/04/01 8. 250.0 F. Tavernier 12/03/00 9. 242.5 M. Goss 05/26/01 10. 230.0 B. Baresich 10/14/00 110 kg 1. 330.0 R. Celio 04/05/00 2. 300.0 M. Giffen 04/05/00 3. 282.5 J. Gemmel 10/14/00 4. 272.5 H. Weir 09/15/01 5. 255.0 M. Mangan 10/13/01 255.0 R. Lyndon 09/15/01 7. 245.0 R. Strong 12/02/01 245.0 M. Glofcheskie 10/13/01 9 242 5 S Chomitz 12/03/00 10.227.5 V.Gazzola 09/15/01 Squat 125 kg 1 340.0 D.Gratton 07/08/00 2 305.0 M.Giffen 06/03/00 3 295.0 R.Silverson 05/26/01 4 277.5 S.Brown 08/05/00 5 270.0 R.Freeman 05/26/01 6 260.0 A.Celio 07/08/00 7 227.5 G Cosby 10/13/01 8 222.5 R.Gazdig 12/02/01 9 220.0 M.Ghanen 08/05/00 10 205.0 M.Gore 04/08/01 125 +1 347.5 D.Gratton 05/26/01 2 305.0 B.Duguay 02/24/00 3 292.5 R.Silverson 10/14/00 4 290.0 S.Brown 09/15/01 5 212.5 R.Lyndon 08/04/01 212.5 P.Simons 10/14/00 7 295.0 M.Knott 05/26/01

8 197.5 T.Urguhart 05/26/01

175.0 J. Neal 06/03/00 6. 170.0 M. Finochio 10/13/01 7. 167.5 J. Platts 09/15/01 8. 162.5 E. Gagnon 03/31/01 9. 160.0 M. Mangan 08/04/01 10. 157.5 S. Duncan 09/15/01 1. 230.0 M. Giffen 04/05/00 2. 200.0 R. Celio 04/05/00 3. 190.0 J. Gemmel 10/14/00 4. 185.0 H. Weir 09/15/01 5. 175.0 S. Chomitz 10/17/01 175.0 J. Roemer 08/05/00 7. 165.0 M. Glofcheskie 10/13/01 8. 162.5 M. Mangan 10/13/01 9. 155.0 M.Gore 09/16/00 155.0 T.Ekert 08/05/00 **Bench Press** 1 240.0 M.Giffen 06/03/00 2 225.0 D.Gratton 07/08/00 3 200 R.Silverson 05/26/01 4 190.0 R Freeman 05/26/01 5 182.5 S.Brown 08/05/00 6 180.0 M.Ghanen 08/05/00 7 175.0 R.Gazdig 12/02/01 8 172.5 G.Cosby 10/13/01 9 155.0 A.Celio 10/14/00 10 147.5 M.Gore 04/08/01 1 238.0 D.Gratton 05/26/01 2 207.5 R.Silverson 10/14/00 3 200.0 B.Duguay 02/24/00 4 187.5 S.Brown 10/14/00 5 170.0 P.Simons 10/14/00 6 140.0 M.Knott 05/26/01 7 135.0 T.Urguhart 05/26/01 8 125.0 R.Lyndon 08/04/01

5. S. Magistrale 03/31/01 260.0 B. Zacharias 08/05/00 7. 257.5 J. Neal 06/03/00 8. 255.0 J. Cautillo 08/04/01 9. 252.5 T. Stinchombe 03/31/01 252.5 E. Gagnon 03/31/01 1. 305.0 R. Celio 04/05/00 2. 290.0 M. Giffen 04/05/00 3. 282.5 J. Gemmel 10/14/00 4. 275.0 R. Strong 12/02/01 275.0 H. Weir 09/15/01 6. 267.5 S. Chomitz 10/17/01 7. 262.5 R. Lyndon 09/15/01 8. 255.0 V. Gazzola 09/15/01 9 240.0 M.Gore 09/16/00 10 235.0 M.Glofcheskie 10/13/01 Deadlift 1 292.5 R.Silverson 05/26/01 2 287.5 R.Freeman 09/16/00 3 285.0 M.Giffen 06/03/00 4 282.5 D.Gratton 07/08/00 282.5 S.Brown 08/05/00 6 275.0 G.Cosby 10/13/01 7 260.0 M.Ghanen 08/05/00 8 252.5 R.Gazdig 12/02/01 9 250.0 A.Celio 10/14/00 10 232.5 M.Gore 04/08/01 1 287.5 S.Brown 09/15/01 2 275.0 D.Gratton 05/26/01 3 272.5 B.Duguay 02/24/00 4 270.0 R.Silverson 10/14/00 5 260.0 R.Lyndon 08/04/01 6 240.0 T.Urguhart 05/26/01 7 217.5 P.Simons 10/14/00

8 182.5 M.Knott 08/05/00

5. 690.0 S. Magistrale 03/31/01 6. 682.5 M. Finochio 10/13/01 682.5 F. Tavernier 12/03/00 8. 662.5 J. Cautillo 08/04/01 9. 655.0 J. Neal 06/03/00 10. 650.0 M. Goss 05/26/01 1. 835.0 R. Celio 04/05/00 2. 820.0 M. Giffen 04/05/00 3. 755.0 J. Gemmel 10/14/00 4. 732.5 H. Weir 09/15/01 5. 682.5 S. Chomitz 10/17/01 6. 672.5 R. Strong 12/02/01 7. 645.0 M. Glofcheskie 10/13/01 8. 637.5 M. Mangan 10/13/01 9 630.0 J.Roemer 08/05/00 10 317.5 V.Gazzola 09/15/01 Total 1 847.5 D.Gratton 07/08/00 2 830.0 M.Giffen 06/03/00 3 787.5 R.Silverson 05/26/01 4 742.5 S.Brown 08/05/00 5 725.0 R.Freeman 05/26/01 6 675.0 G.Cosby 10/13/01 7 665.0 A.Celio 07/08/00 8 660.0 M.Ghanen 08/05/00

1 860.0 D.Gratton 05/26/01 2 777.5 B.Duguay 02/24/00 3 770.0 R.Silverson 10/14/00 4 762.5 S.Brown 09/15/01 5 600.0 P.Simons 10/14/00 6 597.5 R.Lyndon 08/04/01 7 572.5 T.Urguhart 05/26/01 8 525.0 M.Knott 05/26/01

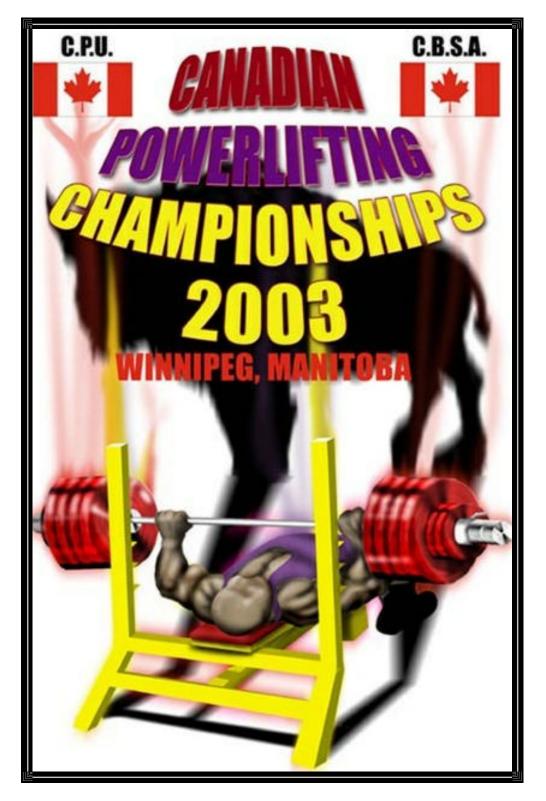
9 650.0 R.Gazdig 12/02/01

10 585.0 M.Gore 04/08/01

#### ONTARIO TOP TEN WOMEN - 2 YEARS ENDING DECEMBER 31, 2001

52 kg			
Squat	Bench Press	Deadlift	Total
1. 65.0 K. Nolen 10/14/00	1. 50.0 K. Nolen 10/14/00	1. 122.5 K. Nolen 10/14/00	1. 237.5 K. Nolen 10/14/00
56 kg			
1. 115.0 K. Schaus 08/04/01	1. 60.0 K. Schaus 08/04/01	1. 150.0 P. Baker 10/14/00	1. 295.0 p. Baker 10/14/00
2. 92.5 P. Baker 10/14/00	2. 52.5 P. Baker 10.14/00	2. 117.5 K. Schaus 08/04/01	2. 292.5 K. Schaus 08/04/01
3. 70.0 A. Brooker 04/08/01	3. 42.5 A. Brooker 04/08/01	3. 85.0 R. Goss 08/04/01	3. 190.0 A. Booker 04/08/01
4. 52.5 R. Goss 08/04/01	4. 37.5 R. Goss 08/04/01	4. 77.5 A. Brooker 04/08/01	4. 175.0 R. Goss 08/04/01
60 kg			
1. 112.5 C. Cosby 09/16/00	1. 65.0 J. Lessard 12/02/01	1. 137.5 . Lessard 12/02/01	1. 312.5 J. Lessard 12/02/01
2. 110.0 J. Lessard 12/02/01	2. 65.0 C. Cosby 09/15/01	2. 117.5 K. Schaus 09/15/01	2. 282.5 K. Schaus 09/15/01
3. 107.5 K. Schaus 09/15/01	3. 57.5 K. Schaus 09/15/01	3. 112.5 C. Cosby 09/15/01	282.5 C. Cosby 06/03/00
67.5 kg			
1. 142.5 S. Clark 09/15/01	1. 65.0 L. Squires 04/01/01	1. 145.0 S. Clark 09/15/01	1. 342.5 S. Clark 09/15/01
2. 130.0 L. Squires 12/02/01	2. 55.5 S. Clark 09/15/01	2. 130.0 L. Squires 12/02/01	2. 320.0 L. Squires 12/02/01
3. 117.5 J. Warne 12/03/00	55.0 D. McPherson 09/15/01	3. 127.5 D. McPherson 09/15/01	3. 295.0 J. Warne 12/03/00
4. 102.5 D. McPherson 09/15/01	55.0 J. Warne 07/08/00	127.5 J. Warne 12/03/00	4. 285.0 D. McPherson 09/15/01
5. 72.5 S. Elliott 10/13/00	5. 52.5 S. Elliott 10/14/00	5. 112.5 M. Hunter 08/05/00	5. 217.5 M. Hunter 08/05/00
6. 62.5 M. Hunter 08/04/01	6. 42.5 M. Gorgi 08/04/01	<ol><li>77.5 S. Elliott 10/14/00</li></ol>	6. 202.5 S. Elliott 10/14/00
7. 52.5 M. Gorgi 08/04/01	42.5 M. Hunter 08/05/00	7. 72.5 M. Gorgi 08/04/01	7. 167.5 M. Gorgi 08/04/01
75 kg			
1. 102.5 S. Clarke 08/05/00	1. 55.0 D. McPherson 05/26/01	1. 132.5 S. Clark 08/05/00	1. 290.0 S. Clark 08/05/00
2. 97.5 D. McPherson 08/04/01	55.0 S. Clarke 08/05/00	2. 120.0 D. McPherson 08/04/01	2. 270.0 D. McPherson 08/04/01
3. 62.5 K. Hiltz 10/14/00	3. 42.5 K. Hiltz 10/14/00	3. 90.0 K. Hiltz 10/14/00	3. 195.0 K. Hiltz 10/14/00
82.5 kg			
1. 130.0 S. Frankel 04/08/01	1. 77.5 P. Eisen 08/04/01	1. 142.5 S.Frankel 09/15/01	1. 337.5 S. Frankel 09/15/01
2. 117.5 P. Eisen 09/08/01	2. 72.5 S. Frankel 09/15/01	2. 132.5 P. Eisen 10/13/01	2. 317.5 P. Eisen 10/13/01
3. 110.0 K. Murphy 10/14/00	3. 57.5 M. Greenidge 08/04/01	3. 130.0 M. Morrison 10/14/00	3. 292.5 K. Murphy 10/14/00
4. 95.0 M. Greenidge 08/04/01	57.5 K. Murphy 10/14/00	4. 125.0 K. Murphy 10/14/00	4. 282.5 M. Morrison 10/14/00
95.0 M. Morrison 10/14/00	57.5 M. Morrison 10/14/00	5. 100.0 M. Greenidge 08/04/01	5. 252.5 M. Greenidge 08/04/01
90.0 kg			
1. 147.5 H. Johns 09/15/01	1. 67.5 K. Murphy 10/13/01	1. 152.5 H. Johns 09/15/01	1. 365.0 H. Johns 09/15/01
2. 110.0 K. Murphy 10/13/01	2. 65.0 H. Johns 09/15/01	2.135.0 K. Murphy 10/13/01	2. 312.5 K. Murphy 10/13/01
3. 105.0 M. Greenidge 05/26/01	3. 55.0 M. Greenidge 05/26/01	3. 110.0 M. Greendge 05/26/01	3. 270.0 M. Greenidge 05/26/01

November, 2002



# 2003 Canadian National Powerlifting & Benchpress Championships

March 13, 2003 - March 16, 2003

Web site: http://cpunationals2003.1afm.com/ E-mail: mfiliba@shaw.ca

# CONSTITUTION INFO III. INFORMATION COLLECTION

1. Upcoming Events - The Web Master and Newsletter Editor will receive information on upcoming events from the registration chair.

2. Tentative Events - One executive member will be appointed as meet coordinator. This person will assemble tentative dates for upcoming events and forward the information to the Newsletter editor and Webmaster on a regular basis. This is for information purposes only and is not to be confused with our sanctioned events. These events will be listed as tentative and pending sanction.

3. Meet Results - The meet director must send all meet results to the Newsletter editor and Webmaster. See the Meet Director's Hand Book for a complete listing.

4. Records - The records chair will provide the Newsletter editor and Webmaster with a full list of all provincial records once per year for publication. Amendments will be provided prior to the publication of each Newsletter to the Newsletter editor and Webmaster. No other mention of records shall be included in the Newsletter or Web page except as provided by the records chair.

5. Drug Testing - The drug testing contact will provide the Newsletter editor, prior to each issue, a list of all lifters tested and their results. Results not yet received and results under appeal will both be listed as pending. Positive results will also list the suspension received.

# ONTARIO POWERLIFTING ASSOCIATION BY- LAW NUMBER ONE

B. DUES

1. Entrance Fee - There may be a membership entrance fee in such amount as is determined from time to time at a general meeting of the association.

2. Dues - The annual membership dues shall be determined by the members at the annual general meeting. All dues are payable in advance of the first day of January of each year. This is to include the default of a contest entry fee. All terminated memberships which do not appear to qualify for re-admittance will be published in the OPA magazine to ensure meet directors and officials are aware of the terminations. The Executive Council and meet directors reserve the right to request payment for charges incurred by the defaulting member before re-admittance is granted.

3. Default - If any member fails to pay their dues, fee or assessments, within thirty (30) days of the demand by the Registrar Chairperson, he/she thereupon automatically ceases to be a member of the association, but such a member may be readmitted to membership by the Executive Council upon such evidence as it considers satisfactory, upon payment of all arrears of fees, dues and assessments.

## Are You Planning a Meet?

If you plan to hold a meet in Ontario within the next 6 months, you can post the details in the next issue of the OPA newsletter. To apply for a meet, file out the sanction form and send it to :

Ontario Powerlifting Association

C/O Heather Johns, PO Box 93, Bancroft, ON K0L 1C0

To hold an OPA sanctioned meet, you must ensure that the sanction application and applicable fees are received by the Registration Chair **3 months before the proposed date of the meet and also keep in mind that it can not be within 21 days of another meet.** 

# **CONTEST RESULT PROTOCOL**

After a competition, a Meet Director has to do the following:

1. All sanctioned official scoresheet results, signed by three referees, held in Ontario, including World meet results, be distributed by the Meet Director within one week of the contest to:

- 1. OPA President
- 2. OPA Newsletter Editor
- 3. OPA Records Chairperson
- 4. CPU President



# 2003 OPA CLUB AFFILIATION APPLICATION

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 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 one year from January 1 to December 31.

#### Club Name: \_

Contact Name: \_

(must be an Ontario Powerlifting Association member)

CPU #: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

E-mail: \_\_\_

Website URL: \_\_\_\_

• It is agreed that, if membership be granted, our club will abide by the Constitution 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 the right to cancel this said affiliation at any time.

Date: \_\_\_

Signature: \_\_\_

Please Include:

- A Copy of all emblems and logos that the club will be using.
- A list of all club members.

Club Affiliation Fee: \$40.00 Make Cheque or money order payable to: Ontario Powerlifting Association C/O Heather Johns PO Box 93 Bancroft, Ontario K0L 1C0

August, 2002

# **OPA CONTEST SANCTIONING PROCESS**

Note:	The OPA	Contest	Sanction	Application	Form	below	is for	the (	use
of me	et directors	s only.							

Please review the following before you fill out the 2002 OPA Contest Sanction Application form:

Applications for contest Sanctions must be made 3 months before	
the competition.	

Both the OPA Contest Application form and the full Contest Sanction Fee must be included with the request before a sanction can be granted.

Unregistered athletes may not compete in a sanctioned competition.

Only affiliated clubs in good standing will be granted a sanction.

The Meet Director must be a full member of the OPA at the time the contest sanction application is made.

Both the Meet Director and the person applying for the contest sanction must be members of a registered club.

The member applying for the sanction may designate another Meet Director who is a member of a registered Club.

The Club associated with the Meet Director is the point of contact with the OPA Board of Directors.

#### Contest Sanction Fee: \$40.00

Note: In addition, \$5.00 of the entry fee for each competitor must be sent into the OPA to cover drug testing costs.

	SANCTION APPLICATION
Sanction Application info:	Please send Meet Director Handbook

Host Club:	Awards:	
Host Club Contact:		
Meet Director:	Member Entry Requirements:	
Meet Director's Club:	Entry Deadline:	Entry Fee:
Contest Info:	Fee Payable to:	
Contest Name:		
	Send Entry to:	
Date:		
Weigh-in-info:		we receive the sanction applied herewith

Location:

Type of Contest (i.e. Open, Blind, Men's, Women's, Novice, Master 3 Lift, Bench Press, Special Olympics, etc.) Include categories and class

Details:		 	 	

\_\_\_\_ Date Expense: \_\_\_\_

\_\_\_ CPU#: \_\_\_

Amount:

#### Signature:

\*Forms must include any related, invoices or proofs of purchase\*\* Requests submitted without receipts may not be granted. Mail to OPA Treasure: C/O Krista Schaus 295 Link Road, R.R.#2 Cayuga, ON N0A 1E0

## Contest Sanction Fee: \$40.00

OPA EXPENSE FORM Request for Reimbursement of Funds

Date:

Name:

Phone:

Club:

E-mail:

Address: \_\_\_\_

Note; In addition \$5 of the entry fee for each competitor must be
eturned to the OPA to cover drug testing.

r

it will be accepted with the distinct understanding that the executive of the OPA reserves the right to cancel it at any time.

Signature : \_

Date:

Make Cheque or money order payable to: Ontario Powerlifting Association. Fill out the entry form and return it with payment to: **Ontario Powerlifting Association** C/O Heather Johns PO Box 93 Bancroft, ON K0L 1C0

# CONTEST ENTRY FORM

ONTARIO POWERLIFTING AS	SSOCIATION CONTEST FORM
Name:	Contest Name:
Address:	Club Representing:
	Best Official Total: kgs Weight Class kgs
Phone: CPU #	When/Where:
Titles, Championships won:	
Interests/Hobbies:	
Contest Category Entered e.g., Junior, Novice, Blind, etc.	
	irth (mm/dd/yy)
Male or Female T-Shirt Size (If applicable)	
You must be registered with the O.P.A. (Ontario Powerlifting Association) of Powerlifting Federation) affiliate. Registration cards must be shown at we I.P.F. Rules will be strictly enforced. The O.P.A. and C.P.U. reserves the In consideration of your acceptance, I hereby intend to be legally bound for rights and claims for damages I may have against the C.P.U., the O.P.A., and/or assigns, and the sponsors of this contest for any and all injuries su Signature of Competitor (Parent or Guardian if under 18):	high-in. right carry out drug testing at any contest under their jurisdiction. or myself: my heirs, executors or assigns waive and release any and all the Directors, the Executives or their representatives and successors uffered by me at the said contest.
Signature of Parent or Guardian (if under 18):	
	Record Application Form
National Men's Master 50+       National Wome         Provincial Men's Senior       Provincial Wome         Provincial Men's Junior       Provincial Wome         Provincial Men's Master 40-49       Provincial Wome	en's Juniorbeen set using metric weights and equipment to be recognized. Please use seperate sheets if applying for both national and Provincial Records.
Lifter Information	Competition Information:
Name:	Name of Competition:
City: Prov: Code :	Location/Address:
Phone: CPU #:	City: Prov:
Wt. Class: Precise Body Weight:	Date of Competition:
Doping Control Sample NO.:	Attempt: 1 st 2 nd 3 rd 4 th
I have checked all the data and all lists, and hereby state that everything is in order.	Squat Bonob
Date ·	Bench Press
Date :	Deadlift
Signature:	Total
Send complete form to: Dave Hoffman, 278 Thaler Ave, Kit	chener, ON N2A 1R6

August, 2002

# Interested in Advertising??

Full Page \$75.00

Half Page \$50.00

Quarter Page \$25.00

Business card \$10.00. Please send images by e-mail.

CONTEST ENTRY FORM	
Name:	Contest Name:
Address:	Club Representing:
	Best Official Total:kgs Weight Classkgs
Phone: CPU #	When/Where:
Titles, Championships won:	
Interests/Hobbies:	
Contest Category Entered e.g., Junior, Novice, Blind, etc.	
Contest Weight Class: kg Date of B	irth (mm/dd/yy)
Male or Female T-Shirt Size (If applicable)	
You must be registered with the O.P.A. (Ontario Powerlifting Association) of Powerlifting Federation) affiliate. Registration cards must be shown at we I.P.F. Rules will be strictly enforced. The O.P.A. and C.P.U. reserves the In consideration of your acceptance, I hereby intend to be legally bound f rights and claims for damages I may have against the C.P.U., the O.P.A., and/or assigns, and the sponsors of this contest for any and all injuries su	eigh-in. right carry out drug testing at any contest under their jurisdiction. or myself: my heirs, executors or assigns waive and release any and all the Directors, the Executives or their representatives and successors
Signature of Competitor (Parent or Guardian if under 18):	
Signature of Parent or Guardian (if under 18):	

# **QUALIFICATION POINTS TO REMEMBER:**

a) You must have qualified in the class in which you will compete in the previous 24 months from the date of the intended Provincials.

b) The only exception to the above is if you lift in a lighter class you may use that lift or total to qualify for a heavier weight class. I.e. for an Open Class man competing in the 100kg weight class who records a total of 705kg he may then compete in the 110kg weight class if his bodyweight places him there on the day of the meet.

c) If you lose weight and go down a class YOU MUST RE-QUALIFY at that lower class.

d) A Master lifter must meet the minimum age requirement on the day of the meet, BUT must have previously qualified either as a MASTER, or within the 12 month period before meeting the minimum age requirement for the class they will compete in.

e) A Junior lifter remains a Junior until December 31 of the year they turn 23 years

Note: Every effort has been made to ensure the correct information is published. The information that is published is only as good as the information received. If the information is not readable, or hand written it can be entered into the newsletter incorrectly. Please remember that this is a NON-PROFIT Organization and all of the Executive Members are all volunteers. Please send any errors, comments or articles to: Mike Latocha R.R.#1 3312 CON 3 Brockville, ON K6V 5T1 OR E-mail:mike@ontariopowerlifting.ca



London Powerlifting Club with their trophies

Note: Have an exercise tip or routine? Send to: Mike Latocha 3312 CON 3 Or E-mail: mike@ontariopowerlifting.ca

# **ONTARIO RECORDS**

To hold an amateur record in any sport is quite an accomplishment. To hold a record you must do two things after you break the record. You must be drug tested and you must send a application form to the Records Chairperson within 30 days. you can also have your coach make sure that all referees have signed the official scoresheet as that is also something that is needed to make things official. Use the form on page 17 to apply for a Provincial or Nation Record.

Dave Hoffman

**Records Chair** 

# BENCH PRESS RECORDS

#### Women's Open

52 kg 60 kg 67.5 kg 82.5 kg	Total 75.0 85.0 96.0 42.5	Name K. Parsons C. Lahey G. Papolis M. Greenidge	Date/Place Dec 10/89 Hamilton, ON Feb 01/92 Kitchener, ON Jan 31/98Cambridge, ON Dec 18/99 Toronto, ON
Women's	s Master		
60 kg 67.5 kg 82.5 kg	62.5 67.5 42.5	J. Lessard L. Squires M. Greenidge	Dec 02/01 Cambridge, ON Dec 02/01 Cambridge, ON Dec 18/99 Toronto, ON
Men's Ju	unior		
75 kg 90 kg 110 kg	140.0 135.0 167.5	G. Gray J. Elliott D. Kuntz	Feb 01/92 Kitchener, ON Dec 01/01 Cambridge, ON Jan 31/98 Cambridge, ON
Men's O	pen		
60 kg 75 kg 82.5 kg 90 kg 100 kg 110 kg 125 kg 125 kg	137.5 157.5 182.5 207.5 192.5 242.5 205.0 235.0	J. Jong F. Fraraccio S. Moir M. Whitford B. Zharias M. Giffen R. Silverston D. Gratton	Feb 27/00 Moose Jaw, SA Dec 18/99 Toronto, ON Jan 31/98 Cambridge, ON Dec 18/99 Toronto, ON Dec 18/99 Toronto, ON Dec 2/01 Cambridge, ON Dec 03/00 Brockville, ON Dec 02/01 Cambridge, ON
Men's M	aster 40 -	49	
60 kg 67.5 kg 75 kg 82.5 kg 90 kg 125 kg 125+ kg	137.5 140.0 150.0 160.0 175.5 195.0 170.0	J. Jong K. Lam E. Dunstan H. Greenidge H. Greenidge B. Jolley D. Hoffman	Feb 27/00 Moose Jaw, SA Jun 19/90 Surrey, B.C. Dec 02/01 Cambridge, ON Dec 02/01 Cambridge, ON Apr. 01/01 Quebec City, QU Mar 01/97 Winnipeg, Manitoba Jan 31/98 Cambridge, ON
Men's M	aster 50 -	59	
75 kg 82.5 kg 90 kg 100 kg 110 kg	132.5 137.5 155.0 165.0 165.0	W. McCullough L. Greenidge K. Hult K. Hult K. Hult	Feb 12/95 Chilliwack, B.C. Dec 03/00 Brockville, ON Jan 31/98 Cambridge, ON May 19/98 Leduc, Alberta Dec. 12/98 Guelph, ON

R.R.#1 Brockville, ON K6V 5T1

August, 2002

125+ kg 162.5

D. Hoffman

Dec 03/00 Brockville, ON

20 Please	s Note: The	se records	s were last update	d <b>Nov</b> , 200	Please Note: These records were last updated Nov, 2002. They do not include confirmed or			I	Women's Master Records (40 - 49)	ar Records	(40 - 49)
pendin	pending records made since this time.	nade since	this time.			Class	Lift	Кg	Lifter	Date	Contest
			Wornen's Senior Records - Modern Era	Records	- Modern Era	60 kg	Squat	110.0	J Lessard	Dec. 0	Ontario Masters, Cambridge, Ontario
Class		Kg	Lifter		Contest		Deadlift	137.5	u Lessard J Lessard	Dec. Dec. Dec.	Ontario Masters, Campridge, Ontario Ontario Masters, Cambridge, Ontario
8 8	Squat Dep 2	132.5	D.D'Angelo A Marual	0 ct . 9 6 90	Cambridge Open, Cambridge, Ontario Wemens Canadian City, Chillinger, BC		Total	3125	J Lessard	Dec. 01	Ontario Masters, Cambridge, Ontario
	Deadlift	102.5				67.5 kg	Squat Hench	1300	L. Squires L. Squires	Dec. Dec. Dec	Ontario Masters, Cambridge, Ontario Ontario Masters, Toronto, Ontario
	Total	235.0	S. Marvel	Feb. 95	Womens Canadian C/shi, Chilliwack , BC		Deadlift	1300	L. Sauires	Dec. 0	Ontario Masters. Cambridge. Ontario
52 kg	Squat	1400 1400 1400	D. D'Angelo	Feb. 94	Canadian Women's, Kitchener, Ontario		Total	320.0	~ ~ ~	Dec. 01	Ontario Masters, Cambridge, Ontario
	Deadlift Deadlift	0.02 0.72 0.72	M. Parson D. D'Andelo	С 60 С 61 С 62 С 64	Hamilton Upen, Hamilton, Untario Canadian Momens Citch Kitchener ON	82.5 kg	Squat	1050		May 01	London Open, London, Ontario
	Total	360.0	D. D'Angelo				Deadli <del>i</del>	0.01 0.01	M. Greenage M. Greenidee	May U1 May 01	London Open, London, Untario London Open London Ontario
56 kg	Squat	102.5	K. Schaus				Total	270.0	M. Greenidge	May 01	London Open, London, Ontario
	Bench Deedli#	8 9 7 9 9	K. Schaus K. Schaus	Mar. 01 Mer. 01	Womens Canadian C/sh Quebec C, Qu Womens Canadian C (sh Ousbac C, Qu				Men's Se	Men's Senior Records	
	Total	0220	K. Schaus	Mer 0		2		2			
60 kg	Squat	160.0		Feb. 92		Class 53 kg			A Boularice	Date Feb 00	<b>Concest</b> Kitchener Ontario
þ	Bench	80	C. Lahey	Feb. 92	Womens Canadian, Kitchener, Ontario	fu ze	Bench		0. 0046166	1 CN . 07	
	Deadlift Total	137.5 395.0	J. Lessard C. Lahev	Dec. 01 Feb. 92	Ontario Master C/sh, Cambridge, ON Womens Canadian. Kitchener, Ontario		Deadlift Total	185.0	S. Boulerice	Feb. 92	Kitchener, Ontario
67.5 kg		182.5		Jan. 91	Womens Canadian, Winnipeg, Manitoba	60 ku	Souat	1950	d. dona	Dec. 01	Ontario Masters. Cambridge, Ontario
		8	S. Goudreau	Jan. 91	Womens Canadian, Winnipeg, Manitoba	P	Bench	142.5	J. Jong	Od. 0	World Masters, Moose Jaw Sask
orio	Deadlift	130.0	L. Squires	Dec. 0	Ontario Masters, Cambridge, Ontario		Deadlift	217.5	J. Jong	Feb. 00	Canadian Cham.p, Moose Jaw, Sask.
		437.5		Jan. 41 P. P.	Womens Canadian, Winnipeg, Mantoba		Total	537.5	J. Jong	Feb. 00	Canadian Champ., Moose Jaw, Sask.
8	squat Donot	0.00	G. Gullemette	8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	Womens Canadians, Chilliwack, B.C. Womens Considence Chillingsoft, B.C.	<u>75 kg</u>	Squat	277.5	J. Becker	May 96	Canadian Cham., Leduc, Alberta
erli	Deadlift	30.0 187.5	G. Guillenieue II Kruner	99 199 199 199	worriens danadans, criiinwadx, p.c. Womens Ontario Cish Brockville, ON		Bench Doodlig	1680	J. Becker Poolor	May 96	Canadian Champ., Leduc, Alberta Octorio Socioro London, Octorio
		435.0			Momens Ontario C/sh Brockville, ON		Total	2007	u. Decker J. Becker	Mav 96	Critario seriiors, curtauri, Critario Canadian Champi Leduci Alberta
82.5 kg		105.0		May 01	London Open, London, Ontario	82.5 kg	Squat	277.5		May 98	Canadian Champ., Richmond, B.C.
	Bench	0.93 93 93		May 01	London Open, London, Ontario		Bench	175.5	H. Greenidge	Sept 02	Intermediates Provincial CH., TO, ON
ooi	Deadlift Total	0.011 0.07C	M. Greenidge M. Greenidge	May U1 May 01	London Open, London, Ontario London Onen London, Ontario		Deadlift	298.0	J. Becker	May 98	Canadian Champ., Richmond, B.C.
		175.0		Feh 04	Canadian Momens Cish Kitchener ON		lotal	(4/5		May 38	Canadian Champ., Kichmond, B.C.
		2022		198 198 198		90 KG	Squat Bench	270.0 185.0	R. Morrissette D. Bruce	June 02 June 88	Toronto Open, Toronto, Ontario Canadian Champi Witnined Man
	Deadlift	167.5	K. Hunter	Feb. 94			Deadlift	3225		Mar. 85	Caradian Crianty, vinimpeg, man. Ontario Seniors, Sault Ste Marie, ON
		417.5	K. Hunter	Feb. 94			Total	750.0		Mar. 90	Ontario Seniors, Cambridge, Ontario
90.0+kg	G Squat	185.0	H. Plamondon H. Plamondon	89 19 19 19 19 19 19	Canadian Womens C <i>i</i> sh Kitchener, ON Canadian Womens C <i>i</i> sh Kitchener, ON	100 kg	Squat	3000		Jan 00	Ontario Seniors, London, Ontario
	Deadlift	155.0	. —	53			Bench Deadlig	225.0 286.0	M. Giffen M. Oiffen	Mar. 97 Mer 07	Ontario Seniors, Toronto, Ontario Ontario Seniore, Toronto, Ontario
	Total	430.0	H. Plamondon		Canadian Womens C/sh Kitchener, ON		Total	775.0	M. Giffen	Mar. 97	Ontario Seniors, Toronto, Ontario Ontario Seniors, Toronto, Ontario
			Women's	Women's Junior Records	xords	110 kg	Squat	347.5		May 97	Canadian Champ., Toronto, Ontario
Class	ш	Кg	Lifter	Date	Contest		Deadli <del>i</del>	2325	M. Giffen R. Celio	Sept U2 May 97	Ontario Seniors, Toronto, Ontario Canadian Champi Trencho Ontario
52 kg	Squat	127.5	D. D'Angelo	Nov 98			Total	887.5		May 97	Canadian Champ., Toronto, Ontario
	Total 0	312.5	D.D'Angelo	Nov 98		125 kg	Squat	335.0		Jan 00	Ontario Seniors, London, Ontario
B 99	Squat	120.0	D. D'Angelo	May 89	NE Ontario Open, North Bay, Ontario	1	Bench	245.0		Sept 02	Ontario Seniors, Toronto, Ontario
fix ng	Bench	20,00	A Gilchrist A Gilchrist	Oct 89 Oct 89	ryomens canadians, kirchener, Ontario Intermediate Open. Cambridge. ON		Deadlift Total	297.5 eene	N. Singleton	May 98 Newt 93	Canadian Champ., Richmond, B.C. Ontario Seriore Tomete Ontario
N	Deadlift	140.0		June 89		<u>125+ kn</u>	Soluat	347.5		Mav 01	Lindin Open Lindin Ontario
		342.5	A. Gilchrist	Jan. 88	Women's Canadians, Kitchener, Ortario	2	Bench	238.0		May 01	London Open, London, Ontario
0X 97.5 KG	g vquat Benct	142.5 67.5	н. Hutler Dieter		Women's Untarios, Cambridge, Untario Momen's Onterios, Cembridge, Onterio		Deadlift	292.5		Jan 99	Ontario Seniors, Corrwall , Ontario
per.	Deadlift	147.5	H. Johns	Dec. 92			lotal	860.0	D. Gratton	May U1	London Open, London, Untario
200	Total	355.0	R. Butler	Oct 90	Women's Onterios, Cambridge, Ontario						
12											

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**Ontario Powerlifting Association** 

November, 2002

Lift         Lift         Lift         Lift         Context State         Context State <thcontext State&lt;</thcontext 				Mens J	Mens Junior Records	rds	82.5	Squat	240.0	D. Warriner U. Occordan	Feb. 94	Canadian Masters, Kitchener, Ontario
<ul> <li>Berch, 132</li> <li>Stoulerics Mer 37 Criterio Storts, North Syn Mary Mer 1, 755</li> <li>Stoulerics Mer 37 Criterio Storts, North Syn Mary Mer 1, 755</li> <li>Stoulerics Mer 37 Criterio Storts, North Syn Mary Mer 1, 755</li> <li>Stoulerics Mer 37 Criterio Storts, North Syn Mary Mer 1, 755</li> <li>Stoulerics Mer 37 Criterio Storts, North Syn Mary Mer 1, 755</li> <li>Stoulerics Mer 37 Criterio Storts, North Syn Mary Mer 1, 755</li> <li>Stoulerics Mer 37 Criterio Storts, North Syn Mary Mer 1, 755</li> <li>Stoulerics Mer 37 Criterio Storts, North Syn Mary Mer 1, 755</li> <li>Stoulerics Mer 37 Criterio Storts, North Syn Mary Mer 1, 755</li> <li>Stoulerics Mer 37 Criterio Storts, North Syn Mary Mer 1, 755</li> <li>Stoulerics Mer 37 Criterio Storts, North Syn Mary Mer 1, 755</li> <li>Stoulerics Mer 37 Criterio Storts, North Syn Mary Mer 1, 755</li> <li>Stouleric Mer 37 Criterio Storts, North Syn Mary Mer 1, 755</li> <li>Stouleric Mer 37 Criterio Storts, North Syn Mary Mer 1, 755</li> <li>Stouleric Mer 37 Criterio Storts, North Syn Mary Mer 1, 755</li> <li>Stouleric Mer 37 Criterio Storts, North Syn Mary Mer 1, 755</li> <li>Stouleric Mer 3, 755</li> <li>Morren A, 140</li> <li>Stouleric Mer 3, 755</li> <li>Morren A, 147</li> <li>Stouleric Mer 3, 755</li> <li>Moren 3, 755</li> <li>Morren A, 147</li> <li>Stouleric</li></ul>	lass	۔ تا	۲0 ۲	Lifter	Date	Contest		Deedit		n. Greenuge D. Mewiner		Riterritediates Fromitical Cr., TO, ON Canadian Masters Kit-baner Ontario
<ul> <li>Deskin des 5 Soleine wer 2 Ontands under Schwalz wirden grant and soleine wer 2 Ontands under Schwalz wirden grant and soleine wer 2 Ontands under Schwalz wirden grant and soleine wer 2 Ontands under Schwalz wirden grant and soleine wer 2 Ontands under Schwalz wirden grant and soleine wer 2 Ontands under Schwalz wirden grant and soleine wer 2 Ontands under Schwalz wirden grant and soleine wer 2 Ontands under Schwalz wirden grant and soleine wer 2 Ontands wirden grant and soleine were were were were were were were we</li></ul>	D Z Z	v quat	977 17270	V. Boulerice	Mar. 92 Mor 04	Ontano Senoirs, North Bay Ontario		Total	675.0	D. Warriner	Feb. 94	Canadan Masters, Kitchener, Ontario Canadian Masters, Kitchener, Ontario
Total         Standary         Standary <t< td=""><th></th><td>Deadlift</td><td>30 185.5</td><td>o, poularica N Bruterica</td><td>Mar 9</td><td>Cariadan odiilois, Michelerer Ontario Ontario Senoirs, North Bay Ontario</td><th>90 kg</th><td>Squat</td><td>257.5</td><td>D. Warriner</td><td>Feb. 98</td><td>Canadian Masters, Moose Jaw, Sask.</td></t<>		Deadlift	30 185.5	o, poularica N Bruterica	Mar 9	Cariadan odiilois, Michelerer Ontario Ontario Senoirs, North Bay Ontario	90 kg	Squat	257.5	D. Warriner	Feb. 98	Canadian Masters, Moose Jaw, Sask.
Stant         Title         Litacry.         Fels 1         Consider Multiers, Character Contacto Benefit         Title         Litacry.         Fels 3         Consider Multiers, Character Contacto Benefit         Title         Title         Title         Title         Title         Fels 3         Consider Multiers, Character Contacto Benefit         Title         Title <th></th> <td>Total</td> <td>445</td> <td></td> <td>Mar. 92</td> <td>Ontario Senoirs, North Bay Ontario</td> <th></th> <td>Bench</td> <td>172.5</td> <td></td> <td></td> <td>London Open, London ON</td>		Total	445		Mar. 92	Ontario Senoirs, North Bay Ontario		Bench	172.5			London Open, London ON
<ul> <li>Berch 1155</li> <li>A. Buxx. Feb 91 Contaion Lunors. (Richener, Oration 1644 1350</li> <li>D. Hasis</li> <li>A. Buxx. Feb 91 Consulton. Unorse. (Richener, Oration 1644 1350</li> <li>D. Hasis</li> <li>A. Buxx. Feb 91 Consulton. Unorse. (Richener, Oration 1644 1350</li> <li>D. Hasis</li> <li>A. Buxx. Feb 91 Consulton. Unorse. (Richener, Oration 1644 1355</li> <li>D. Hasis</li> <li>A. Buxx. Feb 91 Consulton. Unorse. (Richener, Oration 1644 1355</li> <li>D. Hasis</li> <li>A. Buxx. Feb 91 Consulton. Unorse. (Richener, Oration 1644 1355</li> <li>D. Hasis</li> <li>A. Buxx. Feb 91 Consulton. Unorse. (Constrint) 1644 1355</li> <li>B. Mintheren Agring</li> <li>Canadian Lunors. (Constrint). Constrint 1644 1355</li> <li>B. Summers Dec 00 Constration. Advice Tech 1350</li> <li>B. Summers Dec 00 Constration. Advice Tech 1350</li> <li>B. Summers Dec 00 Constration. Advice Tech 1350</li> <li>B. Summers Dec 00 Constration. Advice Tech 1355</li> <li>B. Summers Dec 00 Constration. Junors. (Constrint). The Station 1355</li> <li>B. Summers Dec 00 Constration. Junors. (Strethord, Constration). Tech 1375</li> <li>B. Menther Agring</li> <li>C. Catteril May 80 Constration. Junors. (Strethord, Constration). Tech 1375</li> <li>B. Mentis Zatte E. Mores</li> <li>B. Sammers Dec 00 Constration. Junors. With Deg Junor 13755</li> <li>D. Hortman Feb 31 Constration. Tech 1375</li> <li>B. Mentis Zatte E. Mores</li> <li>B. Sammers Dec 00 Constration. Junors. With Deg Junor 13755</li> <li>B. Mentis Zatte E. Mores</li> <li>B. Sammers Dec 00 Constration. Junors. With Deg Junor 13255</li> <li>B. Mentis Zatte E. Mores</li> <li>B. Sammers Dec 00 Constration. Junors. With Deg Junor 13255</li> <li>B. Mentis Zatte E. Mores</li> <li>B. Sammers Dec 00 Constration. Junors. With Deg Junor 13255</li> <li>B. Mentis Zatte E. Mores</li> <li>B. Sammers Dec 00 Constration. Junors. With Deg Junor 13255</li>     &lt;</ul>	0 ka	Squat	160	E . Lacroix	Feb 94	Canadian Juniors. Kitchener. Ontario		Deadlift	302.5	P. Perry		Canadian Masters, Kitchener, Ontario
<ul> <li>A. Bux, Feb 94. Canadia Junites, Kilthener, Chaino Fabi 85. Construction, Mild 250. D. Heisel Aug 02. Cuelich Open, Guelich Ortanio Funders, Chaino Fab 30. D. Heisel Aug 02. Cuelich Open, Guelich Ortanio Funders, Maxilla 250. D. Heisel Aug 02. Cuelich Open, Guelich Ortanio Funders, Maxilla 250. D. Heisel Aug 02. Cuelich Open, Guelich Ortanio Funders, Maxilla 255. D. Heisel Aug 02. Cuelich Open, Guelich Ortanio Funders, Maxilla 250. D. Heisel Aug 02. Cuelich Open, Guelich Ortanio Funders, Maxilla 250. D. Heisel Aug 02. Cuelich Open, Guelich Ortanio Funders, Maxilla 255. B. Jammers Dec 00. Ontario Junices, Conscritorok, Mild 2025. B. Jonners Dec 00. Ontario Junices, Conscritorok, Mild 2025. B. Summers Dec 00. Ontario Junices, Conscritorok, Mild 2025. B. Jonners Dec 00. Ontario Junices, Conscritorok, Mild 2025. B. Summers Dec 00. Ontario Junices, Conscritorok, Mild 2025. B. Summers Dec 00. Ontario Junices, Conscritorok, Mild 2025. B. Summers Dec 00. Ontario Junices, Mimpog, Mantoloa Electrin 1253. B. Summers Dec 00. Ontario Junices, Conscritorok Mild 2025. T. Cuthell Maxy 90. Candian Junices, Wimpog, Mantoloa Electrin 1254. G. Mortania 2755. D. Hofman Feb 91. Ontario Electrin 1255. B. Jonners Dec 00. Ontario Junices, Mimpog, Mantoloa Electrin 1255. B. Monta 2755. B. Minnes Sea 00. Ontario Junices, Mimpog, Mantoloa Electrin 1255. B. Minnes Sea 00. Ontario Junices, Mimpog, Mantoloa Electrin 1255. B. Minnes Sea 00. Ontario Junices, Mimpog, Mantoloa Electrin 1255. B. Minnes Sea 00. Ontario Junices, Mimpog, Mantoloa Electrin 1255. B. Minnes Sea 00. Ontario Junices, Cuelich, Ontario Electrin 1255. B. Minnes Sea 00. Ontario Junices, Cuelich, Ontario Electrin 1255. G. Miora 255. D. Hofman Feb 94. Contario 1255. J. Layman Feb 95. Contario 1255. J. Layman Feb 94. Contario 1255. J. Lay</li></ul>	1	Bench	110.5	S. Lindsay	Feb 91	Ontario Int. C/Ships, North Bay Ontario	1001	Total	705.0	D. Marriner	Feb. 98	Canadian Masters, Moose Jaw Sask.
Iolai         30.0         A Back         Feb91         Commits         Acr         Sint         Acr         Sint         Acr         Sint         Acr         Sint         Acr         Sint         Sint         Acr         Sint         Sint         Acr         Sint         Sint         Acr         Sint		Deadlift	185	A. Box	Feb 94	Canadian Juniors, Kitchener, Ontario	100 Kg	squat	0.997 7 0.0		401.00 20.00	Candian Masters, Kitchener, Ontario
Status         Status<		Total	430		Feb 94	Canadian Juniors, Kitchener, Ontario		Dencn	0.77L		ADT. 00	Candian Masters, Kirchener, Untario
<ul> <li>Terroris S.D. Priesei Aug C. Guelhi Ortanio Desirie (Carekho Charle). Ortanio Desirie (Carekho</li></ul>	8 9	Squat	95.0	D. Heisel	Aug 02	Guelph Open, Guelph, Ontario						Candian Masters, Michener, Oniario October Maisterio Bossella (No. October
Desidit         1250         D Helsel         Aug CC         Cuehh Orten, Cuehh Orten         Cueh Cueh Cuehh Orten         Cueh Cueh Cueh Cueh Cueh Cueh Cueh Cueh		Bench	65.0	D. Heisel	Aug 02	Guelph Open, Guelph, Ontario		vquar	742.U		Lec UU	Ontario Masters, Brockwile, Untario
Total         355.0         D Hetest         Aug 02         Orabin Linking         Orabin		Deadlift	125.0	D. Heisel	Aug 02	Guelph Open, Guelph, Ontario		Dench Denalit	0.012		70 07 90000	Ocueiph Open, Gueiph, Ontario Ontario Montaro, Combridgo, Ontario
<ul> <li>Sendi 1375 E. Lancxik contranodi. Midd Ench 1375 M. Onterno Agr 97 Canadian Junics, Cornerbook, Midd Ench 1375 M. Onterno Agr 97 Canadian Junics, Cornerbook, Midd Ench 1375 D. Hoffman Feb 91 On Seque 2323 D. Summers: Dec 00 Ontario Junics Encivity Ontario 1254 (Jul 2016) D. Hoffman Feb 91 On Seque 2325 D. Examples Pack Mids. Ontario 1255 D. Hoffman Feb 94 Cc 1046 (Jul 2775 D. B. Summers: Dec 00 Ontario Junics, Formation, Midd Ench 1275 D. Bothman Feb 94 Cc 1046 (Jul 2775 D. B. Summers: Dec 00 Ontario Junics, Formatio, Ontario 1264 (Jul 2755 D. Hoffman Feb 94 Cc 1046 (Jul 2775 D. B. Summers: Dec 00 Ontario Junics, Mirritega, Manidoa 1275 M. Gazang Dec 01 Forman Feb 94 Cc 1046 (Jul 2775 D. Hoffman Feb 94 Cc 1046 (Jul 2775 D. Hoffman Feb 94 Cc 1047 (Jul 2775 D. Hoffman Feb 94 Cc 1048 (Jul 2775 D. Hoff</li></ul>		Total	285.0	D. Heisel	Aug 02	Guelph Open, Guelph, Ontario		Leaulli Tabel	0.074		Dec 01	Ortario Masters, Carribridge, Ortario OCtobe Occo. Ottobe Octobe
<ul> <li>Berch 135 M. Direro Arr 97 Canadian Junics, Contentionos, Mild 2018</li> <li>Berch 135 M. Direro Arr 97 Canadian Junics, Contentionos, Mild 2018</li> <li>Berch 1325 B. Summers Dec 00 Ontatio Junics, Contentionos, Mild 2018</li> <li>Berch 1325 B. Summers Dec 00 Ontatio Junics, Contentionos, Mild 2018</li> <li>Berch 1325 B. Summers Dec 00 Ontatio Junics, Contentionos, Mild 2018</li> <li>Berch 1325 B. Summers Dec 00 Ontatio Junics, Contentionos, Mild 2018</li> <li>Berch 1325 B. Summers Dec 00 Ontatio Junics, Minipega Manidos</li> <li>Berch 1325 B. Monts Dec 00 Ontatio Junics, Minipega Manidos</li> <li>Berch 1325 B. Monts Dec 00 Ontatio Junics, Minipega Manidos</li> <li>Deaditt 2325 M. Mile</li> <li>Cottelli May 90 Candian Junics, Minipega Manidos</li> <li>Cottelli Marci Manidos</li> <li>Cottelli</li></ul>	7.5 kg	Squat	187.5	E . Lacroix	0d.94	Ontario Intermediates, Maxville, Ontario	101		0.080	D. MCINITYR	Aug uz	OGueph Open, Gueph, Ontario
<ul> <li>Deadifi 2275 M. Dinero Apr97 Consistion, Mid Total 2006</li> <li>Deadifi 2275 M. Dinero Apr97 Consistion, Mid Total 2006</li> <li>Deadifi 2275 M. Dinero Apr97 Consistion, Mid Total 275 D. Hofman Feb 91 Consistion, Mid Total 275 D. Hofman Feb 94 Consisting, Midnibe, Ortanio Deadifi 275 D. Mortisa D. Moris Apr 88 Consistin Junios; Micheren Contatio Deadifi 275 D. Mortisa D. Moris Apr 88 Consisting Manitoba Guas D. Maris Master Records (Mid Total 275 D. Mortisa D. Moris Apr 88 Consisting Junios; Micheren Contatio Deadifi 275 D. Mortisa D. Maris Master Records (Mid Total 275 D. Mortisa D. Maris Master Records (Mid Total 275 D. Mortisa D. Maris Master Records (Mid Total 275 D. Mortisa D. Maris Master Records (Mid Total 275 D. Mortisa D. Maris Master Records (Mid Total 275 D. Mortisa D. Maris Master Records (Mid Total 275 D. Mortisa D. Maris Master Records (Mid Total 275 D. Mortisa D. Maris Master Records (Mid Total 275 D. Mortisa D. Mortis /li></ul>		Bench	135	M. Dineno	Apr 97	Canadian Juniors, Comerbrook, Nfld		n duar	0.747 0.747	U. Ноттап	Leo. G	Ontario Int. Usinps, North Bay, Untario
Total         2025         M. Dimerno         April         Consistion Junicis, Compario, Mild.         Descriti         275- Mg         Dimerno         Feb. 31         Or           Percini         525.0         R. Summers         Dec 00         Chanto Junicis, Brockville, Ontatio         Decedinit         275.5         D. Horthman         Feb. 34         Consistion         Junicis, Stockville, Ontatio         Decedinit         275.5         D. Horthman         Feb. 34         Consistion         Junicis, Mirringes, Manifolis         Decedinit         275.5         D. Horthman         Feb. 34         Consistion         Junicis, Mirringes, Manifolis         Decedinit         275.5         D. Horthman         Feb. 34         Consistion         Junicis, Mirringes, Manifolis         Distribution         Junicis, Mirringes, Manifolis         Distribution         Junicis         Junicis </td <th></th> <td>Deadlift</td> <td>207.5</td> <td></td> <td>Apr 97</td> <td>Canadian Juniors, Cornerbrook, Ntld</td> <th></th> <td>Hench</td> <td>1/5.0</td> <td></td> <td>Dec. D</td> <td>Ontario Masters, Cambridge, Ontario</td>		Deadlift	207.5		Apr 97	Canadian Juniors, Cornerbrook, Ntld		Hench	1/5.0		Dec. D	Ontario Masters, Cambridge, Ontario
<ul> <li>Staat 1230 B. Summers Dec 00 Ontario Junics Brockville, Ontario Desafit. 275 D. B. Hortman Feb. 94 Co. Totalia Static Junics Brockville, Ontario Desafit. 275 B. Summers Dec 00 Ontario Junics Brockville, Ontario Desafit. 275 D. Hortman Feb. 94 Co. Stati 2530 F. Cotteel May 90 Candian Junics, Wimpeg, Manidoa Desafit. 275 D. Hortman Feb. 94 Co. Stati 2537 F. Cotteel May 90 Candian Junics, Wimpeg, Manidoa Desafit. 275 D. B. Hortman Feb. 94 Co. Stati 2537 F. Cotteel May 90 Candian Junics, Wimpeg, Manidoa Desafit. 275 B. Mortman Feb. 94 Co. Total 2537 F. Cotteel May 90 Candian Junics, Wimpeg, Manidoa Desafit. 275 B. Mortman Feb. 94 Co. Stati 275 B. Mortis Apr. 88 Canadian Junics, Kimpeg, Manidoa Desafit. 275 B. Mortis Apr. 88 Canadian Junics, Kimpeg, Manidoa Desafit. 275 B. Mortis Apr. 88 Canadian Junics, Kimpeg, Manidoa Desafit. 275 B. Mortis Apr. 88 Canadian Junics, Kimpeg, Manidoa Desafit. 275 B. Mortis Apr. 88 Canadian Junics, Kimpers, Martina Feb. 94 Co. Total Ext. 2000 G. Morce Mart 11 Colal Ext. 2000 M. Miler Set 0. Distribution Junics, Cuethon Antor 275 G. Morce Mart 11 Colal Ext. 2000 M. Miler Set 0. Distribution Junics, Cuethon Antor 275 G. Morce Mart 11 Colal Ext. 2000 M. Miler Set 0. Distribution Junics, Cuethon Antor 275 G. Morce Mart 11 Colal Ext. 2000 M. Miler Set 0. Distribution Junics, Cuethon Antor 275 G. Morce Mart 11 Colal Ext. 2000 M. Miler Set 0. Distribution Junics, Cuethon Antor 2000 M. Miler Set 0. Distribution Junics, Cuethon Antor 275 G. Morce Mart 11 Colal Ext. 2000 M. Miler Set 0. Distribution Junics, Cuethon Antor 275 G. Morce Mart 11 M. So 0. Distribution Junics, Candida A. Jong M. Jaka 275 G. Morce Mart 11 M. So 0. Distribution Junics, Candida A. Jong M. Jaka 275 G. Morce Mart 11 M. So 0. Distribution Junics, Candida A. Jong M. Mart 275 G. Morce Mart 275 G. Morce Mart 275 G. Mor</li></ul>		Total	502.5		Apr 97	Canadian Juniors, Comerbrook, Nfld		Deadlift	272.5		Leo 1 1 2 2 3 1 2 3 1 2 3 1 2 3 1 2 3 1 2 1 2	Ontario Int. C/ships, North Bay, Ontario
<ul> <li>Berch 1575 B. Summers Dec 00 Ontano Juncy. Brock wile, Orbanio Erech 1575 D. Hoffman Feb. 34 Constraints 2530 F. Cityperton Serg 00 Ontano Juncy. Sprock wile, Orbanio Erech 1575 D. Hoffman Feb. 34 Constraints 2530 F. Cityperton Serg 00 Ontano Juncy. Synthesp. Manitos.</li> <li>Berch 1575 B. Summers Dec 00 Ontano Juncy. Sprock wile, Orbanio Erech 1575 D. Hoffman Feb. 34 Constraints 2530 F. Cityperton Serg 00 Ontano Juncy. Synthesp. Manitos.</li> <li>Berch 1575 B. Morris Arr 88 Contain Juncy. Minipeg. Manitos.</li> <li>Berch 1575 B. Morris Arr 88 Contain Juncy. Minipeg. Manitos.</li> <li>Berch 1575 B. Morris Arr 88 Contain Juncy. Minipeg. Manitos.</li> <li>Berch 1575 B. Morris Arr 88 Contain Juncy. Minipeg. Manitos.</li> <li>Berch 1575 B. Morris Arr 88 Contain Juncy. Minipeg. Manitos.</li> <li>Berch 1375 B. Morris Arr 88 Contain Juncy. Miniper J. 40 Date 1225 G. Moore Mar. 01 Date 1201 J. 1255 M. 1315 G. Moore Mar. 01 Date 1201 J. 1255 M. 1315 G. Moore Set 02 Dec 80 Ontain Juncy. Miniper J. 754 M. 2775 J. Left 1225 G. Moore Set 02 Dec 80 Ontain Juncy. Miniper 375 G. Moore Set 02 Dec 80 Ontain Juncy. Miniper 375 G. Moore Set 02 Dec 80 Ontain Juncy. Miniper 375 G. Moore Set 02 Dec 80 Ontain Juncy. Miniper 3275 J. J. Bourgin Dec 80 Dec 80 Ontain Juncy. Miniper 3275 J. J. Bourgin Dec 80 J. Bourgin J. J. Left 272 J. Left 1350 M. Miler 356 J. J. Left 200 M. Miler 356 J. J. Left 200 M. Miler 355 J. J. Left 200 M. 100 /li></ul>	5 kg	Squat	230.0		Dec 00	Ontario Juniors, Brock ville, Ontario	415.100		0,0,0		1 CD. 31	- Ontario Int. Oismpis, North Day, Ontario - Morta Elina Citatino - Elinaria Contanio
Berchi         275         B. Summers         Dec off         Total		Bench	152.5		Dec 00	Ontario Juniors, Brock ville, Ontario				o, pavier Di Liotte on		Averta brinta Otanipa, Miyeraaa (tan lon na Conodish Monton) Mishhamar Ontonis
Total         Stant         SS30         B. Summers         Dec (lipereion)         Sect (0)         Ontain Unitions, Miniplegy Manitoba         Total         ZZ35         D. Houman         Feb. 34         Correl         Maris		Deadlift	257.5		Dec 00	Ontario Juniors, Brock ville, Ontario		Dendia Dendia	0,701	D. Hoffmon		Canadian Maders, Nuchener, Ontario Constition Maders, Kitchener, Ontario
State         2355         Cothelin         May 90         Candian Juniors, Wintinge, Manilota         Total         7.23         D. nomman         F.est         D. nome         Sept 02         D. nome         Sept 02 <thd.est< th=""> <thd.est< td="" th<=""><th></th><td>Total</td><td>640.0</td><td></td><td>Dec 00</td><td>Ontario Juniors, Brock ville, Ontario</td><th></th><td>Leaulli</td><td>0.07 2001</td><td></td><td></td><td>Carlauari Masters, Micheller, Oritario</td></thd.est<></thd.est<>		Total	640.0		Dec 00	Ontario Juniors, Brock ville, Ontario		Leaulli	0.07 2001			Carlauari Masters, Micheller, Oritario
Berch         1500         F. Cothell         Maris shaster Records (in Maris Master Records (in Each         Maris Master Records (in Maris Master Records (in Each         Maris Master Records (in Maris Maris Marine)           Total         6225         T. Cothell         May 90         Candian Junics, Withener, Ontatio Berch         17.5 kg         Squit         2000         More         Maris Master Records (in Maris Maris Marine)           Total         677.5 g         Morris         Apr 88         Canadian Junics, Mithener, Ontatio Deskill         27.5 kg         Morre         Mari< Uthener, Ottatio Berch         17.6 kg         Emotio         Maris Master Records (in Maris Mari of Berch         17.5 kg         More         Mari< Uthener, Ottatio Deskill         27.5 g         More         Mari< Uthener, Ottatio Deskill         27.5 g         More         Sept 02 Squit         Emotio Deskill         27.5 g         More         Sept 02 Squit         Emotio Deskill         Emotio Deskill         27.5 g         More         Sept 02 Squit         Emotio Deskill         Emotio Deskill         27.5 g         More         Sept 02 Squit         Emotio Deskill         Emotio Deskill         Emotio Deskill         Emotio Deskill         27.5 g         Emotio Deskill         Emotio Deskill         Emotio Deskill         Emotio Deskill         27.5 g         Emotio Deskill         Emotio Deskill         Emotio Desk	2.5 kg	Squat	235.0	T. Cottrell	May 90	Candian Juniors, Winnipeg, Manitoba			9.7N/		rep. 44	Canadian Masters, Michener, Untario
Descrit         23:5         I. Cothell         May 90         Candian Junics, Wirnipeg, Manitoba           Total         62:55         T. Cothell         May 90         Candian Junics, Wirnipeg, Manitoba           Squat         23:75         M. Bitz         Cothell         May 90         Candian Junics, Mitchener, Ontanio           Flux         Aprix         23:75         M. Mitz         Aprix         23:00         Moore         Marc           Squat         23:15         M. Mitz         Aprix         28:00         Canadian Junics, Mitchener, Ontanio         Peedifit         25:55         G. Moore         Marc         Marc           Total         27:55         L. Miss         Dec. 89         Ontanio Linkins, Mitchener, Ontanio         Flux         23:75         G. Moore         Sept 02           Berch         13:00         M. Miter         Sept 02         Intermediates Provincial CH, 10, ON         Berch         13:5         G. Moore         Sept 02           Total         75:50         M. Miter         Sept 02         Intermediates Provincial CH, 10, ON         Berch         13:5         G. Moore         Sept 02           Mark         75:00         M. Miter         Sept 02         Intermediates Provincial CH, 10, ON         Berch         14:4		Bench	150.0	P. Clipperton	Sept 00	Ontario Int. Mississauga, Ontario				Men's Master	r Records	(50 - 59)
Idal         BUZS         I. Coltrell         May 30         Canadian Junics, Kuthener, Ontatio Bench, 1575         B. Monris         Apr. 88         Canadian Junics, Kuthener, Ontatio Deskith, 2575         B. Monris         Apr. 88         Canadian Junics, Kuthener, Ontatio Deskith, 2575         B. Monris         Apr. 88         Canadian Junics, Kuthener, Ontatio Deskith, 2755         B. Monris         Apr. 88         Canadian Junics, Kuthener, Ontatio Deskith, 2775         B. Monris         Apr. 88         Canadian Junics, Kuthener, Ontatio Deskith, 2775         B. Monris         Apr. 88         Canadian Junics, Kuthener, Ontatio Deskith, 2775         B. Monris         Apr. 88         Canadian Junics, Kuthener, Ontatio Deskith, 2775         B. Monris         Apr. 88         Canadian Junics, Kuthener, Ontatio Deskith, 2775         M. Mile         Sept. 02         Mar. 01           7175         L Kiss         Dec. 38         Ontatio Junics, Gueph, Ontatio Deskith, 2775         J. Bourgoin         Dec. 39         Mar. 01           7175         L Kiss         Dec. 30         Ontatio Junics, Gueph, Ontatio Deskith, 2775         J. Bourgoin         Dec. 49           7175         L Kiss         Dec. 30         Ontatio Junics, Gueph, Ontatio Deskith, 2775         J. Bourgoin         Dec. 49           7175         M. Miller         Sept 02         Intermediates Provincial CH, 170, 0N         J. Bourgoin         Dec. 49		Deadlft	252.5	T. Cottrell	May 90	Candian Juniors, Winnipeg, Manitoba	Clace	ei I	ka	l ifter	Date	Contract
State         257.5         B. Miriz         Order         March         Display         Contanto         Display		Total	602.5	T. Cottrell	May 90 6 : 20	Candian Juniors, Winnipeg, Manitoba	Class R7.6 km			G Moore	Mar 01	Concert Canadian Max Quieher City Quieher
Description         Serve Size         Comment         April         Serve Size         Comment         March           Total         647.5         B. Morris         April         Comment         March	D 2	n duat Perst	237.5 157.5	M. Bliz B. Mowie	a Ang Ang Cod		2	Bench	122.5		Mar. 01	Canadian Mas, Quebec, City, Quebec
Total         57.5         0. Monts         April         Constant outnors, functioner, ontano           Statel         255.0         L Kiss         Dec. 38         Ontatio unions, functioner, ontano           Bench         133.0         L Kiss         Dec. 38         Ontatio unions, functioner, outation, ontano           Statel         275.5         L Kiss         Dec. 38         Ontatio unions, outation, outations, functioner, outation, outations, functioner, outation, outations, outation, outat		Deedli#	277.50	D. Monto	20 20 20 20 20 20 20 20 20 20 20 20 20 2	Canadian Juniora, Michanar Ontario Canadian Tuniora Mitchanar Ontario		Deadlift	235.0		Mar. 01	Canadian Mas, Quebec, City, Quebec
Squat         255.0         L. Kiss         Dec. 38         Ontation Junices, Guelph, Ontario Desailit         75.kg         Squat         223.0         G. Moore         Sept 02 Sep 02           Bench         173.5         L. Kiss         Dec. 38         Ontation Junices, Guelph, Ontario Desailit         237.5         G. Moore         Sep 02           Total         775.5         L. Kiss         Dec. 38         Ontation Junices, Guelph, Ontario Desailit         237.5         J. Boungoin         Dec. 39         Sep 02           Squat         227.5         J. LaPlente         Oct 38         Ontation Int. Ciships, Alexandria, Ortario Bench         122.5         L. Benugoin         Dec. 39         Sep 02		Total	647.5 647.5	B Morris	80.00 ₽0.00	Cariadian Juniors, Nicrierier, Ortano Canadian Juniors, Kithhaner, Ontario		Total	557.5	G. Moore	Mar. 01	Canadian Mas, Quebec, City, Quebec
Berch         1315         C. Moree         Sept 02           Teadint         2725         L. Kiss         Dec. 38         Ontario Juniors, Guidph, Ontario           Total         1715         L. Kiss         Dec. 38         Ontario Juniors, Guidph, Ontario           Teadint         2775         L. Kiss         Dec. 38         Ontario Juniors, Guidph, Ontario           Teadint         2775         M. Miller         Sept 02         Intermediates Provincial CH, 10, ON           Berch         150.0         M. Miller         Sept 02         Intermediates Provincial CH, 10, ON           Berch         120.0         M. Miller         Sept 02         Intermediates Provincial CH, 10, ON           Total         2725         J. LePlante         Oct. 33         Ontario Int. Cships, Alexandria, Ortario           Berch         135.0         J. LaPlante         Oct. 33         Ontario Int. Cships, Alexandria, Ortario           Deeadint         255.5         J. LePlante         Oct. 33         Ontario Int. Cships, Alexandria, Ortario           Deeadint         550.0         J. LaPlante         Oct. 33         Ontario Int. Cships, Alexandria, Ortario           Deeadint         550.0         J. LaPlante         Oct. 33         Ontario Int. Cships, Alexandria, Ortario           Deeadint	00 kn	South	265.0	L Kiss	Dec 38		<u>75 kg</u>	Squat	223.0	G. Moore	Sept 02	Ontario Seniors, Toronto, Ontario
Deadlit         277.5         L Kiss         Dec: 38         Ontario Juniors, Guelph, Ontario           Total         717.5         L Kiss         Dec: 38         Ontario Juniors, Guelph, Ontario           Total         717.5         L Kiss         Dec: 38         Ontario Juniors, Guelph, Ontario           Berch         1500         M. Miller         Sept 02         Intermediates Provincial CH, TO, ON           Berch         1500         M. Miller         Sept 02         Intermediates Provincial CH, TO, ON           Deadlit         2425         M. Miller         Sept 02         Intermediates Provincial CH, TO, ON           Squat         275.5         J. LaPlante         Oct 33         Ontario Int. Ciships, Alexandria, Ortario           Deadlit         2455         J. LaPlante         Oct 33         Ontario Int. Ciships, Alexandria, Ortario           Deadlit         2455         J. LaPlante         Oct 33         Ontario Int. Ciships, Alexandria, Ortario           Deadlit         2455         J. LaPlante         Oct 33         Ontario Int. Ciships, Alexandria, Ortario           Deadlit         2455         J. Jong         Dec. 38         Dec. 38           Deadlit         2775         L. Lam         Oct 39           Deadilit         2455         J. Jon	P	Bench	193.0	L I S S S S S S S S S S S S S S S S S S S	Dec. 38	Ontario Juniors, Guelph, Ontario		Bench	131.5	G. Moore	Sept 02	Ontario Seniors, Toronto, Ontario
Total         717.5         L Kiss         Dec. 38         Ontario Juriors, Guelph, Ontario         Sept 02         Intermediates Provincial CH, TO, ON         Sept 02         Intermore Sep 02         Sep 02         I		Deadlift	272.5	- E	08 100 100	Ontario Juniors, Guelph, Ontario		Deadlift	237.5		Sept 02	Ontario Seniors, Toronto, Ontario
Squat         227.5         M. Miller         Sept 02         Intermediates Provincial CH, TO, ON Bench         82.5 kg         Squat         227.5         J. Bourgoin         Dec. 39           Bench         145.0         M. Miller         Sept 02         Intermediates Provincial CH, TO, ON Bench         Bench         145.0         L. Greenidge         May 01           Total         227.5         J. LaPlante         Oct 33         Ontatio Int. Ciships, Alexandria, Ortario Bench         J. Bourgoin         Dec. 39           Squat         272.5         J. LaPlante         Oct 33         Ontatio Int. Ciships, Alexandria, Ortario Total         Dod         Sept 27.5         J. Bourgoin         Dec. 39           Bench         132.5         J. LaPlante         Oct 33         Ontario Int. Ciships, Alexandria, Ortario Total         Dod         Bench         165.0         K. Hult         Mar. 36           Total         630.0         J. LaPlante         Oct 33         Ontario Int. Ciships, Alexandria, Ortario Total         Each         165.0         K. Hult         Mar. 36           Squat         150.0         J. LaPlante         Oct 33         Ontario Int. Ciships, Alexandria, Ortario Total         Each         125.0         K. Hult         Mar. 36           Total         630.0         J. LaPlante		Total	717.5	L. Kiss	Dec. 98	Ontario Juniors, Guelph, Ontario		Total	230.0	G. Moore	Sept 02	Ontario Seniors, Toronto, Ontario
Bench         150.0         Miller         Sept 02         Intermediates Provincial CH, TO, ON         Deadlift         273.5         L. Greeninge         May UI           Total         272.5         J. LaPlante         Oct. 33         Ontario Int. Cships, Alexandria, Ortario         Deadlift         277.5         J. Bourgoin         Dec. 36           Squat         272.5         J. LaPlante         Oct. 33         Ontario Int. Cships, Alexandria, Ortario         Deadlift         277.5         J. Bourgoin         Dec. 36           Deadlift         245.0         J. LaPlante         Oct. 33         Ontario Int. Cships, Alexandria, Ortario         Deadlift         277.5         L. Hult         Mar. 96           Deadlift         245.0         J. LaPlante         Oct. 33         Ontario Int. Cships, Alexandria, Ortario         Deadlift         277.5         L. Lum         Mar. 96           Deadlift         245.0         J. LaPlante         Oct. 33         Ontario Int. Cships, Alexandria, Ortario         Dec. 36         Squat         277.5         L. Lum         Mar. 96           Deadlift         245.0         J. Jong         Dec. 01         Ontario Masters, forone Javasas         Total         250.5         F. Nileneuve         Mar. 96           Deadlift         217.5         J. Jong	10 kg	Squat	227.5	M. Miller	Sept 02	Intermediates Provincial CH., TO, ON	82.5 kg	squat	227.5	J. Bourgoin	Dec. 99	Ontario Masters, Toronto, Ontario
Deadlit         242.5         Miller         Sept 02         Intermediates Provincial CH, TO, ON Total         Deadlit         242.5         L. LaPlante         Oct. 39         Ontario Int. Ciships, Alexandria, Ortario Bench         Deadlit         277.5         L. LaPlante         Oct. 39         Ontario Int. Ciships, Alexandria, Ortario Deadlit         Deadlit         277.5         L. LaPlante         Oct. 39         Ontario Int. Ciships, Alexandria, Ortario Deadlit         Deadlit         277.5         L. LaPlante         Oct. 39         Ontario Int. Ciships, Alexandria, Ortario Deadlit         Deadlit         277.5         L. Lam         Dec. 38         Ontario Int. Ciships, Alexandria, Ortario Deadlit         Dec. 38         Dec. 38 <thdec. 38<="" th=""> <thdec. 38<="" th=""> <thdec. 38<="" td=""><th></th><td>Bench</td><td>150.0</td><td>M. Miller</td><td>Sept 02</td><td>Intermediates Provincial CH., TO, ON</td><th></th><td>Dench</td><td>145.0</td><td>L. Greenidge</td><td>May U1</td><td>Condon Open, London, Untario</td></thdec.></thdec.></thdec.>		Bench	150.0	M. Miller	Sept 02	Intermediates Provincial CH., TO, ON		Dench	145.0	L. Greenidge	May U1	Condon Open, London, Untario
Total         620.0         M Miller         Sept 02         Intermediates Provincial CH, TO, ON         30 kg         Scuto 3         Ontario Int. Ciships, Aexandria, Ortario         Dec. 39         Dec. 33         Ontario Int. Ciships, Aexandria, Ortario           Bench         132.5         J. LaPlante         Oct. 33         Ontario Int. Ciships, Aexandria, Ortario         Dec. 34         Dec. 34         Dec. 34         Dec. 33         Dec. 34		Deadlift	242.5		Sept 02	Intermediates Provincial CH., TO, ON		Deadlift	57/22		CCT. RE	Ontario Intermediates, North Bay, ON
Squat       272.5       J. LaPlante       Oct. 33       Ontario Int. Ciships, Alexandria, Ortario       Deadlit       217.3       M. retau       Deach       185.0       K. Hult       Mar: 96         Deadlit       245.0       J. LaPlante       Oct. 33       Ontario Int. Ciships, Alexandria, Ortario       Deadlit       222.5       L. Lam       Feb. 36         Total       650.0       J. LaPlante       Oct. 33       Ontario Int. Ciships, Alexandria, Ortario       Deadlit       222.5       L. Lam       Feb. 36         Men's Master Records (40 - 49)       Men's Master Records (40 - 49)       Mar 96       Deadlit       222.5       F. Tavernier       Dec. 00         Bench       142.5       J. Jong       Dec. 01       World Masters, Moose Jaw Sask.       Deadlit       227.5       R. Mileneuwe       Jan. 36         Jong       Total       537.5       J. Jong       Canadian Championships, Surrey, B.C.       Deadlit       227.5       R. Mileneuwe       Sept 36         Jonal       Total       530.0       K. Lam       Mar 95       Deadlit       227.5       R. Mileneuwe       Sept 36         Jong       Total       530.0       K. Lam       Mar 95       Dec. 00       Dec. 00       Dec. 00         Jong       Total		Total	620.0		Sept 02	Intermediates Provincial CH., TO, ON	00 100	10(3)	000 10 10 10 10 10 10 10 10 10 10 10 10			Ontario Masters, Toronto, Untario
Deach       1.32.5       U.Lamane       Oct. 33       Ontatio Int. Ciships, Alexandria, Ortario       Deacht       225.5       L.Lam       Feb. 360.0       K. Hult       Mar 96         Total       550.0       J. LaPlante       Oct. 33       Ontario Int. Ciships, Alexandria, Ortario       Total       255.0       F. Tavernier       Dec. 00         Total       550.0       J. Jong       Dec. 01       Ontario Int. Ciships, Alexandria, Ortario       Total       552.5       L. Lam       Mar 96         Bench       142.5       J. Jong       Dec. 01       World Masters, Toronio, Ontario       Deadlit       282.5       F. Tavernier       Dec. 00         Bench       142.5       J. Jong       Dec. 01       World Masters, Toronio, Ontario       Deadlit       282.5       F. Tavernier       Dec. 00         Total       237.5       J. Jong       Dec 89       Ontario Masters, Fornon, Alberta       Dec. 00	28 HOU	auat Derek	272.5	J. LaPlante	0 0 0 0 0 0 0 0	Ontario Int. C/ships, Alexandria, Ontario	în kî	oquat Bench	414.0 165.0	M. Feisu K. Huth	Mar 96	Ontario Masters, Gueipri, Ontario Canadian Masters Windson N S
Decaling       245.0       J. LaPlante       Od. 33       Ontanio Int. Cknips, Aexandria, Ortario       Total       600.0       K. Huit       Mar 96         Total       650.0       J. LaPlante       Od. 33       Ontanio Int. Cknips, Aexandria, Ortario       Total       600.0       K. Huit       Mar 96         Rench       142.5       J. Jong       Dec. 01       Ontanio Int. Cknips, Aexandria, Ortario       Bench       1505       T. Stinchcombe       Jan. 38         Bench       142.5       J. Jong       Dec. 01       Ontanio Masters, Ioronto, Ontanio       Deadlift       282.5       F. Tavernier       Dec. 00         Bench       141.0       K. Lam       Jun. 90       Canadian Championships, Surrey, B.C.       Deadlift       277.5       R. Villeneuwe       May 95         Deadlift       265.5       K. Lam       Jun. 90       Canadian Championships, Surrey, B.C.       Deadlift       227.5       R. Villeneuwe       May 95         Deadlift       262.5       K. Lam       Jun. 90       Canadian Championships, Surrey, B.C.       Deadlift       227.5       R. Villeneuwe       May 95         Bench       141.0       K. Lam       Jun. 90       Canadian Championships, Surrey, B.C.       Deadlift       227.5       R. Villeneuwe       May 95     <		Dench Dendis	132.0	J. LaPlante Li entente	38			Deadlift	222.5	L.Lam	Feb. 98	Canadian Masters, Moose Jaw SK.
Maris Master Records (40 - 49)       Total of the stars, more or competency of the stars, more of the stars, maniford of the stars, more of the stars, maniford of the stars, more of the stargen of the stars, more of the stars, more of the stars, more of t		Deauli II Total	650.0 650.0	u. Lariante 1 Laplante				Total	600.0	K. Hult	Mar 96	Canadian Masters, Windsor, N.S.
Squat       195.0       J. Jong       Dec. 01       World Masters, Cambridge, Ontario       Jan. 98         Bench       142.5       J. Jong       Dec. 01       World Masters, Moose Jaw Sask         Deadlitt       217.5       J. Jong       Dec. 01       World Masters, Ioronto, Ontario         Deadlitt       217.5       J. Jong       Dec. 01       World Masters, Ioronto, Ontario       Deadlitt       282.5       F. Tavernier       Dec. 00         Deadlitt       217.5       J. Jong       Dec adian Championships, Surrey, Br.C.       Deadlitt       282.5       F. Tavernier       Dec. 00         Drati       227.5       K. Lam       Jun. 90       Canacian Championships, Surrey, Br.C.       Deadlitt       227.5       R. Villeneuve       Sept.96         Deadlitt       261.6       K. Lam       Jun. 90       Canacian Masters, Monose Jaw, Sask.       Deadlitt       227.5       R. Villeneuve       Sept.96         Deadlitt       257.5       K. Lam       Jun. 90       Canacian Masters, Monose Jaw, Sask.       Deadlitt       227.5       R. Villeneuve       Sept.96         Deadlitt       255.5       C. Archdekin       Mar. 97       Deadlitt       247.5       R. Villeneuve       Sept.96         Squat       255.5       C. Archdekin<			2000	Man <sup>t</sup> e Maste	ar Denorde	bodin procession	100 kg	Squat	250.0	F. Tavernier	Dec. 00	Ontario Master, Brockville, Ontario
Squat         195.0         J. Jong         Dec. 01         Ontario Masters, Cambridge, Ontario           Bench         142.5         J. Jong         Oct. 01         World Masters, Moose Jaw Sask           Deadlit         217.5         J. Jong         Oct. 01         World Masters, Inconto, Ontario           Deadlit         217.5         J. Jong         Oct. 01         World Masters, Inconto, Ontario           Deadlit         217.5         J. Jong         Dec. 99         Ontario Masters, Inconto, Ontario           Deadlit         237.5         J. Jong         Dec. 90         Canacian Championships, Surrey, B.C.           Deadlit         227.5         K. Lam         Jun. 90         Canacian Championships, Surrey, B.C.           Deadlit         262.5         K. Lam         Jun. 90         Canacian Championships, Surrey, B.C.           Total         530.0         K. Lam         Jun. 90         Canacian Championships, Surrey, B.C.           Total         530.0         K. Lam         Jun. 90         Canacian Championships, Surrey, B.C.           Total         530.0         K. Lam         Jun. 90         Canacian Championships, Surrey, B.C.           Total         530.0         K. Lam         Jun. 90         Canacian Championships, Surrey, B.C.           Total						101 - 011	_	Bench	150.5	T. Stinchcombe	190.98 29.98	Ontario Master, Cambridge, Ontario
Bench         142.5         J. Jong         Oct. 01         World Masters, Moose Jaw Sask         Junst 12.5         J. Jong         Oct. 01         World Masters, Toronto, Ontario           Deadlitt         217.5         J. Jong         Dec 99         Ontario Masters, Toronto, Ontario         Dreading         205.0         R. Mileneuwe         May 96           Total         537.5         J. Jong         Dec 99         Ontario Masters, Toronto, Ontario         Dreading         205.0         R. Mileneuwe         May 96           Total         537.5         J. Jong         Tead         227.5         R. Mileneuwe         Sept. 96           Bench         141.0         K. Lam         May 90         Canadian Championships, Surrey, B.C.         Total         547.5         R. Mileneuwe         Sept. 96           Deadlitt         262.5         K. Lam         Jun. 90         Canadian Championships, Surrey, B.C.         Total         547.5         R. Mileneuwe         Sept. 96           Total         530.0         K. Lam         Jun. 90         Canadian Championships, Surrey, B.C.         Deadlitt         255.0         D. Hoffman         Mar. 99           Squat         252.5         C. Archdekin         Mar. 97         Deadlit         280.0         D. Hoffman         Mar. 99	8	Squat	195.0	J. Jong	Dec. 01	Ontario Masters, Cambridge, Ontario		Deadlin Totol		F. Idverner F. Tevernier		Oritario Master, prockvile, Oritario Ontario Master, Evochvile, Ontario
Decalin       Z17.5       J. Jong       Feb 00       Canadian Championasters, Iorono, Untano       Decalin       Z27.5       K. Lam       Jun. 90       Canadian Championasters, Iorono, Untano       Decalin       Z27.5       R. Willeneuve       Sept. 96         Intal       537.5       J. Jong       Feb 00       Canadian Championships, Surrey, B.C.       Decalin       227.5       R. Willeneuve       Sept. 96         Bench       141.0       K. Lam       May 93       Canadian Championships, Surrey, B.C.       Total       547.5       R. Willeneuve       Sept 96         Decalint       262.5       K. Lam       May 93       Canadian Championships, Surrey, B.C.       Total       547.5       R. Willeneuve       Sept 96         Decalint       262.5       K. Lam       May 90       Canadian Championships, Surrey, B.C.       Total       547.5       R. Willeneuve       Sept 96         Squat       255.0       K. Lam       Jun. 90       Canadian Championships, Surrey, B.C.       Decalint       265.0       D. Hoffman       Marr 99         Squat       255.5       C. Archdekin       Marr 87       Ontario       Dratio       Decalint       260.0       D. Hoffman       Marr 99         Bench       165.0       C. Archdekin       Marr 87       O		Bench	142.5	J. Jong	5 5 5 5 6	World Masters, Moose Jaw Sask	110 kn	Solution	202.0	_	Mav 96	Candian Blinds Leduc Alberta
India         337.3         U. Jung         Teb UU         Canadian Crimp. moose Jawy Sask.           Image: Total         227.5         K. Lam         Jun. 90         Canadian Crimp. moose Jawy Sask.           Image: Total         227.5         K. Lam         Jun. 90         Canadian Crimp. moose Jawy Sake.           Image: Total         227.5         K. Lam         Jun. 90         Canadian Crimp. moose Jawy Sake.           Image: Total         227.5         K. Lam         May 93         Canadian Masters, Edmonton, Alberta           Image: Total         562.5         K. Lam         May 90         Canadian Masters, Manipeg, Manitoba         Image           Image: Total         530.0         K. Lam         Jun. 90         Canadian Crimpeg, Manitoba         Image           Image: Total         530.0         K. Lam         Jun. 90         Canadian Crimpeg, Manitoba         Image           Image: Total         530.0         K. Lam         Jun. 90         Canadian Crimpeg, Manitoba         Image           Image: Total         530.0         K. Lam         Jun. 90         Canadian Crimpeg, Marker Sup         Image           Image: Total         550.0         D. Hoffman         Mark 99         Image         Image         Image           Image: Total <td< td=""><th></th><td>Ueadliff T-t-l</td><td>0.17 1.12 1.12</td><td>J. Jong</td><td></td><td>Ontario Masters, Ioronto, Untario</td><th>2</th><td>Hench Hench</td><td>120.0</td><td></td><td>S faat Vent OS</td><td></td></td<>		Ueadliff T-t-l	0.17 1.12 1.12	J. Jong		Ontario Masters, Ioronto, Untario	2	Hench Hench	120.0		S faat Vent OS	
Unit     227.5     N. Lam     Jult. 30     Canadian Crampoursings, Surrey, B.C.       Bench     141.0     K. Lam     May 93     Canadian Masters, Edmonton, Alberta       Deadlitt     262.5     K. Lam     May 93     Canadian Masters, Edmonton, Alberta       Total     530.0     K. Lam     May 90     Canadian Masters, Manipeg, Manitoba       Total     530.0     K. Lam     May 90     Canadian Masters, Manipeg, Manitoba       Total     530.0     K. Lam     Jun. 90     Canadian Championships, Surrey, B.C.       Squat     252.5     C. Archdekin     Mar. 87     Ontario       Bench     165.0     D. Hoffman     Mar. 99       Deadlitt     265.0     D. Hoffman     Mar. 99       Bench     165.0     C. Archdekin     Mar. 97       Deadlitt     280.0     C. Archdekin     Mar. 99       Deadlitt     280.0     C. Archdekin     Oct. 93       Voried Masters, Hamilton, Ontario     Total     650.0     D. Hoffman       Deadlitt     285.0     C. Archdekin     Oct. 93     Voried Masters, Hamilton, Ontario       Deadlitt     285.0     C. Archdekin     Oct. 93     Voried Masters, Hamilton, Ontario	2 5 1		537.5	J. Jong		Canadian Chimp. Moose Jaw, Sask.		Deadlift	227.5		May 95	
Decading         265.15         K. Lam         May 90         Canadian Masters, Vinnipeg, Manitoba         125+ kg         Squat         255.0         D. Hoffman         Mar. 39           Total         630.0         K. Lam         Jun. 90         Canadian Championships, Surrey, B.C.         Bench         160.0         D. Hoffman         Mar. 39           Total         630.0         K. Lam         Jun. 90         Canadian Championships, Surrey, B.C.         Deadlift         240.0         D. Hoffman         Mar. 39           Squat         252.5         C. Archdekin         Mar. 97         Ontario Seniors, Toronto, Ontario         Deadlift         240.0         D. Hoffman         Mar. 39           Bench         165.0         C. Archdekin         Oct. 33         Voorld Masters, Hamilton, Ontario         Total         650.0         D. Hoffman         Mar. 39           Deadlift         280.0         C. Archdekin         Oct. 33         Voorld Masters, Hamilton, Ontario         Records Confinue Mar's Master 60+ on next Page.         Deadlift         280.0         D. Hoffman         Mar. 39           Deadlift         280.0         C. Archdekin         Oct. 33         Voorld Masters, Hamilton, Ontario         Records Confinue Mar's Master 60+ on next Page.		Bench	141 D	k Lam K Lam	May 93	Caradian Crampionsmps, surrey, p.C. Canadian Masters: Edmonton: Alberta			547.5		Sept 96	World Blinds, Edmonton, Alberta
Total         630.0         K. Lam         Jun. 90         Canadian Championships, Surrey, B.C.         Bench         160.0         D. Hoffman         Mar. 39           Squat         252.5         C. Archdekin         Mar. 97         Ontario Seniors, Toronto, Ontario         Deadlit         240.0         D. Hoffman         Mar. 39           Bench         165.0         C. Archdekin         Mar. 97         Ontario Seniors, Toronto, Ontario         Deadlit         240.0         D. Hoffman         Mar. 39           Bench         165.0         C. Archdekin         Oct. 33         World Masters, Hamilton, Ontario         Total         650.0         D. Hoffman         Mar. 39           Deadlit         280.0         C. Archdekin         Oct. 33         World Masters, Hamilton, Ontario         Records Confinue Mar/s Master 60+ on next Page.         Total         650.0         D. Hoffman         Mar. 39           Total         685.0         C. Archdekin         Oct. 33         World Masters, Hamilton, Ontario         Records Confinue Mar/s Master 60+ on next Page.		Deadlift	2825	K Lan	May 30	Canadian Masters, Minnined, Manithta Canadian Masters, Minnined, Manithta	125+ kg		255.0	D. Hoffman	Mar. 99	Canadian Masters, Sherbrooke, Queb
Squat         252.5         C. Archdekin         Mar. 97         Ontario Seniors, Toronto, Ontario         Deadlit         240.0         D. Hoffman         Mar. 99           Bench         165.0         C. Archdekin         Od. 93         World Masters, Hamilton, Ontario         Tdal         650.0         D. Hoffman         Mar. 99           Deadlift         280.0         C. Archdekin         Od. 93         World Masters, Hamilton, Ontario         Records Continue Man's Master 60+ on next Page.           Total         685.0         C. Archdekin         Od. 93         World Masters, Hamilton, Ontario         Records Continue Man's Master 60+ on next Page.		Total	630.0	K. Lam	Jun, 90	Canadian Championships, Surrey, B.C.		Bench	160.0	D. Hoffman	Mar. 99	Canadian Masters, Sherbrooke, Queb
165.0 C. Archdekin Oct. 93 World Masters, Hamilton, Ontario 1 280.0 C. Archdekin Oct. 93 World Masters, Hamilton, Ontario 1685.0 C. Archdekin Oct. 93 Morld Masters, Hamilton, Ontario	75 kg	Squat	252.5	C. Archdekin		Ontario Seniors, Toronto, Ontario		Deadlift	240.0	D. Hoffman	Mar. 99	Canadian Masters, Sherbrooke, Queb
. 200.0 С. Агспаекіп Оа. 33 Vvoria masters, Hamilton, Untario 685.0 Г. Актичекір Окт 93 "Morle Masters Hamilton Ontario		Bench	165.0	C. Archdekin		World Masters, Hamilton, Ontario	Record	- Confine 2 Confine	u.uco Al <b>s'neM</b> e	∪.⊓orman <b>åster 60+ on nev</b>	mar. 33 of <b>Pare</b> .	canadian Maxers, Sherbrooke, Luep
		LeadIII Totol	0.002 0.002								5	

August, 2002

						Men	s Master F	Records (	60+)						
Class	Lift	Kg	Lifter		Date	Con	test	Class	Lift	Kg	Lifter		Date		Contest
82.5 kg	Squat	170.0	L. Lam		Mar. 02	National,	YM NS	100 kg	Squat	180.0		eneuve	Nov 00	WB	3, Arnhem Ntl
Ŭ	Bench	97.5	L. Lam		Mar. 02	National,	YM NS	Ŭ	Bench	122.5	R. Ville	eneuve	Nov 00	WB	, Arnhem Ntl
	Deadlift	220.0	L. Lam		Mar. 02	National,			Deadlift	220.0	R. Ville	eneuve	Nov 00		, Arnhem Ntl
	Total	487.5	L. Lam		Mar. 02	National,			Total	522.5		eneuve			3, Arnhem Ntl
	<b>•</b> •	470							<b>•</b> •	005.0			M 07	0.5	
90 kg	Squat Bench	170 100	L. Lam L. Lam		0ct. 01 0ct. 01	MasterW. MasterW.		110 kg	Squat Bench	205.0 135.0		eneuve   eneuve ,			Blinds, TO, O Blinds, Waterl
		215													
	Deadlift	-	L. Lam		0ct. 01	MasterW.			Deadlift			eneuve			linds, TO, ON
	Total	485	L. Lam		0ct. 01	MasterW.			Total	570.0			,		linds, TO, ON
	-				an Po	owerlift	ting		and nat	ional cor	ualifying to h tests. Th ss IV, Clas	nere can b			cal, provincia e, specific
	VA		V Un	ion							ncentive pr		r novice	lifters	6.
			Clas	seifica	tion Av	vards									ed status in
5	16.4	Villes I		gram		valus		-	our spo		grindori to t	.1103C WIIC			
		TID			an Clossif	ication Awa	ordo							4	ava iva divas a
1		1			le Classii	ICALION AWA	arus								on in time.
	л		Prog										batch de	esigna	ting the level
	-			To g	ive meet p	promoters :	some	of proficio	ency the	athlete h	nas attaine	ed.			
(for Ont Send to Membe	ario Powe	erlifting N ffman, 2 <sup>-</sup> i <b>on:</b>	embers)		-	<b>pplicati</b> DN N2A 1F	on	Place of Date:	Meet: _		_Club Rej	presente	d:		
								Weight C	lass:	Ac	tual Weig	ht:	_ Actu	al Tot	tal:
								Badges	Applied	for:	Elite	Mast	er Cla	ass I	
Provinc	e:			_Posta	al Code: _						Class	II Class	s II Cla	ass IV	/
	f Meet:								•						
Name o	f Meet:						MEN		•						
Name o CLASS Weight	f Meet:	ON TO	TALS:					<u> </u>					125	5+	Badge
Name o CLASS Weight Class	f Meet:	ON TC	<b>TALS:</b>	60	67.5	75	<u>ME1</u> 82.5	<u>1</u> 5 9	0	100	110	125	125	5+	Badge Colours
Name o CLASS Weight Class Elite	f Meet:	ON TC	<b>TALS:</b> 66 6 525.0 5	60 665.0	67.5 632.5	75 692.5	MEN           82.5           745	<u>1</u> 5 9 .0 7	0 85.0	100 827.5	110	125 882.5	125	5+ 7.5	Badge Colours Black & Red
Name o CLASS Weight Class Elite Master	f Meet:	ON TC	<b>TALS:</b> 6 ( 25.0 5 82.5 5	60 665.0 620.0	67.5 632.5 580.0	75 692.5 635.0	MEN           82.5           745           682	N 5 9 .0 7 .5 7	0 85.0 22.5	100 827.5 760.0	110 857.5 787.5	125 882.5 810.0	125 917 842	5+ 7.5 2.5	Badge Colours Black & Red Red & White
Name o CLASS Weight Class Elite Master Class I	f Meet:	ON TC 5 5 .0 2 .0 2	TALS:       66     6       625.0     5       82.5     5       32.5     4	60 665.0 620.0 65.0	67.5 632.5 580.0 522.5	75 692.5 635.0 570.0	MEN 82.5 745 682 612	N 5 9 .0 7 .5 7 .5 6	0 85.0 22.5 45.0	100 827.5 760.0 682.5	110 857.5 787.5 705.0	125 882.5 810.0 725.0	125 917 842 757	5+ 7.5 2.5 7.5	Badge Colours Black & Red Red & White Blue & White
Name o CLASS Weight Class Elite Master	f Meet:	ON TC 5 5 .0 2 .0 2	TALS:       66     6       625.0     5       82.5     5       32.5     4	60 665.0 620.0	67.5 632.5 580.0	75 692.5 635.0	MEN           82.5           745           682	N 5 9 .0 7 .5 7 .5 6	0 85.0 22.5 45.0	100 827.5 760.0	110 857.5 787.5	125 882.5 810.0	125 917 842	5+ 7.5 2.5 7.5	Badge Colours Black & Red Red & White
Name o CLASS Weight Class Elite Master Class I	f Meet:	ON TC .5 5 .0 2 .0 2 .5 3	TALS:       i6     6       i25.0     5       i82.5     5       i32.5     2       i80.0     2	60 665.0 620.0 65.0	67.5 632.5 580.0 522.5	75 692.5 635.0 570.0	MEN 82.5 745 682 612	0 7 .5 7 .5 6 .0 5	0 85.0 22.5 45.0 70.0	100 827.5 760.0 682.5	110 857.5 787.5 705.0	125 882.5 810.0 725.0	125 917 842 757	5+ 7.5 2.5 7.5 7.5	Badge Colours Black & Red Red & White Blue & White
Name o CLASS Weight Class Elite Master Class I Class II	f Meet:	ON TC .5 5 .0 2 .0 2 .5 3 .0 2	TALS:       66     6       82.5     5       32.5     4       880.0     4       32.5     3	60 665.0 620.0 65.0 10.0	67.5 632.5 580.0 522.5 457.5	75 692.5 635.0 570.0 500.0	ME1 82.5 745 682 612 540	0 7 .5 7 .5 6 .0 5 .0 4	0 85.0 22.5 45.0 70.0 97.5	100 827.5 760.0 682.5 600.0	110 857.5 787.5 705.0 620.0	125 882.5 810.0 725.0 640.0	125 917 842 757 667	5+ 7.5 2.5 7.5 7.5 0.0	Badge Colours Black & Red Red & White Blue & White Green White
Name o CLASS Weight Class Elite Master Class I Class II Class IV	f Meet:	S         5         5         6         0         2         0         2         0         2         0         2         0         2         0         2         0         3         0         3         5         5         5         2         2         0         3         5         5         2         2         0         3         5         5         2         2         1         0         1         1         0         1 <th1< th=""> <th1< th=""> <th1< th=""> <th1< th=""></th1<></th1<></th1<></th1<>	TALS:       i6     6       i25.0     5       i32.5     2       i80.0     4       i32.5     3       i90.0     3	65.0 65.0 65.0 65.0 10.0 57.5	67.5 632.5 580.0 522.5 457.5 402.5	75 692.5 635.0 570.0 500.0 437.5	ME1           82.5           745           682           612           540           470           410	J         9           .0         7           .5         7           .5         6           .0         5           .0         4           .0         4	0 85.0 22.5 45.0 70.0 97.5	100 827.5 760.0 682.5 600.0 525.0	110 857.5 787.5 705.0 620.0 542.5	125 882.5 810.0 725.0 640.0 557.5	917 842 757 667 580	5+ 7.5 2.5 7.5 7.5 0.0	Badge Colours Black & Red Red & White Blue & White Green White Orange Whit
Name o CLASS Weight Class Elite Master Class I Class II Class IV CLASS	f Meet:	ON TC .5 5 .0 2 .0 2 .5 3 .0 3 .5 3 .0 3 .5 2 .0 3 .5 4 .0 4 .0 4 .5 4 .5 4 .0 4 .5 4 .5 4 .5 4 .5 4 .5 4 .5 4 .5 4 .5	TALS:       i6     6       i25.0     5       i82.5     5       i32.5     2       i32.5     3       i90.0     3	60 65.0 65.0 65.0 10.0 557.5 112.5	67.5 632.5 580.0 522.5 457.5 402.5 350.0	75 692.5 635.0 570.0 500.0 437.5 380.0	ME1           82.5           745           682           612           540           470           410           WO	<u>1</u> 0 7 5 7 5 6 0 5 0 4 0 4 <b>MEN</b>	0 85.0 22.5 45.0 70.0 97.5 32.5	100 827.5 760.0 682.5 600.0 525.0 455.0	110 857.5 787.5 705.0 620.0 542.5 475.0	125 882.5 810.0 725.0 640.0 557.5 487.5	125 917 842 757 667 580 507	5+ 7.5 2.5 7.5 7.5 7.5 0.0 7.5	Badge Colours Black & Red Red & White Blue & White Green White Orange Whit Yellow &Whit
Name o CLASS Weight Class Elite Master Class I Class II Class IV CLASS Weight	f Meet:	ON TC .5 5 .0 2 .0 2 .5 3 .0 3 .5 3 .0 3 .5 2 .0 3 .5 4 .0 4 .0 4 .5 4 .5 4 .0 4 .5 4 .5 4 .5 4 .5 4 .5 4 .5 4 .5 4 .5	TALS:       i6     6       i25.0     5       i82.5     5       i32.5     2       i32.5     3       i90.0     3	65.0 65.0 65.0 65.0 10.0 57.5	67.5 632.5 580.0 522.5 457.5 402.5	75 692.5 635.0 570.0 500.0 437.5	ME1           82.5           745           682           612           540           470           410	<u>1</u> 0 7 5 7 5 6 0 5 0 4 0 4 <b>MEN</b>	0 85.0 22.5 45.0 70.0 97.5 32.5	100 827.5 760.0 682.5 600.0 525.0	110 857.5 787.5 705.0 620.0 542.5	125 882.5 810.0 725.0 640.0 557.5	125 917 842 757 667 580 507	5+ 7.5 2.5 7.5 7.5 7.5 0.0 7.5	Badge Colours Black & Red Red & White Blue & White Green White Orange Whit
Name o CLASS Weight Class Elite Master Class I Class II Class IV CLASS	f Meet:	ON TC 5 5 5 .0 4 .0 4 .5 5 .5 2 .0 3 .5 2 .0 3 .5 2 .0 3 .5 2 .0 4 .0 4 .0 4 .0 4 .0 4 .0 4 .0 4 .0 4	TALS:       i6     6       i25.0     5       i82.5     5       i32.5     2       i80.0     2       i32.5     3       i90.0     3 <b>VTALS:</b> 8	60 65.0 65.0 65.0 10.0 557.5 112.5	67.5 632.5 580.0 522.5 457.5 402.5 350.0	75 692.5 635.0 570.0 500.0 437.5 380.0	ME1           82.5           745           682           612           540           470           410           WO	J         9           .0         7           .5         7           .5         6           .0         5           .0         4           .0         4           MEN         5	0 85.0 22.5 45.0 70.0 97.5 32.5 5	100 827.5 760.0 682.5 600.0 525.0 455.0	110 857.5 787.5 705.0 620.0 542.5 475.0	125 882.5 810.0 725.0 640.0 557.5 487.5	125 917 842 757 667 580 507	5+ 7.5 2.5 7.5 7.5 7.5 0.0 7.5	Badge Colours Black & Red Red & White Blue & White Green White Orange Whit Yellow &Whit Vellow &Whit
Name o CLASS Weight Class Elite Master Class I Class II Class IV Class IV Class Weight Class	f Meet:	ON TC .5 5 .0 4 .5 3 .0 4 .5 3 .0 4 .5 3 .0 4 .5 4 .0 4 .5 4 .0 4 .5 4 .0 4 .5 4 .0 4 .5 4 .0 4 .5 5 .0 4 .0 4 .5 5 .0 4 .0 4 .5 5 .0 4 .5 7 .0 4 .0 4	TALS:       i6     6       i25.0     5       i82.5     5       i32.5     2       i32.5     3       i90.0     3 <b>DTALS:</b> 8       i10.0     3	60 65.0 220.0 65.0 110.0 57.5 112.5 52 332.5	67.5 632.5 580.0 522.5 457.5 402.5 350.0 56 355.0	75 692.5 635.0 570.0 500.0 437.5 380.0 60 375.0	MEI           82.5           745           682           612           540           470           410           WO           67.5           412	N         9           .0         7           .5         7           .5         6           .0         5           .0         4           MEN         5           .5         4	0 85.0 22.5 45.0 70.0 97.5 32.5 5 45.0	100 827.5 760.0 682.5 600.0 525.0 455.0 82.5 82.5	110 857.5 787.5 705.0 620.0 542.5 475.0 90 512.5	125 882.5 810.0 725.0 640.0 557.5 487.5 90+	125 917 842 757 667 580 507 800 800 800 800 800 800 800 800 800 8	5+ 7.5 2.5 7.5 7.5 0.0 7.5 dge Co	Badge Colours Black & Red Red & White Blue & White Green White Orange Whit Yellow &White olours Red
Name o CLASS Weight Class Elite Master Class II Class IV Class IV Class Elite Master Master	f Meet:	ON TC .5 5 .0 4 .5 3 .0 4 .5 3 .0 4 .5 3 .0 4 .5 4 .0 4 .0 4 .5 4 .0 4 .5 4 .0 4 .5 4 .0 4 .5 5 .0 4 .0 4 .5 5 .0 4 .0 4 .5 5 .0 5 .5 4 .5 5 .0 4 .5 5 .0 5 .5 5 .0 4 .5 5 .0 5 .5 5 .0 5	TALS:         i6       6         i25.0       5         i82.5       5         i32.5       2         i80.0       2         i32.5       3         i90.0       3 <b>DTALS:</b> 8         i10.0       3         i82.5       3	60 65.0 220.0 65.0 110.0 57.5 112.5 52 332.5 602.5	67.5 632.5 580.0 522.5 457.5 402.5 350.0 56 355.0 322.5	75 692.5 635.0 570.0 500.0 437.5 380.0 60 375.0 340.0	MEI           82.5           745           682           612           540           470           410           WO           67.5           412           375	N     N       0     7       .5     7       .5     6       .0     5       .0     4       MEN       .5     4       .0     4	0 85.0 22.5 45.0 70.0 97.5 32.5 5 45.0 05.0	100 827.5 760.0 682.5 600.0 525.0 455.0 82.5 82.5 477.5 435.0	110 857.5 787.5 705.0 620.0 542.5 475.0 90 512.5 465.0	125 882.5 810.0 725.0 640.0 557.5 487.5 90+ 540.0 490.0	125 917 842 757 667 580 507 80 80 80 80 80 80 80 80 80 80 80 80 80	5+ 7.5 2.5 7.5 7.5 7.5 7.5 7.5 7.5 0.0 7.5 dge Co dge Co dge W	Badge Colours Black & Red Red & White Blue & White Green White Orange Whit Yellow &White olours Red /hite
Name o CLASS Weight Class Elite Master Class II Class IV Class IV Class Elite Master Class I Class Class I Class I Clas I Class I Class I Clas I Clas I C	f Meet:	ON TC .5 5 .0 4 .5 3 .0 4 .5 3 .0 4 .5 3 .0 4 .0 4 .0 4 .0 4 .0 4 .5 3 .0 4 .0 4 .5 3 .0 4 .5 4 .0 4 .0 4 .5 3 .0 4 .0 4 .5 3 .0 4 .5 3 .5 3 .0 4 .5 3 .5 3 .0 4 .5 3 .5 3 .0 4 .5 3 .5 4 .0 4 .5 3 .5 3 .0 4 .5 3 .5 4 .0 4 .5 5 .0 5 .5 5 .0 4 .5 5 .0 4 .5 5 .0 4 .5 5 .0 4 .5 5 .0 4 .5 5 .0 4 .0 4 .0 4 .0 4 .0 4 .0 4 .0 5 .0 5	TALS:         i6       6         i25.0       5         i82.5       2         i32.5       2         i32.5       3         i90.0       3 <b>DTALS:</b> 1         i88       5         i10.0       3         i82.5       3         i55.0       2	60 65.0 220.0 65.0 110.0 57.5 112.5 52 52 52 52 52 52 52 52 52 52 52 52 52	67.5 632.5 580.0 522.5 457.5 402.5 350.0 56 355.0 322.5 290.0	75 692.5 635.0 570.0 500.0 437.5 380.0 60 375.0 340.0 305.0	MEI           82.5           745           682           612           540           470           410           WO           67.5           337	N     9       .0     7       .5     7       .5     6       .0     4       .0     4       .0     4       .0     4       .0     4       .0     4       .5     4       .5     4       .5     4       .5     3	0 85.0 22.5 45.0 70.0 97.5 32.5 5 45.0 05.0 65.0	100 827.5 760.0 682.5 600.0 525.0 455.0 82.5 435.0 392.5	110 857.5 787.5 705.0 620.0 542.5 475.0 90 512.5 465.0 417.5	125 882.5 810.0 725.0 640.0 557.5 487.5 90+ 540.0 490.0 440.0	125 917 842 757 667 580 507 80 80 80 80 80 80 80 80 80 80 80 80 80	5+ 7.5 2.5 7.5 7.5 7.5 7.5 7.5 0.0 7.5 dge Co dge Co dge Co dge Co dge Co	Badge Colours Black & Red Red & White Blue & White Green White Orange Whit Yellow &White olours Red /hite
Name o CLASS Weight Class Elite Master Class II Class IV CLASS Weight Class Elite Master Class I Class I Clas I Clas I Clas I Clas I Clas	f Meet:	ON TC .5 5 .0 4 .0 4 .5 5 .0 5 .5 2 ON TC .0 5 .5 2 .0 5 .5 2 .0 5 .5 2 .0 5 .5 2 .0 5 .5 2 .0 .	TALS:         i6       6         i25.0       5         i82.5       2         i32.5       2         i32.5       3         i90.0       3 <b>DTALS:</b> 3         i10.0       3         i88.5       3         i55.0       2         i25.0       2         i25.0       2	60 65.0 220.0 65.0 110.0 57.5 112.5 62 62 62 62 62 62 62 62 62 62 62 62 62	67.5 632.5 580.0 522.5 402.5 350.0 56 56 355.0 322.5 290.0 257.5	75 692.5 635.0 570.0 500.0 437.5 380.0 60 375.0 340.0 340.0 305.0 272.5	MEN           82.5           682           612           540           470           410           WO           67.5           337           300	No.     No.       0.0     7       .5     7       .5     6       .0     4       .0     4       .0     4       .0     4       .0     4       .0     4       .0     4       .0     4       .0     4       .0     4       .0     4       .0     3       .0     3	0 85.0 22.5 45.0 97.5 32.5 5 45.0 05.0 65.0 25.0	100           827.5           760.0           682.5           600.0           525.0           455.0           82.5           477.5           435.0           392.5           347.5	110 857.5 787.5 705.0 620.0 542.5 475.0 90 512.5 465.0 417.5 372.5	125 882.5 810.0 725.0 640.0 557.5 487.5 90+ 90+ 540.0 490.0 440.0 392.5	125   917   842   755   580   580   507   507   580   507   507	5+ 7.5 7.5 7.5 7.5 7.5 7.5 7.5 0.0 7.5 dge Cr dk & F d & W ie & W ie & W	Badge Colours Black & Red Red & White Blue & White Green White Orange White Yellow &White olours Red /hite White
Name o CLASS Weight Class Elite Master Class II Class IV Class IV Class Elite Master Class I Class Class I Class I Clas I Class I Class I Clas I Clas I C	f Meet:	ON TC .5 5 .0 4 .5 5 .0 2 .5 2 ON TC .0 3 .5 2 .0 3 .5 3 .5 2 .0 3 .5 3 .5 2 .0 3 .5 3 .0 3 .5 3 .5 3 .0 3 .5 3 .5 3 .0 3 .5 4 .5 4	TALS:         66       6         82.5       5         32.5       2         80.0       2         990.0       3 <b>PTALS:</b> 3         988.5       3         990.0       3         990.0       3         990.0       3         990.0       3         955.0       2         255.0       2         97.5       2	60 65.0 220.0 65.0 110.0 57.5 112.5 52 52 52 52 52 52 52 52 52 52 52 52 52	67.5 632.5 580.0 522.5 457.5 402.5 350.0 56 355.0 322.5 290.0	75 692.5 635.0 570.0 500.0 437.5 380.0 60 375.0 340.0 305.0	MEI           82.5           745           682           612           540           470           410           WO           67.5           337	Image: Non-Section of the section of the se	0 85.0 22.5 45.0 97.5 32.5 5 45.0 05.0 65.0 25.0 82.5	100 827.5 760.0 682.5 600.0 525.0 455.0 82.5 435.0 392.5	110 857.5 787.5 705.0 620.0 542.5 475.0 90 512.5 465.0 417.5	125 882.5 810.0 725.0 640.0 557.5 487.5 90+ 540.0 490.0 440.0	125   917   842   757   580   507   507   580   507   507	5+ 7.5 2.5 7.5 7.5 7.5 7.5 7.5 0.0 7.5 dge Co ack & F d & W ie & W ie & W ie & W ie & W	Badge Colours Black & Red Red & White Blue & White Green White Orange Whit Yellow &White olours Red /hite
Name o CLASS Elite Master Class I Class II Class IV Class IV CLASS Elite Master Class I Class I Clas I Cla	f Meet:	ON TC 5 5 5 .0 4 .5 5 2 .0 2 .5 2 ON TC .0 2 .5 2 .0 2 .5 5 .5 2 .0 2 .5 5 .5 5	TALS:         i6       6         i25.0       5         i82.5       5         i32.5       3         i32.5       3         i90.0       3 <b>TALS:</b> 3         i10.0       3         i25.0       2         i25.0       2         i25.0       2         97.5       2         70.0       0	65.0 20.0 65.0 10.0 557.5 112.5 32.5 32.5 32.5 12.5	67.5 632.5 580.0 522.5 457.5 402.5 350.0 56 355.0 322.5 290.0 257.5 225.0 192.5	75           692.5           635.0           570.0           500.0           437.5           380.0           60           375.0           340.0           305.0           237.5           205.0	MEN           82.5           682           612           540           470           410           WO           67.5           337           300           262           225	Image: Non-State         9           .0         7           .5         7           .5         6           .0         4           .0         4           .0         4           .0         4           .0         4           .0         4           .0         4           .5         4           .0         3           .5         2           .0         2	0 85.0 22.5 45.0 70.0 97.5 32.5 5 45.0 05.0 65.0 25.0 82.5 42.5 42.5	100           827.5           760.0           682.5           600.0           525.0           455.0           82.5           477.5           435.0           392.5           347.5           305.0           260.0	110 857.5 787.5 705.0 620.0 542.5 475.0 90 512.5 465.0 417.5 372.5 325.0 280.0	125 882.5 810.0 725.0 640.0 557.5 487.5 90+ 540.0 490.0 440.0 392.5 342.5 295.0	125   917   842   757   667   580   580   580   507   507	5+ 7.5 2.5 7.5 7.5 0.0 7.5 dge Co ack & F d & W be & W een & ange & Ilow &	Badge Colours Black & Red Red & White Blue & White Green White Orange White Yellow & White olours Red /hite White & White
Name o CLASS Weight Class Elite Master Class II Class IV CLASS Weight Class IV CLASS Elite Master Class I Class I Clas I Clas I Clas I Clas I Clas I Clas	f Meet:	ON TC 5 5 5 .0 4 .5 5 2 .0 2 .5 2 ON TC .0 2 .5 2 .0 2 .5 5 .5 2 .0 2 .5 5 .5 5	TALS:         i6       6         i25.0       5         i82.5       5         i32.5       2         i32.5       3         i90.0       3 <b>TALS:</b> 3         i10.0       3         i82.5       3         i55.0       2         i25.0       2         97.5       2         70.0       0	65.0 665.0 665.0 10.0 57.5 12.5 62 62 62 62 62 62 62 62 62 62	67.5 632.5 580.0 522.5 402.5 350.0 56 56 355.0 322.5 290.0 257.5 225.0	75 692.5 635.0 570.0 500.0 437.5 380.0 60 375.0 340.0 305.0 272.5 237.5 205.0 I Men	MEN           82.5           682           612           540           470           410           WO           67.5           337           337           337           337           337           337           320           262           225           Provinc	Image: Non-State         9           .0         7           .5         7           .5         6           .0         4           .0         4           .0         4           .0         4           .0         4           .0         4           .0         4           .5         4           .0         3           .5         2           .0         2	0 85.0 22.5 45.0 97.5 32.5 5 45.0 05.0 65.0 25.0 82.5 42.5 42.5	100 827.5 760.0 682.5 600.0 525.0 455.0 82.5 435.0 392.5 347.5 305.0 260.0 en Nati	110 857.5 787.5 705.0 620.0 542.5 475.0 90 512.5 465.0 417.5 372.5 325.0 280.0	125 882.5 810.0 725.0 640.0 557.5 487.5 90+ 540.0 490.0 490.0 440.0 392.5 342.5 295.0 <b>Me</b>	125 917 842 757 667 580 580 580 580 580 580 580 507 80 80 80 80 80 80 80 80 80 80 80 80 80	5+ 7.5 2.5 7.5 7.5 0.0 7.5 dge Co ack & F d & W be & W een & ange & Ilow &	Badge Colours Black & Red Red & White Blue & White Green White Orange White Yellow & White olours Red /hite White & White
Name o CLASS Veight Class Elite Master Class II Class IV CLASS Weight Class IV CLASS Elite Master Class I Class II Class I Class I Clas I Class I Class I Class I Clas I	f Meet:	ON TC 5 5 5 0 4 5 6 0 4 5 6 0 4 5 7 0 4 0 4 5 7 0 4 0 4 0 4 0 4 0 4 0 4 0 4 0 4	TALS:         i6       6         i25.0       5         i82.5       5         i32.5       2         i32.5       3         i90.0       3 <b>TALS:</b> 3         i10.0       3         i82.5       3         i55.0       2         i25.0       2         i25.0       2         i25.0       2         i25.0       2         i25.0       2         i25.0       2         i70.0       0         Won       Class	65.0 20.0 65.0 10.0 57.5 12.5 32.5 32.5 242.5 252	67.5 632.5 580.0 522.5 457.5 402.5 350.0 56 355.0 322.5 290.0 257.5 225.0 192.5	75           692.5           635.0           570.0           500.0           437.5           380.0           60           375.0           340.0           305.0           272.5           237.5           205.0           I         Men Class	MEN           82.5           682           612           540           470           400           400           400           200           67.5           337	Image: Non-State         9           .0         7           .5         7           .5         6           .0         4           .0         4           .0         4           .0         4           .0         4           .0         4           .0         4           .5         4           .0         3           .5         2           .0         2	0 85.0 22.5 45.0 97.5 32.5 5 45.0 05.0 65.0 25.0 82.5 42.5 42.5 <b>Wom</b> Class	100 827.5 760.0 682.5 600.0 525.0 455.0 82.5 435.0 392.5 347.5 305.0 260.0 <b>en Nati</b>	110 857.5 787.5 705.0 620.0 542.5 475.0 90 512.5 465.0 417.5 372.5 325.0 280.0	125 882.5 810.0 725.0 640.0 557.5 487.5 90+ 540.0 490.0 490.0 490.0 440.0 392.5 342.5 295.0 <b>Me</b>	125   917   842   757   667   580   580   580   507   507	5+ 7.5 2.5 7.5 7.5 0.0 7.5 dge Co ack & F d & W be & W een & ange & Ilow &	Badge Colours Black & Red Red & White Blue & White Green White Orange White Yellow & White olours Red /hite White White & White
Name o CLASS Veight Class Elite Master Class II Class IV CLASS Weight Class IV CLASS Elite Master Class I Class II Class I Class I Clas I Class I Class I Class I Clas I	f Meet:	ON TC 5 5 5 0 4 5 6 0 4 5 6 0 4 5 7 0 4 0 4 5 7 0 4 0 4 0 4 0 4 0 4 0 4 0 4 0 4	TALS:         i6       6         i25.0       5         i82.5       5         i32.5       2         i32.5       3         i90.0       3 <b>TALS:</b> 3         i10.0       3         i82.5       3         i55.0       2         i25.0       2         i25.0       2         i25.0       2         i25.0       2         i25.0       2         i25.0       2         i70.0       0         Won       Class	65.0 665.0 665.0 10.0 57.5 12.5 62 62 62 62 62 62 62 62 62 62	67.5 632.5 580.0 522.5 457.5 402.5 350.0 56 355.0 322.5 290.0 257.5 225.0 192.5	75 692.5 635.0 570.0 500.0 437.5 380.0 60 375.0 340.0 305.0 272.5 237.5 205.0 I Men	MEN           82.5           682           612           540           470           400           400           400           200           67.5           337	Image: Non-State         9           .0         7           .5         7           .5         6           .0         4           .0         4           .0         4           .0         4           .0         4           .0         4           .0         4           .5         4           .0         3           .5         2           .0         2	0 85.0 22.5 45.0 97.5 32.5 5 45.0 05.0 65.0 25.0 82.5 42.5 42.5	100 827.5 760.0 682.5 600.0 525.0 455.0 82.5 435.0 392.5 347.5 305.0 260.0 <b>en Nati</b>	110 857.5 787.5 705.0 620.0 542.5 475.0 90 512.5 465.0 417.5 372.5 325.0 280.0	125 882.5 810.0 725.0 640.0 557.5 487.5 90+ 540.0 490.0 440.0 392.5 342.5 295.0 <b>Me</b> Cla	125 917 842 757 667 580 580 580 580 580 580 580 507 80 80 80 80 80 80 80 80 80 80 80 80 80	5+ 7.5 2.5 7.5 7.5 0.0 7.5 dge Co ack & F d & W be & W een & ange & Ilow &	Badge Colours Black & Red Red & White Blue & White Green White Orange White Yellow & White olours Red /hite White White & White
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Name o CLASS Class Elite Master Class II Class III Class IV CLASS Weight Class IV CLASS Elite Master Class II Class II Clas II Class II Class II Class II Class II Cl	f Meet:	ON TC 5 5 5 0 4 5 6 0 4 5 6 0 4 5 7 0 4 0 4 5 7 0 4 0 4 0 4 0 4 0 4 0 4 0 4 0 4	TALS:         i6       6         i25.0       5         i82.5       5         i32.5       3         i90.0       3 <b>DTALS:</b> 3         i10.0       3         i88.5       3         i55.0       2         i25.0       2         i26.0       2         i27.0       0         Class       Class         Prev       Class	65.0 20.0 20.0 20.0 20.0 20.0 20.0 20.0 20.0 20.5	67.5 632.5 580.0 522.5 402.5 350.0 56 355.0 322.5 290.0 257.5 225.0 192.5 rovincia	75           692.5           635.0           570.0           500.0           437.5           380.0           60           375.0           340.0           305.0           272.5           237.5           205.0           I           Men           Class	MEI           82.5           682           612           540           470           410           WO           67.5           337           300           262           225           Provinc           is I           is III           vious Explored	1       9         .0       7         .5       7         .5       6         .0       4         .0       4         .0       4         .0       4         .0       4         .0       4         .0       4         .0       3         .5       4         .0       3         .5       2         .0       2         ial       erience	0 85.0 22.5 45.0 97.5 32.5 5 45.0 05.0 65.0 25.0 82.5 42.5 Vom Class Class Previo Previo Previo Class	100 827.5 760.0 682.5 600.0 525.0 455.0 82.5 435.0 392.5 347.5 305.0 260.0 <b>en Nati</b> III III Dus Expous Exponenties	110 857.5 787.5 705.0 620.0 542.5 475.0 90 512.5 465.0 417.5 372.5 325.0 280.0 <b>cional</b> erience	125 882.5 810.0 725.0 640.0 557.5 487.5 90+ 540.0 490.0 440.0 392.5 342.5 295.0 Me Cla Cla Cla Cla Cla	l 125 917 842 755 667 580 507 Bla Bla Bla Bla Bla Bla Bla Bla Bla Bla	5+       7.5       2.5       7.5       0.0       7.5       0.0       7.5       0.0       7.5       0.0       7.5       0.0       0.0       7.5       0.0 <td>Badge Colours Black &amp; Red Red &amp; White Blue &amp; White Green White Orange White Yellow &amp;White olours Red /hite White &amp; White &amp; White rience</td>	Badge Colours Black & Red Red & White Blue & White Green White Orange White Yellow &White olours Red /hite White & White & White rience
Name o CLASS Ueight Class Elite Master Class II Class III Class IV CLASS Weight Class IV CLASS Elite Master Class II Class II Clas II Class II Class II Class II Clas	f Meet:	ON TC 5 5 5 0 4 5 6 0 4 5 6 0 4 5 7 0 4 0 4 5 7 0 4 0 4 0 4 0 4 0 4 0 4 0 4 0 4	TALS:         i6       6         i25.0       5         i82.5       5         i32.5       3         i90.0       3 <b>DTALS:</b> 3         i10.0       3         i88.5       3         i55.0       2         i25.0       2         i26.0       2         i27.0       0         Class       Class         Prev       Class	60 65.0 65.0 10.0 57.5 12.5 62 62 72.5 83.5 83.5	67.5 632.5 580.0 522.5 402.5 350.0 56 355.0 322.5 290.0 257.5 225.0 192.5 rovincia Experience cable)	75           692.5           635.0           570.0           500.0           437.5           380.0           60           375.0           340.0           305.0           272.5           237.5           205.0           I           Men           Class           Class <td>MEI           82.5           682           612           540           470           410           WO           67.5           337           300           262           225           Provinc           is I           is III           xious Explose           xious Explose</td> <td>1       9         .0       7         .5       7         .5       6         .0       4         .0       4         .0       4         .0       4         .0       4         .0       4         .0       4         .0       3         .5       4         .5       3         .0       3         .5       2         .0       2         ial      </td> <td>0 85.0 22.5 45.0 97.5 32.5 5 45.0 05.0 65.0 25.0 82.5 42.5 Vom Class Class Previo Previo Class (Not /</td> <td>100 827.5 760.0 682.5 600.0 525.0 455.0 82.5 477.5 435.0 392.5 347.5 305.0 260.0 <b>en Nati</b> III III EUIS Exp Dus Exp Dus Exp</td> <td>110 857.5 787.5 705.0 620.0 542.5 475.0 90 512.5 465.0 417.5 372.5 325.0 280.0 <b>cional</b> erience</td> <td>125 882.5 810.0 725.0 640.0 557.5 487.5 90+ 540.0 490.0 440.0 392.5 342.5 295.0 Me Cla Cla Cla Cla Cla</td> <td>125           917           842           757           667           580           507           Bla           Re           Blu           Gree           Bla           Re           Blu           Gree           Stars           asss I           asss III           evious           ass III</td> <td>5+       7.5       2.5       7.5       0.0       7.5       0.0       7.5       0.0       7.5       0.0       7.5       0.0       0.0       7.5       0.0   <td>Badge Colours Black &amp; Red Red &amp; White Blue &amp; White Green White Orange White Yellow &amp;White olours Red /hite White &amp; White &amp; White rience</td></td>	MEI           82.5           682           612           540           470           410           WO           67.5           337           300           262           225           Provinc           is I           is III           xious Explose           xious Explose	1       9         .0       7         .5       7         .5       6         .0       4         .0       4         .0       4         .0       4         .0       4         .0       4         .0       4         .0       3         .5       4         .5       3         .0       3         .5       2         .0       2         ial	0 85.0 22.5 45.0 97.5 32.5 5 45.0 05.0 65.0 25.0 82.5 42.5 Vom Class Class Previo Previo Class (Not /	100 827.5 760.0 682.5 600.0 525.0 455.0 82.5 477.5 435.0 392.5 347.5 305.0 260.0 <b>en Nati</b> III III EUIS Exp Dus Exp Dus Exp	110 857.5 787.5 705.0 620.0 542.5 475.0 90 512.5 465.0 417.5 372.5 325.0 280.0 <b>cional</b> erience	125 882.5 810.0 725.0 640.0 557.5 487.5 90+ 540.0 490.0 440.0 392.5 342.5 295.0 Me Cla Cla Cla Cla Cla	125           917           842           757           667           580           507           Bla           Re           Blu           Gree           Bla           Re           Blu           Gree           Stars           asss I           asss III           evious           ass III	5+       7.5       2.5       7.5       0.0       7.5       0.0       7.5       0.0       7.5       0.0       7.5       0.0       0.0       7.5       0.0 <td>Badge Colours Black &amp; Red Red &amp; White Blue &amp; White Green White Orange White Yellow &amp;White olours Red /hite White &amp; White &amp; White rience</td>	Badge Colours Black & Red Red & White Blue & White Green White Orange White Yellow &White olours Red /hite White & White & White rience
Name o CLASS Class Elite Master Class II Class III Class IV CLASS Weight Class IV CLASS Elite Master Class II Class II Clas II Class II Class II Class II Class II Cl	f Meet:	ON TC 5 5 5 0 4 5 6 0 4 5 6 0 4 5 7 0 4 0 4 5 7 0 4 0 4 0 4 0 4 0 4 0 4 0 4 0 4	TALS:         i6       6         i25.0       5         i82.5       5         i32.5       3         i90.0       3 <b>DTALS:</b> 3         i10.0       3         i88.5       3         i55.0       2         i25.0       2         i26.0       2         i27.0       0         Class       Class         Prev       Class	60 65.0 65.0 10.0 57.5 12.5 62 62 72.5 83.5 83.5	67.5 632.5 580.0 522.5 402.5 350.0 56 355.0 322.5 290.0 257.5 225.0 192.5 rovincia Experience cable) <b>Be</b>	75           692.5           635.0           570.0           500.0           437.5           380.0           60           375.0           340.0           305.0           272.5           237.5           205.0           I           Men           Class           Class <td>ME1           82.5           682           612           540           470           410           WO           67.5           337           300           262           225           Provinc           is I           is III           xious Explose           st III           st III           st III</td> <td>1       9         .0       7         .5       7         .5       6         .0       4         .0       4         .0       4         .0       4         .0       4         .0       4         .0       4         .0       3         .5       4         .5       3         .0       3         .5       2         .0       2         ial      </td> <td>0 85.0 22.5 45.0 97.5 32.5 5 45.0 05.0 65.0 25.0 82.5 42.5 Vom Class Class Previo Previo Class (Not / Previo Class (Not /</td> <td>100 827.5 760.0 682.5 600.0 525.0 455.0 82.5 477.5 435.0 392.5 347.5 305.0 260.0 <b>en Nati</b> III III EUIS Exp Dus Exp Dus Exp</td> <td>110 857.5 787.5 705.0 620.0 542.5 475.0 90 512.5 465.0 417.5 372.5 325.0 280.0 <b>cional</b> erience</td> <td>125 882.5 810.0 725.0 640.0 557.5 487.5 90+ 540.0 490.0 440.0 392.5 342.5 295.0 Me Cla Cla Cla Cla Cla</td> <td>Blaa Blaa Blaa Blaa Blaa Blaa Bla Bla Bl</td> <td>5+       7.5       2.5       7.5       0.0       7.5       0.0       7.5       0.0       7.5       0.0       7.5       0.0       0.0       7.5       0.0   <td>Badge Colours Black &amp; Red Red &amp; White Blue &amp; White Green White Orange White Yellow &amp;White olours Red /hite White White &amp; White * White * ience</td></td>	ME1           82.5           682           612           540           470           410           WO           67.5           337           300           262           225           Provinc           is I           is III           xious Explose           st III           st III           st III	1       9         .0       7         .5       7         .5       6         .0       4         .0       4         .0       4         .0       4         .0       4         .0       4         .0       4         .0       3         .5       4         .5       3         .0       3         .5       2         .0       2         ial	0 85.0 22.5 45.0 97.5 32.5 5 45.0 05.0 65.0 25.0 82.5 42.5 Vom Class Class Previo Previo Class (Not / Previo Class (Not /	100 827.5 760.0 682.5 600.0 525.0 455.0 82.5 477.5 435.0 392.5 347.5 305.0 260.0 <b>en Nati</b> III III EUIS Exp Dus Exp Dus Exp	110 857.5 787.5 705.0 620.0 542.5 475.0 90 512.5 465.0 417.5 372.5 325.0 280.0 <b>cional</b> erience	125 882.5 810.0 725.0 640.0 557.5 487.5 90+ 540.0 490.0 440.0 392.5 342.5 295.0 Me Cla Cla Cla Cla Cla	Blaa Blaa Blaa Blaa Blaa Blaa Bla Bla Bl	5+       7.5       2.5       7.5       0.0       7.5       0.0       7.5       0.0       7.5       0.0       7.5       0.0       0.0       7.5       0.0 <td>Badge Colours Black &amp; Red Red &amp; White Blue &amp; White Green White Orange White Yellow &amp;White olours Red /hite White White &amp; White * White * ience</td>	Badge Colours Black & Red Red & White Blue & White Green White Orange White Yellow &White olours Red /hite White White & White * White * ience
Name o CLASS Elite Master Class I Class II Class III Class IV CLASS Elite Master Class I Class II Class II Class I Class I Clas I Class I Class I Class I	f Meet:	ON TC .5 5 .0 4 .5 5 .0 5 .5 2 ON TC .0 5 .5 2 .0 2 .5 1 .5 2 .0 2 .5 1 .5 1 .5 2 .0 2 .5 1 .5 1 .5 1 .5 1 .5 2 .0 2 .5 1 .5 1	TALS:         i6       6         i25.0       5         i82.5       5         i32.5       3         i55.0       2         i25.0       2         97.5       2         70.0       0         Class       Class         Prev       Class         (Not       100         56       56	60 65.0 220.0 65.0 10.0 57.5 12.5 1	67.5 632.5 580.0 522.5 457.5 402.5 350.0 56 355.0 322.5 290.0 257.5 225.0 192.5 rovincia Experience cable) <b>Be</b> 0	75         692.5         635.0         570.0         500.0         437.5         380.0         60         375.0         340.0         305.0         237.5         205.0         I         Men         Class         Class <t< td=""><td>MEI           82.5           682           612           540           470           470           410           WO           67.5           337           300           262           225           Provinc           is I           is III           vious Expo           is III           ss III           ss III           75</td><td>1     9       0     7       5     7       5     6       0     4       0     4       0     4       0     4       0     4       5     7       5     6       0     4       5     7       5     4       0     4       5     2       0     3       .5     2       .0     3       .5     2       .0     3       .5     2       .0     3       .5     2       .0     3       .5     2       .0     3       .5     2       .0     2       ial    </td><td>0 85.0 22.5 45.0 97.5 32.5 5 45.0 05.0 65.0 25.0 82.5 42.5 Vom Class Class Previe Class Class Previe Class (Not /</td><td>100 827.5 760.0 682.5 600.0 525.0 455.0 82.5 477.5 435.0 392.5 347.5 305.0 260.0 <b>en Nati</b> 111 5 111 5 /td><td>110 857.5 787.5 705.0 620.0 542.5 475.0 90 512.5 465.0 417.5 372.5 325.0 280.0 cional eerience berience berience</td><td>125 882.5 810.0 725.0 640.0 557.5 487.5 90+ 540.0 490.0 440.0 392.5 342.5 295.0 Me Cla Cla Cla Cla Cla Cla Cla Cla Cla Cla</td><td>Bla Bla Bla Bla Bla Bla Bla Bla Bla Bla</td><td>5+         7.5         2.5         7.5         7.5         0.0         7.5         0.0         7.5         0.0         7.5         0.0         7.5         0.0         7.5         0.0         1000 &amp; W         125</td><td>Badge <u>Colours</u> Black &amp; Red Red &amp; White Blue &amp; White Green White Orange White Yellow &amp; White olours Red //hite White White white white ite white 125+</td></t<>	MEI           82.5           682           612           540           470           470           410           WO           67.5           337           300           262           225           Provinc           is I           is III           vious Expo           is III           ss III           ss III           75	1     9       0     7       5     7       5     6       0     4       0     4       0     4       0     4       0     4       5     7       5     6       0     4       5     7       5     4       0     4       5     2       0     3       .5     2       .0     3       .5     2       .0     3       .5     2       .0     3       .5     2       .0     3       .5     2       .0     3       .5     2       .0     2       ial	0 85.0 22.5 45.0 97.5 32.5 5 45.0 05.0 65.0 25.0 82.5 42.5 Vom Class Class Previe Class Class Previe Class (Not /	100 827.5 760.0 682.5 600.0 525.0 455.0 82.5 477.5 435.0 392.5 347.5 305.0 260.0 <b>en Nati</b> 111 5 111 5	110 857.5 787.5 705.0 620.0 542.5 475.0 90 512.5 465.0 417.5 372.5 325.0 280.0 cional eerience berience berience	125 882.5 810.0 725.0 640.0 557.5 487.5 90+ 540.0 490.0 440.0 392.5 342.5 295.0 Me Cla Cla Cla Cla Cla Cla Cla Cla Cla Cla	Bla Bla Bla Bla Bla Bla Bla Bla Bla Bla	5+         7.5         2.5         7.5         7.5         0.0         7.5         0.0         7.5         0.0         7.5         0.0         7.5         0.0         7.5         0.0         1000 & W         125	Badge <u>Colours</u> Black & Red Red & White Blue & White Green White Orange White Yellow & White olours Red //hite White White white white ite white 125+
Name o CLASS Elite Master Class I Class II Class III Class III Master II Master II Men Weight Men	f Meet: <b>IFICATI</b> 482 445 400 352 305 267 <b>IFICAT</b> 44 290 262 235 210 182 157 <b>cation To</b> I (40 - 49 III 50+ 60+ diates Class	ON TC .5 5 .0 4 .5 5 .0 2 .5 2 .0 2 .0 2 .5 2 .0 2 .5 2 .0 2 .5 2 .0 2 .5 2 .0 2 .5 2 .5 2 .5 1 .5 2 .5 2	TALS:         i6       6         i25.0       5         i82.5       2         i80.0       2         i32.5       3         i25.0       2         97.5       2         70.0       0         Class       Class         Prev       Class         (Not       56         87.5       55	50 50 52 52 52 52 52 52 52 52 52 52	67.5 632.5 580.0 522.5 457.5 402.5 350.0 56 355.0 322.5 290.0 257.5 225.0 192.5 rovincia Experience cable) <b>Be</b> 0 5.0	75         692.5         635.0         570.0         500.0         437.5         380.0         60         375.0         340.0         305.0         272.5         237.5         205.0         I         Men         Class         Class <t< td=""><td>MEI           82.5           682           612           540           470           410           WO           67.5           412           375           337           300           262           225           Provinc           is I           is III           vious Expo           is III           ress Qu           75           115.0</td><td>0       7         5       7         5       7         5       6         .0       4         0       4         0       4         0       4         0       4         5       4         .0       4         .0       4         .0       4         .5       4         .0       4         .5       3         .5       2         .0       3         .5       2         .0       3         .5       2         .0       3         .5       2         .0       2         ial      </td><td>0 85.0 22.5 45.0 70.0 97.5 32.5 5 45.0 05.0 65.0 25.0 82.5 42.5 Vom Class Clas</td><td>100 827.5 760.0 682.5 600.0 525.0 455.0 82.5 4455.0 392.5 347.5 305.0 260.0 en Nati 111 5005 Exp 5005 Exp 511 5005 Exp 511 5005 Exp 511 5005 Exp 511 5005 Exp 511 5005 Exp 511 5005 Exp 511 5005 Exp 511 5005 Exp 511 511 511 511 511 511 511 511 511 51</td><td>110 857.5 787.5 705.0 620.0 542.5 475.0 90 512.5 465.0 417.5 372.5 325.0 280.0 <b>*ional</b> perience perience perience perience</td><td>125 882.5 810.0 725.0 640.0 557.5 487.5 90+ 540.0 490.0 440.0 392.5 342.5 295.0 <b>Me</b> Cla Cla Cla Cla Cla Cla Cla Cla Cla Cla</td><td>Bla Bla Bla Bla Bla Bla Bla Bla Bla Bla</td><td>5+ 7.5 7.5 7.5 7.5 7.5 7.5 7.5 7.5 0.0 7.5 dge Cd d&amp; W een &amp; ange &amp; low &amp; ange &amp; low &amp; ange &amp; low &amp; ange &amp; low &amp; 125 147</td><td>Badge <u>Colours</u> Black &amp; Red Red &amp; White Blue &amp; White Green White Orange Whit Yellow &amp; White olours Red /hite White White White white ite x White 125+ 152.5</td></t<>	MEI           82.5           682           612           540           470           410           WO           67.5           412           375           337           300           262           225           Provinc           is I           is III           vious Expo           is III           ress Qu           75           115.0	0       7         5       7         5       7         5       6         .0       4         0       4         0       4         0       4         0       4         5       4         .0       4         .0       4         .0       4         .5       4         .0       4         .5       3         .5       2         .0       3         .5       2         .0       3         .5       2         .0       3         .5       2         .0       2         ial	0 85.0 22.5 45.0 70.0 97.5 32.5 5 45.0 05.0 65.0 25.0 82.5 42.5 Vom Class Clas	100 827.5 760.0 682.5 600.0 525.0 455.0 82.5 4455.0 392.5 347.5 305.0 260.0 en Nati 111 5005 Exp 5005 Exp 511 5005 Exp 511 5005 Exp 511 5005 Exp 511 5005 Exp 511 5005 Exp 511 5005 Exp 511 5005 Exp 511 5005 Exp 511 511 511 511 511 511 511 511 511 51	110 857.5 787.5 705.0 620.0 542.5 475.0 90 512.5 465.0 417.5 372.5 325.0 280.0 <b>*ional</b> perience perience perience perience	125 882.5 810.0 725.0 640.0 557.5 487.5 90+ 540.0 490.0 440.0 392.5 342.5 295.0 <b>Me</b> Cla Cla Cla Cla Cla Cla Cla Cla Cla Cla	Bla Bla Bla Bla Bla Bla Bla Bla Bla Bla	5+ 7.5 7.5 7.5 7.5 7.5 7.5 7.5 7.5 0.0 7.5 dge Cd d& W een & ange & low & ange & low & ange & low & ange & low & 125 147	Badge <u>Colours</u> Black & Red Red & White Blue & White Green White Orange Whit Yellow & White olours Red /hite White White White white ite x White 125+ 152.5
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Niagara: Niagara Powerlifting

Special Olympics North Bay: North Bay Powerlifting Etobicoke: Monster Gym Club Powerlifting Club North York: Sport for Disabled Guelph: Iron Foundation Ontario **Powerlifting Club** Ottawa: Ottawa Strong Hamilton: Steel City Powerlifting Club Pembroke: Pembroke Lightning Kitchener: K-W Grizzlies St Catharines: The Power & The Glory Kitchener: Golden Triangle **Powerlifting Club** St Thomas: St Thomas Elite & Powerlifting Club Kitchener: Kitchener Iron Angles Timmins: Timmins Secial London: London Powerlifting Club Olympics London: London Special "O" Woodstock: Pumphouse Powerlifting Club Mississauga: "M" Power - The Woodstock: J.B. Fitness Mississauga Powerlifting Club Powerlifting Club The Ontario Powerlifting Newsletter is the Official newsletter of the Ontario Powerlifting Association. It is published several times per year, and is included in the OPA membership. Submissions typed my be sent and sent by E-mail to: mike@ontariopowerlifting.ca or sent by mail to: Mike Latocha R.R.# 1 3312 3 CON Brockville, ON K6V 5T1 Note: Advertising; Full Page \$75.00, Half Page \$50.00, Quarter Page \$25.00, Business card \$10.00. Please send images by e-mail. OPA NEWSLETTER EDITORIAL DEADLINE Next Issue: Jan (Volume 54, Issue 1) Deadline: Jan 4/03 Get you contributions in early Please Contributions: All contributions pertaining to the sport of powerlift ing are welcome, preference given to those that emphasize particular needs and interests of the OPA members. Contributions may be reports, arti cles, meet results, new member information, dates to remember, advertisements, tips, photos, creative

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