



Ontario Powerlifting Association

Newsletter

The Official News of the Ontario Powerlifting Association



Steve McKenzie squatting at the Nationals

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	369.25	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	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	450.0	992.0
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	137.75	195.0	429.75	327.5	722.0	462.5	1019.5
65.0	143.25	197.5	435.25	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	165.25	207.5	457.25	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	187.25	217.5	479.25	350.0	771.5	485.0	1069.0
87.5	192.75	220.0	484.75	352.5	777.0	487.5	1074.5
90.0	198.25	222.5	490.25	355.0	782.5	490.0	1080.25
92.5	203.75	225.0	495.75	357.5	788.0	492.5	1085.75
95.0	209.25	227.5	501.25	360.0	793.5	495.0	1091.25
97.5	214.75	230.0	506.75	362.5	799.0	497.5	1096.75
100.0	220.25	232.5	512.25	365.0	804.5	500.0	1102.25
102.5	225.75	235.0	517.75	367.5	810.0	502.5	1107.75
105.0	231.25	237.5	523.25	370.0	815.5	505.0	1113.25
107.5	236.75	240.0	528.75	372.5	821.0	507.5	1118.75
110.0	242.25	242.5	534.25	375.0	826.5	510.0	1124.25
112.5	247.75	245.0	539.75	377.5	832.0	512.5	1129.75
115.0	253.25	247.5	545.25	380.0	837.5	515.0	1135.25
117.5	258.75	250.0	550.75	382.5	843.0	517.5	1140.75
120.0	264.25	252.5	556.25	385.0	848.5	520.0	1146.25
122.5	269.75	255.0	561.75	387.5	854.0	522.5	1151.75
125.0	275.25	257.5	567.25	390.0	859.5	525.0	1157.25
127.5	280.75	260.0	572.75	392.5	865.0	527.5	1162.75
130.0	286.25	262.5	578.25	395.0	870.5	530.0	1168.25
132.5	291.75	265.0	583.75	397.5	876.0	532.5	1173.75
135.0	297.25	267.5	589.25	400.0	881.5	535.0	1179.25
137.5	302.75	270.0	594.75	402.5	887.0	537.5	1184.75
140.0	308.25	272.5	600.25	405.0	892.5	540.0	1190.25
142.5	313.75	275.0	605.75	407.5	898.0	542.5	1195.75
145.0	319.25	277.5	611.25	410.0	903.5	545.0	1201.25
147.5	324.75	280.0	616.75	412.5	909.0	547.5	1206.75
150.0	330.25	282.5	622.25	415.0	914.5	550.0	1212.25
152.5	335.75	285.0	627.75	417.5	920.0	552.5	1217.75
155.0	341.25	287.5	633.25	420.0	925.5	555.0	1223.25
				422.5	931.0	557.5	1228.75

EDITORIAL

The winter season is upon us and the Ontario Junior/Master and Bench Press Championships are fast approaching. We seen some records set at the Ontario Seniors and Intermediates, hope to see more set at the Dec Meet.

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).

I would like to wish everyone in the OPA Merry Christmas and a Happy New Year and best of lifting in the new year.

Mike Latocha

Newsletter Editor/Web Master/Eastern Regional Chair

Mike Latocha 613-348-1024
R.R.# 1 3312 CON 3 Brockville, ON K6V 5T1
E-mail: mike@ontariopowerlifting.ca

OPA NEWSLETTER EDITORIAL DEADLINE

Next Issue: Jan (Volume 54, Issue 1) Deadline: Jan 4/03
Get you contributions in early Please
See Back cover

QUICK LOOK AT UPCOMING EVENTS

Dec 7-8 **AGM, Ontario Junior Championships, Masters Championships and Bench Press Championships**, Guelph ON
Steve McKenzie 519-827-1946

March 13-16, 03 **2003 Canadian National Powerlifting & Benchpress Championships** Winnipeg, Manitoba
OPA President: Bill Jamison
905-765-5345

Feb 1/03 **Niagara Open**
Jay Gemmell (905) 658 9828

March 03 **Steel City Open and Mentally Challenged** (not sanctioned)
Bill Jamison (905) 765 5345

May 03 **Kitchener Dead Lift Open, Bench Press Qualifier and Mentally Challenged** (not sanctioned) Dave Hoffman
(519) 894 5913

May 2003 **London Open** (not sanctioned)
Terry Stinchcombe (519) 681 4766

July 2003 **Toronto Open, Blind and Bench Press** (not sanctioned)
Harnek Singh Rai (416) 748 8008

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Mike Latocha

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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 possible.

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

2003 OPA Membership Application

Name: _____

Address: _____

City: _____ Prov: _____

Postal Code: _____ Phone: _____

E-mail: _____

Canadian Powerlifting Union



Required if competing Jan 1/03 - Dec 31/03. Includes OPA Newsletter.
 Allow 6 weeks for CPU Cards to be processed. Registration will not be accepted on the day of a contest.

- Renewal/New Open Member: \$60.00
- Renewal/New Open SDO & OSO Member: \$60.00
- New Member - All: After July 1 \$40.00

Date of Birth: _____ M or F

Level: **Novice Intermediate Senior**
 Categories: **Open Blind Special Olympics**
 CP **Amputee Wheelchair Other**

Club: _____
 Club must be affiliated and train together at least once a week.

Training Facility: _____

Address: _____

City: _____

Phone: _____ Date: _____

Signature: _____

Make Cheque or Money order payable to: **Ontario Powerlifting Association**. Send to Ontario Powerlifting Association C/O Heather Johns, PO Box 93, Bancroft, ON K0L 1C0

THIS IS AN ELECTION YEAR MEANING ALL POSITIONS ARE OPEN FOR NEW NOMINATIONS. THE HIGHLIGHTED POSITIONS BELOW INDICATE WHICH POSITIONS WILL BE VACANT AS OF THE AGM.

POSITION	HELD BY:	STATUS
President	Bill Jamison	Interm/ Seeking Election
Vice President	Harnet Rai	Intern / Seeking Election
Secretary	Krista Schaus	Interm /NOT Seeking Re-election
Treasurer	Krista Schaus	Elected/ Seeking Re-election
Registration Chair	Heather Johns	Elected/NOT Seeking Re-election
Referee Chair	Mark Giffen	Elected /NOT Seeking Re-election
Records Chair	David Hoffman	Elected/ Seeking Re-election
S Regional Chair	Harnet Rai	Elected/ Seeking Re-election
E Regional Chair	Mike Latocha	Elected/ Seeking Re-election
Nwest Regional Ch	VACANT	
Neast Regional Ch	VACANT	
Newsletter Editor	Mike Latocha	Elected/Seeking Re-election
Website	Mike Latocha	Elected/Seeking Re-election

FOR LIST OF DUTIES OF POSITIONS PLEASE VISIT:
www.ontariopowerlifting.ca under "Constitution".

NEW NOMINATIONS RECEIVED TO DATE:
 " Registration Chair - Mark Giffen
 " Newsletter Editor - Ulrike Kruger

ANYONE INTERESTED IN RUNNING FOR ANY OF THE ABOVE POSITIONS

MUST SEND CORRESPONDENCE INDICATING SUCH TO:

Secretary, Krista Schaus
 Fax: (519) 429-3137
 295 Link Road
 RR2 Cayuga, ON
 N0A 1E0
 Email: krista.schaus@jus.gov.on.ca
 No later than November 29th, 2003.

2002 Annual General Meeting

Date: Dec 7th, 2002 @ 5:00 P.M..
 Place: University of Guelph Athletic Centre

WE HOPE TO SEE AS MANY MEMBERS AS POSSIBLE AT THIS VERY IMPORTANT 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.ontariopowerlifting.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

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.

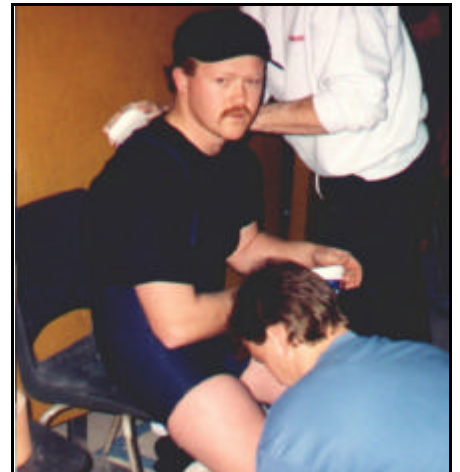
Attempt Cards

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

Getting ready to squat; first meet London 93



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

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 your 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

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' possess.

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 and Steve Chomitz was Treasurer. Gerry Regan 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.

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 bugers 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 went over"Is there something wrong buddy?"

You only squat half way! And your weak!!

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.

CONTEST RESULTS

Guelph Open

Aug 11/02 Results: Steve McKenzie

Women

Name	Place	Squat	Bench	Deadlift	Total
67.5 kg					
Glorianne Papolis	1	152.5	87.5	150.0	390.0
Leslie Harley	2	100.0	55.0	110.0	265.0
90.0 kg					
Pam Eisen	1	125.0	80.0	127.5	332.5

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					
Brian Decastro	1	167.5	115.0	200.0	482.5
75.0 kg					
Stan Goss	1	160.0	102.5	207.5	470.0
82.5 kg					
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					
Mike Mangan	1	270.0	185.0	242.5	697.5
V Kozmirko	2	250.0	150.0	240.0	640.0
Terry Stinchombe	3	227.5	145.0	240.0	612.5
Jon Heisel	4	200.0	140.0	220.0	560.0
Brian Moodie	5	195.0	135.0	205.0	535.0
Jason Platts	-	245.0	175.0	272.5	---

Men

Name	Place	Squat	Bench	Deadlift	Total
110 kg					
Bruce McIntyre	1	230.0	210.0*	250.0	690.0*
Mark Glofcheskie	2	235.0	175.0	220.0	630.0
Tim Ekert	3	215.0	172.5	220.0	607.5
Nathan Donahue	4	185.0	137.5	200.0	522.5
125 kg					
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
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 Attempt

Best Lifters:

Best Female: Sara Clark
Best Male: Blair Lyndon

Platform:

Dave Kramer, Pat, Billy & Jesse Jamison
Referres: Don Clarke, Rick Gazdig, Terry Stinchombe
Announcer: Sean Brown
Meet Directors: Harnek Singh Rai, Sean Brown

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 Morrisette	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 Attempt

Best Lifters:

David Gratton

Platform:

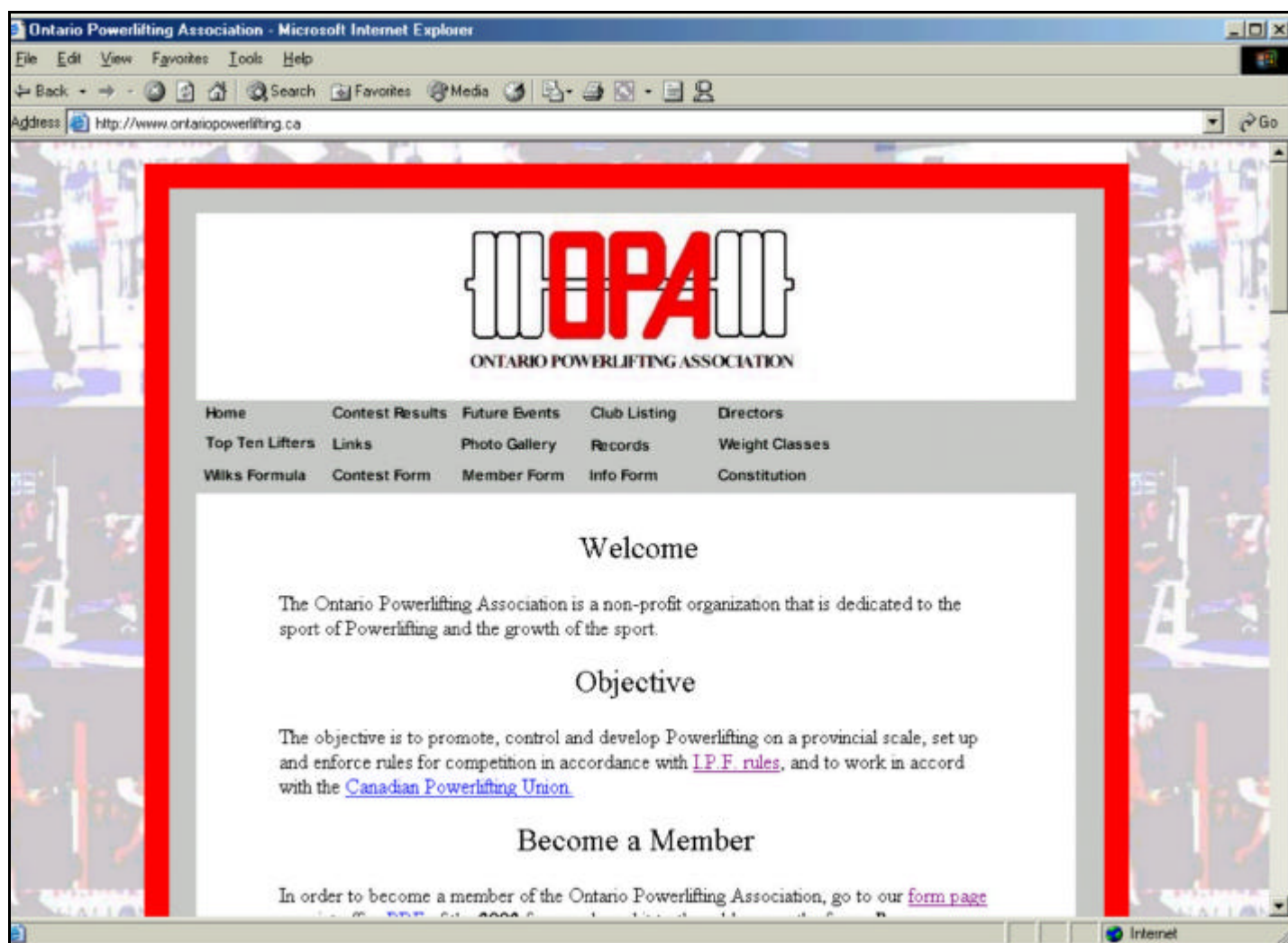
Dave Kramer, Pat, Billy & Jesse Jamison
Referres: Bill Jamison, Adele Couchman, Lynton Lam
Announcer: Stan Goss
Meet Directors: Harnek Singh Rai, Sean Brown

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/Masters Championship

Date: Dec 7th, 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.
Eligibility: Must meet Provincial Qualifying 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
Entry Fee: \$50.00
Payable to: Kevin Samson
Send to: Steve McKenzie,
106 Bagot St. Guelph, ON
N1H 5T6
Deadline: Entries must be in by
Nov 22nd, 2002
Sanction by: Ontario Powerlifting Association.
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 its jurisdiction according to C.P.U. rules.

2002 Annual General Meeting

Date: Dec 7th, 2002 @ 5:00 P.M..
Place: University of Guelph Athletic Centre
Deadline Date: All proposals, resolutions must be received by the OPA Secretary no later than Nov 7th, 2002.
Send to: Krista Schaus
R.R # 2 Cayuga, ON N0A 1E0
E-mail: krista@powerlifting.ca

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.
Eligibility: Must meet Provincial Qualifying 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

Entry Fee: \$50.00
Payable to: Kevin Samson
Send to: Steve McKenzie,
106 Bagot St. Guelph, ON
N1H 5T6
Deadline: Entries must be in by
Nov 22nd, 2002
Sanction by: Ontario Powerlifting Association.
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 its jurisdiction according to C.P.U. rules.

Niagara Open

Date: Feb 1st, 2003 Lifting @ 10:00 am
Place: Quality Inn Ontario Street, St. Catharines
Host: Niagara Powerlifting Club
Weigh-ins: Weigh-in at 8:00 a.m.
Lift at 10:00 a.m.
Eligibility: Open Competition (First 28 lifters). C.P.U. card must be shown at weigh-ins.
Awards: 1st - 3rd in each class. Best lifter by wilks, best team.
Meet Director: Glyn Moore
E-mail: gmoore82@cogeco.ca
905-646-8536
Entry Fee: \$50.00 (Includes T-Shirt) must accompany entry form. Money Order or Check.
Payable to: Glyn Moore
Send to: Glyn Moore,
9 Old Oxford Road,
St Catharines, ON
L2M 2J7
Deadline: Entries must be in by
Jan 17th, 2003
Sanction by: Ontario Powerlifting Association.
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 its jurisdiction according to C.P.U. rules.

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.***

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 performed 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, 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 your knees and stand back up. What could be so complex about that? It has grown complex largely because of the propagation of several myths 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 your 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 your 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-

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 that are not fully target-

ed 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.

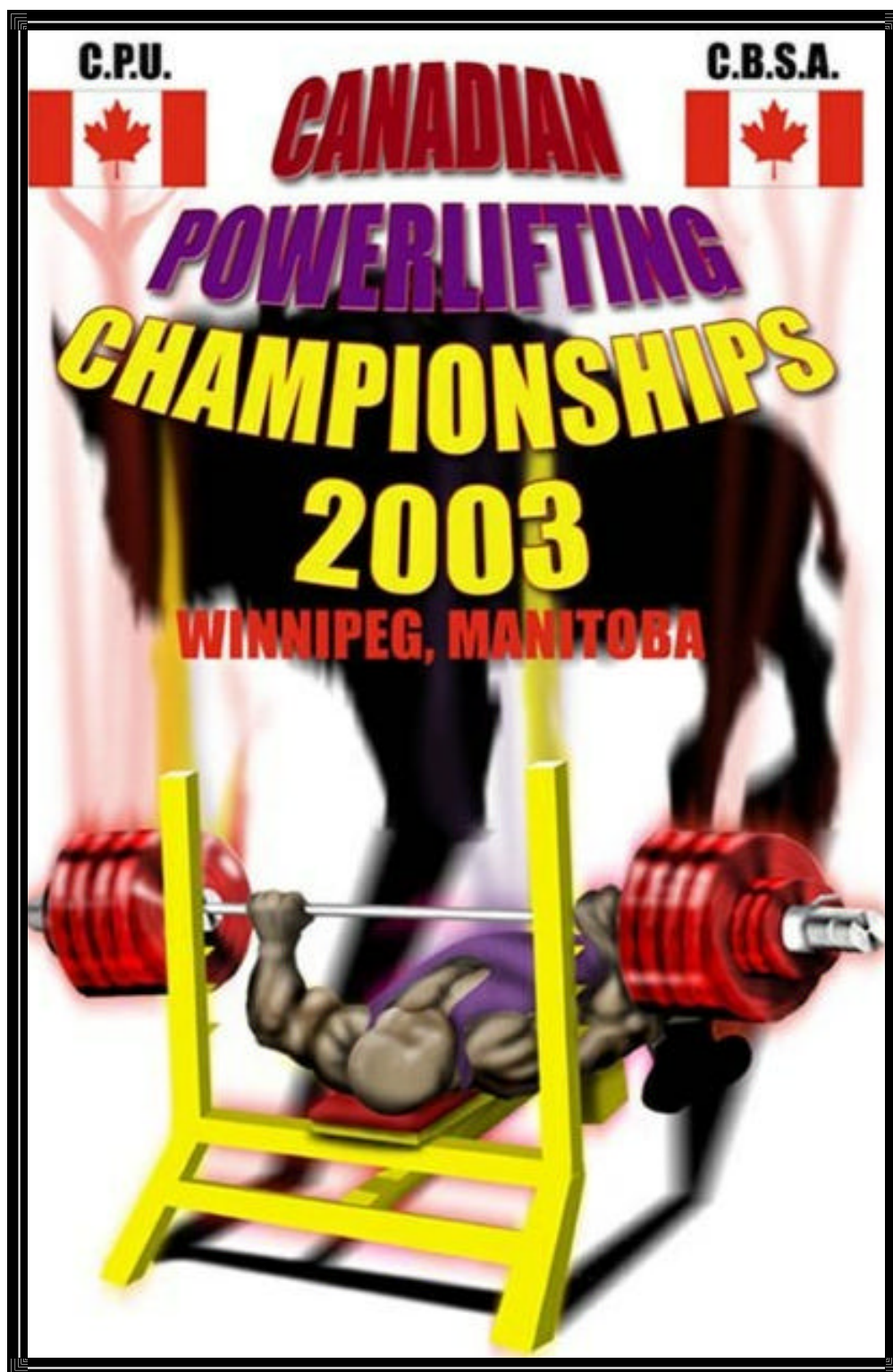
ONTARIO TOP TEN MEN - 2 YEARS ENDING DECEMBER 31, 2001

Squat	Bench Press	Deadlift	Total
56 kg			
1. 75.0 A. 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
60 kg			
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. 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. Jong 10/14/00	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
4 177.5 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
6 152.5 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
7 150.0 A. Bury 11/24/00	7 100.0 A. Bury 11/24/00	7 185.0 A. Goss 08/04/01	7 422.5 F. Nadeau 10/13/01
8 140.0 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
9 135.0 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
10 127.5 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			
1 230.0 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
6 190.0 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
7 182.5 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
9 172.5 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
10 170.0 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	
82.5kg			
1 270.0 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
4. 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
8. 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
10. E. Dunstan 10/14/00	145.0 R. EtcHELLS 06/03/00	10. 215.0 K. Stirling 10/13/01	
		2115.0 E. Dunstan 10/14/00	
90.0 kg			
1 285.0 J. Becker 02/24/00	1. 182.5 J. Becker 09/15/01	1. 300.0 R. Morrisette 05/26/01	1. 750.0 J. Becker 09/15/01
2. 262.5 R. Morrisette 05/26/01	2. 175.0 A. Drolc 10/14/00	2. 292.5 J. Becker 09/15/01	2. 707.5 R. Morrisette 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. Morrisette 10/13/01	7. 255.0 S. Sequin 12/03/00	7. 625.0 S. Sequin 03/31/01
8. 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
9. 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
10. 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
100 kg			
1. 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
2. 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
3. 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
4. 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	175.0 J. Neal 06/03/00	5. S. Magistrale 03/31/01	5. 690.0 S. Magistrale 03/31/01
6. 260.0 J. Platts 09/15/01	6. 170.0 M. Finochio 10/13/01	260.0 B. Zacharias 08/05/00	6. 682.5 M. Finochio 10/13/01
7. 257.5 J. Cautillo 08/04/01	7. 167.5 J. Platts 09/15/01	7. 257.5 J. Neal 06/03/00	682.5 F. Tavernier 12/03/00
8. 250.0 F. Tavernier 12/03/00	8. 162.5 E. Gagnon 03/31/01	8. 255.0 J. Cautillo 08/04/01	8. 662.5 J. Cautillo 08/04/01
9. 242.5 M. Goss 05/26/01	9. 160.0 M. Mangan 08/04/01	9. 252.5 T. Stinchombe 03/31/01	9. 655.0 J. Neal 06/03/00
10. 230.0 B. Baresich 10/14/00	10. 157.5 S. Duncan 09/15/01	252.5 E. Gagnon 03/31/01	10. 650.0 M. Goss 05/26/01
110 kg			
1. 330.0 R. Celio 04/05/00	1. 230.0 M. Giffen 04/05/00	1. 305.0 R. Celio 04/05/00	1. 835.0 R. Celio 04/05/00
2. 300.0 M. Giffen 04/05/00	2. 200.0 R. Celio 04/05/00	2. 290.0 M. Giffen 04/05/00	2. 820.0 M. Giffen 04/05/00
3. 282.5 J. Gemmel 10/14/00	3. 190.0 J. Gemmel 10/14/00	3. 282.5 J. Gemmel 10/14/00	3. 755.0 J. Gemmel 10/14/00
4. 272.5 H. Weir 09/15/01	4. 185.0 H. Weir 09/15/01	4. 275.0 R. Strong 12/02/01	4. 732.5 H. Weir 09/15/01
5. 255.0 M. Mangan 10/13/01	5. 175.0 S. Chomitz 10/17/01	275.0 H. Weir 09/15/01	5. 682.5 S. Chomitz 10/17/01
255.0 R. Lyndon 09/15/01	175.0 J. Roemer 08/05/00	6. 267.5 S. Chomitz 10/17/01	6. 672.5 R. Strong 12/02/01
7. 245.0 R. Strong 12/02/01	7. 165.0 M. Glofcheskie 10/13/01	7. 262.5 R. Lyndon 09/15/01	7. 645.0 M. Glofcheskie 10/13/01
245.0 M. Glofcheskie 10/13/01	8. 162.5 M. Mangan 10/13/01	8. 255.0 V. Gazzola 09/15/01	8. 637.5 M. Mangan 10/13/01
9. 242.5 S. Chomitz 12/03/00	9. 155.0 M. Gore 09/16/00	9 240.0 M. Gore 09/16/00	9 630.0 J. Roemer 08/05/00
10. 227.5 V. Gazzola 09/15/01	155.0 T. Ekert 08/05/00	10 235.0 M. Glofcheskie 10/13/01	10 317.5 V. Gazzola 09/15/01
Squat	Bench Press	Deadlift	Total
125 kg			
1 340.0 D. Gratton 07/08/00	1 240.0 M. Giffen 06/03/00	1 292.5 R. Silverson 05/26/01	1 847.5 D. Gratton 07/08/00
2 305.0 M. Giffen 06/03/00	2 225.0 D. Gratton 07/08/00	2 287.5 R. Freeman 09/16/00	2 830.0 M. Giffen 06/03/00
3 295.0 R. Silverson 05/26/01	3 200 R. Silverson 05/26/01	3 285.0 M. Giffen 06/03/00	3 787.5 R. Silverson 05/26/01
4 277.5 S. Brown 08/05/00	4 190.0 R. Freeman 05/26/01	4 282.5 D. Gratton 07/08/00	4 742.5 S. Brown 08/05/00
5 270.0 R. Freeman 05/26/01	5 182.5 S. Brown 08/05/00	282.5 S. Brown 08/05/00	5 725.0 R. Freeman 05/26/01
6 260.0 A. Celio 07/08/00	6 180.0 M. Ghanen 08/05/00	6 275.0 G. Cosby 10/13/01	6 675.0 G. Cosby 10/13/01
7 227.5 G Cosby 10/13/01	7 175.0 R. Gazdig 12/02/01	7 260.0 M. Ghanen 08/05/00	7 665.0 A. Celio 07/08/00
8 222.5 R. Gazdig 12/02/01	8 172.5 G. Cosby 10/13/01	8 252.5 R. Gazdig 12/02/01	8 660.0 M. Ghanen 08/05/00
9 220.0 M. Ghanen 08/05/00	9 155.0 A. Celio 10/14/00	9 250.0 A. Celio 10/14/00	9 650.0 R. Gazdig 12/02/01
10 205.0 M. Gore 04/08/01	10 147.5 M. Gore 04/08/01	10 232.5 M. Gore 04/08/01	10 585.0 M. Gore 04/08/01
125+			
1 347.5 D. Gratton 05/26/01	1 238.0 D. Gratton 05/26/01	1 287.5 S. Brown 09/15/01	1 860.0 D. Gratton 05/26/01
2 305.0 B. Duguay 02/24/00	2 207.5 R. Silverson 10/14/00	2 275.0 D. Gratton 05/26/01	2 777.5 B. Duguay 02/24/00
3 292.5 R. Silverson 10/14/00	3 200.0 B. Duguay 02/24/00	3 272.5 B. Duguay 02/24/00	3 770.0 R. Silverson 10/14/00
4 290.0 S. Brown 09/15/01	4 187.5 S. Brown 10/14/00	4 270.0 R. Silverson 10/14/00	4 762.5 S. Brown 09/15/01
5 212.5 R. Lyndon 08/04/01	5 170.0 P. Simons 10/14/00	5 260.0 R. Lyndon 08/04/01	5 600.0 P. Simons 10/14/00
212.5 P. Simons 10/14/00	6 140.0 M. Knott 05/26/01	6 240.0 T. Urguhart 05/26/01	6 597.5 R. Lyndon 08/04/01
7 295.0 M. Knott 05/26/01	7 135.0 T. Urguhart 05/26/01	7 217.5 P. Simons 10/14/00	7 572.5 T. Urguhart 05/26/01
8 197.5 T. Urguhart 05/26/01	8 125.0 R. Lyndon 08/04/01	8 182.5 M. Knott 08/05/00	8 525.0 M. Knott 05/26/01

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 J. 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	6. 77.5 S. Elliott 10/14/00	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. Greenidge 05/26/01	3. 270.0 M. Greenidge 05/26/01



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

OPA CONTEST SANCTIONING PROCESS

Note: The OPA Contest Sanction Application Form below is for the use of meet directors 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.

OPA EXPENSE FORM

Request for Reimbursement of Funds

Date: _____ Date Expense: _____

Name: _____

Address: _____

Phone: _____ CPU#: _____

Club: _____

E-mail: _____

Details: _____

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**

2002 OPA CONTEST SANCTION APPLICATION

Sanction Application info: Please send Meet Director Handbook

Host Club: _____

Host Club Contact: _____

Meet Director: _____

Meet Director's Club: _____

Contest Info:

Contest Name: _____

Date: _____

Weigh-in-info: _____

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

Contest Sanction Fee: \$40.00

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

Awards: _____

Member Entry Requirements:

Entry Deadline: _____ Entry Fee: _____

Fee Payable to: _____

Send Entry to: _____

It is herby agreed that, should we receive the sanction applied herewith, 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 ASSOCIATION 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. _____

Contest Weight Class: _____ kg Date of Birth (mm/dd/yy) _____

Male or Female T-Shirt Size (If applicable) _____

You must be registered with the O.P.A. (Ontario Powerlifting Association) or C.P.U. (Canadian Powerlifting Union) or recognized I.P.F. (International Powerlifting Federation) affiliate. Registration cards must be shown at weigh-in.

I.P.F. Rules will be strictly enforced. The O.P.A. and C.P.U. reserves the right carry out drug testing at any contest under their jurisdiction. In consideration of your acceptance, I hereby intend to be legally bound for myself: my heirs, executors or assigns waive and release any and all rights and claims for damages I may have against the C.P.U., the O.P.A., the Directors, the Executives or their representatives and successors and/or assigns, and the sponsors of this contest for any and all injuries suffered by me at the said contest.

Signature of Competitor (Parent or Guardian if under 18): _____

Signature of Parent or Guardian (if under 18): _____

National or Provincial Record Application Form

Application for:

- | | |
|--|--|
| <input type="checkbox"/> National Men's Senior | <input type="checkbox"/> National Women's Senior |
| <input type="checkbox"/> National Men's Junior | <input type="checkbox"/> National Women's Junior |
| <input type="checkbox"/> National Men's Master 40-49 | <input type="checkbox"/> National Women's Master 40-49 |
| <input type="checkbox"/> National Men's Master 50+ | <input type="checkbox"/> National Women's Master 50+ |
| <input type="checkbox"/> Provincial Men's Senior | <input type="checkbox"/> Provincial Women's Senior |
| <input type="checkbox"/> Provincial Men's Junior | <input type="checkbox"/> Provincial Women's Junior |
| <input type="checkbox"/> Provincial Men's Master 40-49 | <input type="checkbox"/> Provincial Women's Master 40-49 |
| <input type="checkbox"/> Provincial Men's Masters 50+ | <input type="checkbox"/> Provincial Women's Masters 50+ |

Note: All National records must have been set using metric weights and equipment to be recognized. Please use separate sheets if applying for both national and Provincial Records.

Lifter Information

Name: _____
 City: _____ Prov: _____ Code : _____
 Phone: _____ CPU #: _____
 Wt. Class: _____ Precise Body Weight: _____

Doping Control Sample NO.: _____

I have checked all the data and all lists, and hereby state that everything is in order.

Date : _____

Signature: _____

Competition Information:

Name of Competition: _____
 Location/Address: _____
 City: _____ Prov: _____
 Date of Competition: _____

Attempt:	1 st	2 nd	3 rd	4 th
Squat				
Bench Press				
Deadlift				
Total				

Send complete form to: **Dave Hoffman**, 278 Thaler Ave, Kitchener, ON N2A 1R6

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 Class _____ kgs

Phone: _____ CPU # _____ When/Where: _____

Titles, Championships won: _____

Interests/Hobbies: _____

Contest Category Entered e.g., Junior, Novice, Blind, etc. _____

Contest Weight Class: _____ kg Date of Birth (mm/dd/yy) _____

Male or Female T-Shirt Size (if applicable) _____

You must be registered with the O.P.A. (Ontario Powerlifting Association) or C.P.U. (Canadian Powerlifting Union) or recognized I.P.F. (International Powerlifting Federation) affiliate. Registration cards must be shown at weigh-in.

I.P.F. Rules will be strictly enforced. The O.P.A. and C.P.U. reserves the right carry out drug testing at any contest under their jurisdiction. In consideration of your acceptance, I hereby intend to be legally bound for myself: my heirs, executors or assigns waive and release any and all rights and claims for damages I may have against the C.P.U., the O.P.A., the Directors, the Executives or their representatives and successors and/or assigns, and the sponsors of this contest for any and all injuries suffered by me at the said contest.

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

	Total	Name	Date/Place
52 kg	75.0	K. Parsons	Dec 10/89 Hamilton, ON
60 kg	85.0	C. Lahey	Feb 01/92 Kitchener, ON
67.5 kg	96.0	G. Papolis	Jan 31/98 Cambridge, ON
82.5 kg	42.5	M. Greenidge	Dec 18/99 Toronto, ON

Women's Master

60 kg	62.5	J. Lessard	Dec 02/01 Cambridge, ON
67.5 kg	67.5	L. Squires	Dec 02/01 Cambridge, ON
82.5 kg	42.5	M. Greenidge	Dec 18/99 Toronto, ON

Men's Junior

75 kg	140.0	G. Gray	Feb 01/92 Kitchener, ON
90 kg	135.0	J. Elliott	Dec 01/01 Cambridge, ON
110 kg	167.5	D. Kuntz	Jan 31/98 Cambridge, ON

Men's Open

60 kg	137.5	J. Jong	Feb 27/00 Moose Jaw, SA
75 kg	157.5	F. Fraraccio	Dec 18/99 Toronto, ON
82.5 kg	182.5	S. Moir	Jan 31/98 Cambridge, ON
90 kg	207.5	M. Whitford	Dec 18/99 Toronto, ON
100 kg	192.5	B. Zharias	Dec 18/99 Toronto, ON
110 kg	242.5	M. Giffen	Dec 2/01 Cambridge, ON
125 kg	205.0	R. Silverston	Dec 03/00 Brockville, ON
125+ kg	235.0	D. Gratton	Dec 02/01 Cambridge, ON

Men's Master 40 - 49

60 kg	137.5	J. Jong	Feb 27/00 Moose Jaw, SA
67.5 kg	140.0	K. Lam	Jun 19/90 Surrey, B.C.
75 kg	150.0	E. Dunstan	Dec 02/01 Cambridge, ON
82.5 kg	160.0	H. Greenidge	Dec 02/01 Cambridge, ON
90 kg	175.5	H. Greenidge	Apr. 01/01 Quebec City, QU
125 kg	195.0	B. Jolley	Mar 01/97 Winnipeg, Manitoba
125+ kg	170.0	D. Hoffman	Jan 31/98 Cambridge, ON

Men's Master 50 - 59

75 kg	132.5	W. McCullough	Feb 12/95 Chilliwack, B.C.
82.5 kg	137.5	L. Greenidge	Dec 03/00 Brockville, ON
90 kg	155.0	K. Hult	Jan 31/98 Cambridge, ON
100 kg	165.0	K. Hult	May 19/98 Leduc, Alberta
110 kg	165.0	K. Hult	Dec. 12/98 Guelph, ON
125+ kg	162.5	D. Hoffman	Dec 03/00 Brockville, ON

Please Note: These records were last updated Nov, 2002. They do not include confirmed or pending records made since this time.

Women's Senior Records - Modern Era					
Class	Lift	Kg	Lifter	Date	Contest
48 kg	Squat	132.5	D. D'Angelo	Oct. 90	Cambridge Open, Cambridge, Ontario
	Bench	50.0	S. Marvel	Feb. 95	Women's Canadian C/ish, Chilliwack, BC
	Deadlift	102.5	S. Marvel	Feb. 95	Women's Canadian C/ish, Chilliwack, BC
	Total	235.0	S. Marvel	Feb. 95	Women's Canadian C/ish, Chilliwack, BC
52 kg	Squat	140.0	D. D'Angelo	Feb. 94	Canadian Women's, Kitchener, Ontario
	Bench	75.0	K. Parson	Dec. 89	Hamilton Open, Hamilton, Ontario
	Deadlift	155.0	D. D'Angelo	Feb. 94	Canadian Women's C/ish, Kitchener, ON
	Total	360.0	D. D'Angelo	Feb. 94	Canadian Women's C/ish, Kitchener, ON
56 kg	Squat	102.5	K. Schaus	Mar. 01	Women's Canadian C/ish Quebec C, Qu
	Bench	50.0	K. Schaus	Mar. 01	Women's Canadian C/ish Quebec C, Qu
	Deadlift	102.5	K. Schaus	Mar. 01	Women's Canadian C/ish Quebec C, Qu
	Total	255.0	K. Schaus	Mar. 01	Women's Canadian C/ish Quebec C, Qu
60 kg	Squat	160.0	C. Lahey	Feb. 92	Women's Canadian, Kitchener, Ontario
	Bench	85.0	C. Lahey	Feb. 92	Women's Canadian, Kitchener, Ontario
	Deadlift	137.5	J. Lessard	Dec. 01	Ontario Master C/ish, Cambridge, ON
	Total	395.0	C. Lahey	Feb. 92	Women's Canadian, Kitchener, Ontario
67.5 kg	Squat	182.5	S. Goudreau	Jan. 91	Women's Canadian, Winnipeg, Manitoba
	Bench	95.0	S. Goudreau	Jan. 91	Women's Canadian, Winnipeg, Manitoba
	Deadlift	130.0	L. Squires	Dec. 01	Ontario Masters, Cambridge, Ontario
	Total	437.5	S. Goudreau	Jan. 91	Women's Canadian, Winnipeg, Manitoba
75 kg	Squat	165.0	G. Guillemette	Feb. 95	Women's Canadians, Chilliwack, B.C.
	Bench	90.0	G. Guillemette	Feb. 95	Women's Canadians, Chilliwack, B.C.
	Deadlift	187.5	U. Kruger	Oct. 98	Women's Ontario C/ish Brockville, ON
	Total	435.0	U. Kruger	Oct. 98	Women's Ontario C/ish Brockville, ON
82.5 kg	Squat	105.0	M. Greenidge	May 01	London Open, London, Ontario
	Bench	55.0	M. Greenidge	May 01	London Open, London, Ontario
	Deadlift	110.0	M. Greenidge	May 01	London Open, London, Ontario
	Total	270.0	M. Greenidge	May 01	London Open, London, Ontario
90.0 kg	Squat	175.0	K. Hunter	Feb. 94	Canadian Women's C/ish Kitchener, ON
	Bench	75.0	K. Hunter	Feb. 94	Canadian Women's C/ish Kitchener, ON
	Deadlift	167.5	K. Hunter	Feb. 94	Canadian Women's C/ish Kitchener, ON
	Total	417.5	K. Hunter	Feb. 94	Canadian Women's C/ish Kitchener, ON
90.0+kg	Squat	185.0	H. Plamondon	Feb. 94	Canadian Women's C/ish Kitchener, ON
	Bench	100.0	H. Plamondon	Feb. 94	Canadian Women's C/ish Kitchener, ON
	Deadlift	155.0	S. Murphy	May 94	Women's World, Rotorua, New Zealand
	Total	430.0	H. Plamondon	Feb. 94	Canadian Women's C/ish Kitchener, ON

Women's Junior Records					
Class	Lift	Kg	Lifter	Date	Contest
52 kg	Squat	127.5	D. D'Angelo	Nov 98	Women's Worlds, Sydney, NS
	Bench	50.0	D. D'Angelo	Nov 98	Women's Worlds, Sydney, NS
	Total	312.5	D. D'Angelo	Nov 98	Women's Worlds, Sydney, NS
56 kg	Squat	120.0	D. D'Angelo	May 89	NE Ontario Open, North Bay, Ontario
	Bench	70.0	A. Gilchrist	Jan. 88	Women's Canadians, Kitchener, Ontario
	Deadlift	140.0	A. Gilchrist	Oct. 89	Intermediate Open, Cambridge, ON
	Total	342.5	A. Gilchrist	Jan. 88	Women's Canadians, Kitchener, Ontario
62.5 kg	Squat	142.5	R. Butler	Oct 90	Women's Ontarios, Cambridge, Ontario
	Bench	67.5	R. Butler	Oct 90	Women's Ontarios, Cambridge, Ontario
	Deadlift	147.5	H. Johns	Dec. 92	Limestone City Open, Kingston, Ontario
	Total	355.0	R. Butler	Oct 90	Women's Ontarios, Cambridge, Ontario

Women's Master Records (40 - 49)

Class	Lift	Kg	Lifter	Date	Contest
60 kg	Squat	110.0	J. Lessard	Dec. 01	Ontario Masters, Cambridge, Ontario
	Bench	65.0	J. Lessard	Dec. 01	Ontario Masters, Cambridge, Ontario
	Deadlift	137.5	J. Lessard	Dec. 01	Ontario Masters, Cambridge, Ontario
	Total	312.5	J. Lessard	Dec. 01	Ontario Masters, Cambridge, Ontario
67.5 kg	Squat	130.0	L. Squires	Dec. 01	Ontario Masters, Cambridge, Ontario
	Bench	60.0	L. Squires	Dec. 99	Ontario Masters, Toronto, Ontario
	Deadlift	130.0	L. Squires	Dec. 01	Ontario Masters, Cambridge, Ontario
	Total	320.0	L. Squires	Dec. 01	Ontario Masters, Cambridge, Ontario
82.5 kg	Squat	105.0	M. Greenidge	May 01	London Open, London, Ontario
	Bench	55.0	M. Greenidge	May 01	London Open, London, Ontario
	Deadlift	110.0	M. Greenidge	May 01	London Open, London, Ontario
	Total	270.0	M. Greenidge	May 01	London Open, London, Ontario

Men's Senior Records

Class	Lift	Kg	Lifter	Date	Contest
52 kg	Squat	170.0	S. Boulterice	Feb. 92	Kitchener, Ontario
	Bench				
	Deadlift	185.0	S. Boulterice	Feb. 92	Kitchener, Ontario
60 kg	Squat	195.0	J. Jong	Dec. 01	Ontario Masters, Cambridge, Ontario
	Bench	142.5	J. Jong	Oct. 01	World Masters, Moose Jaw, Sask
	Deadlift	217.5	J. Jong	Feb. 00	Canadian Cham.p, Moose Jaw, Sask.
	Total	537.5	J. Jong	Feb. 00	Canadian Cham.p., Moose Jaw, Sask.
75 kg	Squat	277.5	J. Becker	May 96	Canadian Cham., Leduc, Alberta
	Bench	168.0	J. Becker	May 96	Canadian Cham., Leduc, Alberta
	Deadlift	285.0	J. Becker	Feb. 95	Ontario Seniors, London, Ontario
	Total	722.5	J. Becker	May 96	Canadian Cham., Leduc, Alberta
82.5 kg	Squat	277.5	J. Becker	May 98	Canadian Cham.p., Richmond, B.C.
	Bench	175.5	H. Greenidge	Sept 02	Intermediates Provincial CH., TO, ON
	Deadlift	298.0	J. Becker	May 98	Canadian Cham.p., Richmond, B.C.
	Total	747.5	J. Becker	May 98	Canadian Cham.p., Richmond, B.C.
90 kg	Squat	270.0	R. Morrissette	June 02	Toronto Open, Toronto, Ontario
	Bench	185.0	D. Bruce	June 88	Canadian Cham.p., Winnipeg, Man.
	Deadlift	322.5	P. Perry	Mar. 85	Ontario Seniors, Sault Ste Marie, ON
	Total	750.0	J. Peacock	Mar. 90	Ontario Seniors, Cambridge, Ontario
100 kg	Squat	300.0	B. Zacharias	Jan 00	Ontario Seniors, London, Ontario
	Bench	225.0	M. Giffen	Mar. 97	Ontario Seniors, Toronto, Ontario
	Deadlift	285.0	M. Giffen	Mar. 97	Ontario Seniors, Toronto, Ontario
	Total	775.0	M. Giffen	Mar. 97	Ontario Seniors, Toronto, Ontario
110 kg	Squat	347.5	R. Celio	May 97	Canadian Cham.p., Toronto, Ontario
	Bench	232.5	M. Giffen	Sept 02	Ontario Seniors, Toronto, Ontario
	Deadlift	325.0	R. Celio	May 97	Canadian Cham.p., Toronto, Ontario
	Total	887.5	R. Celio	May 97	Canadian Cham.p., Toronto, Ontario
125 kg	Squat	335.0	D. Gratton	Jan 00	Ontario Seniors, London, Ontario
	Bench	245.0	D. Gratton	Sept 02	Ontario Seniors, Toronto, Ontario
	Deadlift	297.5	N. Singleton	May 98	Canadian Cham.p., Richmond, B.C.
	Total	862.5	D. Gratton	Sept 02	Ontario Seniors, Toronto, Ontario
125+ kg	Squat	347.5	D. Gratton	May 01	London Open, London, Ontario
	Bench	238.0	D. Gratton	May 01	London Open, London, Ontario
	Deadlift	292.5	B. Duguay	Jan 99	Ontario Seniors, Cornwall, Ontario
	Total	860.0	D. Gratton	May 01	London Open, London, Ontario

Men's Junior Records						
Class	Lift	Kg	Lifter	Date	Contest	
52 kg	Squat	172.5	S. Boulterice	Mar. 92	Ontario Seniors, North Bay Ontario	
	Bench	90	S. Boulterice	Mar. 91	Canadian Juniors, Kitchener Ontario	
	Deadlift	185.5	S. Boulterice	Mar. 92	Ontario Seniors, North Bay Ontario	
	Total	445	S. Boulterice	Mar. 92	Ontario Seniors, North Bay Ontario	
60 kg	Squat	160	E. Lacroix	Feb 94	Canadian Juniors, Kitchener, Ontario	
	Bench	110.5	S. Lindsay	Feb 91	Ontario Int. C/Ships, North Bay Ontario	
	Deadlift	185	A. Box	Feb 94	Canadian Juniors, Kitchener, Ontario	
	Total	430	A. Box	Feb 94	Canadian Juniors, Kitchener, Ontario	
56 kg	Squat	95.0	D. Heisel	Aug 02	Guelph Open, Guelph, Ontario	
	Bench	65.0	D. Heisel	Aug 02	Guelph Open, Guelph, Ontario	
	Deadlift	125.0	D. Heisel	Aug 02	Guelph Open, Guelph, Ontario	
	Total	285.0	D. Heisel	Aug 02	Guelph Open, Guelph, Ontario	
67.5 kg	Squat	187.5	E. Lacroix	Oct. 94	Ontario Intermediates, Maxwellville, Ontario	
	Bench	135	M. Dinero	Apr. 97	Canadian Juniors, Comerbrook, Nfld	
	Deadlift	207.5	M. Dinero	Apr. 97	Canadian Juniors, Comerbrook, Nfld	
	Total	502.5	M. Dinero	Apr. 97	Canadian Juniors, Comerbrook, Nfld	
75 kg	Squat	230.0	B. Summers	Dec 00	Ontario Juniors, Brockville, Ontario	
	Bench	152.5	B. Summers	Dec 00	Ontario Juniors, Brockville, Ontario	
	Deadlift	257.5	B. Summers	Dec 00	Ontario Juniors, Brockville, Ontario	
	Total	640.0	B. Summers	Dec 00	Ontario Juniors, Brockville, Ontario	
82.5 kg	Squat	235.0	T. Cottrell	May 90	Canadian Juniors, Winnipeg, Manitoba	
	Bench	150.0	P. Clipperton	Sept 00	Ontario Int. Mississauga, Ontario	
	Deadlift	252.5	T. Cottrell	May 90	Canadian Juniors, Winnipeg, Manitoba	
	Total	602.5	T. Cottrell	May 90	Canadian Juniors, Winnipeg, Manitoba	
90 kg	Squat	237.5	M. Biliz	Oct 96	Ontario Int. C/Ships, North Bay, Ontario	
	Bench	157.5	B. Morris	Apr. 88	Canadian Juniors, Kitchener, Ontario	
	Deadlift	257.5	B. Morris	Apr. 88	Canadian Juniors, Kitchener, Ontario	
	Total	647.5	B. Morris	Apr. 88	Canadian Juniors, Kitchener, Ontario	
100 kg	Squat	265.0	L. Kiss	Dec. 98	Ontario Juniors, Guelph, Ontario	
	Bench	193.0	L. Kiss	Dec. 98	Ontario Juniors, Guelph, Ontario	
	Deadlift	272.5	L. Kiss	Dec. 98	Ontario Juniors, Guelph, Ontario	
	Total	717.5	L. Kiss	Dec. 98	Ontario Juniors, Guelph, Ontario	
110 kg	Squat	227.5	M. Miller	Sept 02	Intermediates Provincial CH., TO, ON	
	Bench	150.0	M. Miller	Sept 02	Intermediates Provincial CH., TO, ON	
	Deadlift	242.5	M. Miller	Sept 02	Intermediates Provincial CH., TO, ON	
	Total	620.0	M. Miller	Sept 02	Intermediates Provincial CH., TO, ON	
125 kg	Squat	272.5	J. LaPlante	Oct. 93	Ontario Int. C/Ships, Alexandria, Ontario	
	Bench	132.5	J. LaPlante	Oct. 93	Ontario Int. C/Ships, Alexandria, Ontario	
	Deadlift	245.0	J. LaPlante	Oct. 93	Ontario Int. C/Ships, Alexandria, Ontario	
	Total	650.0	J. LaPlante	Oct. 93	Ontario Int. C/Ships, Alexandria, Ontario	

Men's Master Records (40 - 49)						
Class	Lift	Kg	Lifter	Date	Contest	
60 kg	Squat	195.0	J. Jong	Dec. 01	Ontario Masters, Cambridge, Ontario	
	Bench	142.5	J. Jong	Oct. 01	World Masters, Moose Jaw Sask	
	Deadlift	217.5	J. Jong	Dec. 99	Ontario Masters, Toronto, Ontario	
	Total	537.5	J. Jong	Feb 00	Canadian Chmp. Moose Jaw, Sask.	
67.5 kg	Total	227.5	K. Lam	Jun. 90	Canadian Championships, Surrey, B.C.	
	Bench	141.0	K. Lam	May 93	Canadian Masters, Edmonton, Alberta	
	Deadlift	262.0	K. Lam	May 90	Canadian Masters, Winnipeg, Manitoba	
	Total	630.0	K. Lam	Jun. 90	Canadian Championships, Surrey, B.C.	
75 kg	Squat	252.5	C. Archdekin	Mar. 97	Ontario Seniors, Toronto, Ontario	
	Bench	165.0	C. Archdekin	Oct. 93	World Masters, Hamilton, Ontario	
	Deadlift	280.0	C. Archdekin	Oct. 93	World Masters, Hamilton, Ontario	
	Total	685.0	C. Archdekin	Oct. 93	World Masters, Hamilton, Ontario	

Men's Master Records (50 - 59)						
Class	Lift	Kg	Lifter	Date	Contest	
67.5 kg	Squat	200.0	G. Moore	Mar. 01	Canadian Mas, Quebec, City, Quebec	
	Bench	122.5	G. Moore	Mar. 01	Canadian Mas, Quebec, City, Quebec	
	Deadlift	235.0	G. Moore	Mar. 01	Canadian Mas, Quebec, City, Quebec	
	Total	557.5	G. Moore	Mar. 01	Canadian Mas, Quebec, City, Quebec	
75 kg	Squat	223.0	G. Moore	Sept 02	Ontario Seniors, Toronto, Ontario	
	Bench	131.5	G. Moore	Sept 02	Ontario Seniors, Toronto, Ontario	
	Deadlift	237.5	G. Moore	Sept 02	Ontario Seniors, Toronto, Ontario	
	Total	590.0	G. Moore	Sept 02	Ontario Seniors, Toronto, Ontario	
82.5 kg	Squat	227.5	J. Bourgoin	Dec. 99	Ontario Masters, Toronto, Ontario	
	Bench	145.0	L. Greenidge	May 01	London Open, London, Ontario	
	Deadlift	227.5	L. Lam	Oct. 96	Ontario Intermediates, North Bay, ON	
	Total	595.0	J. Bourgoin	Dec. 99	Ontario Masters, Toronto, Ontario	
90 kg	Squat	217.5	M. Kelso	Dec. 98	Ontario Masters, Guelph, Ontario	
	Bench	165.0	K. Hult	Mar. 96	Canadian Masters, Windsor, N.S.	
	Deadlift	222.5	L. Lam	Feb. 98	Canadian Masters, Moose Jaw, SK.	
	Total	600.0	K. Hult	Mar. 96	Canadian Masters, Windsor, N.S.	
100 kg	Squat	250.0	F. Tavernier	Dec. 00	Ontario Master, Brockville, Ontario	
	Bench	150.5	T. Stinchcombe	Jan. 98	Ontario Master, Cambridge, Ontario	
	Deadlift	282.5	F. Tavernier	Dec. 00	Ontario Master, Brockville, Ontario	
	Total	682.5	F. Tavernier	Dec. 00	Ontario Master, Brockville, Ontario	
110 kg	Squat	205.0	R. Villeneuve	May 96	Canadian Blinds, Leduc, Alberta	
	Bench	120.0	R. Villeneuve	Sept 96	World Blinds, Edmonton, Alberta	
	Deadlift	227.5	R. Villeneuve	May 95	Canadian Blinds, Ottawa, Ontario	
	Total	547.5	R. Villeneuve	Sept 96	World Blinds, Edmonton, Alberta	
125+ kg	Squat	255.0	D. Hoffman	Mar. 99	Canadian Masters, Sherbrooke, Quebec	
	Bench	160.0	D. Hoffman	Mar. 99	Canadian Masters, Sherbrooke, Quebec	
	Deadlift	240.0	D. Hoffman	Mar. 99	Canadian Masters, Sherbrooke, Quebec	
	Total	650.0	D. Hoffman	Mar. 99	Canadian Masters, Sherbrooke, Quebec	

Records Continue Men's Master 60+ on next Page.

Men's Master Records (60+)											
Class	Lift	Kg	Lifter	Date	Contest	Class	Lift	Kg	Lifter	Date	Contest
82.5 kg	Squat	170.0	L. Lam	Mar. 02	National, YM NS	100 kg	Squat	180.0	R. Villeneuve	Nov 00	WB, Arnhem Nthl
	Bench	97.5	L. Lam	Mar. 02	National, YM NS		Bench	122.5	R. Villeneuve	Nov 00	WB, Arnhem Nthl
	Deadlift	220.0	L. Lam	Mar. 02	National, YM NS		Deadlift	220.0	R. Villeneuve	Nov 00	WB, Arnhem Nthl
	Total	487.5	L. Lam	Mar. 02	National, YM NS		Total	522.5	R. Villeneuve	Nov 00	WB, Arnhem Nthl
90 kg	Squat	170	L. Lam	Oct. 01	MasterW. MJ SK.	110 kg	Squat	205.0	R. Villeneuve	May 97	C Blinds, TO, ON
	Bench	100	L. Lam	Oct. 01	MasterW. MJ SK		Bench	135.0	R. Villeneuve	Jul 99	WBlinds, Waterloo
	Deadlift	215	L. Lam	Oct. 01	MasterW. MJ SK		Deadlift	235.0	R. Villeneuve	May 97	CBlinds, TO, ON
	Total	485	L. Lam	Oct. 01	MasterW. MJ SK		Total	570.0	R. Villeneuve	May 97	CBlinds, TO, ON



Canadian Powerlifting Union

Classification Awards Program

Purpose of the Classification Awards Program:

- To give meet promoters some

guidelines for qualifying totals when setting up local, provincial and national con tests. There can be for example, specific contests for Class IV, Class II etc.

- To provide an incentive program for novice lifters.
- To provide recognition to those who have achieved status in our sport.
- The classification totals will be subject to alteration in time. Recognition will be in the form of a coloured patch designating the level of proficiency the athlete has attained.

Classification Awards Program Badge Application

(for Ontario Powerlifting Members)

Send to: Dave Hoffman, 278 Thaler Ave., Kitchener, ON N2A 1R6

Member Information:

Name: _____

Address: _____

Province: _____ Postal Code: _____

Contest Information:

Name of Meet: _____

Place of Meet: _____

Date: _____ Club Represented: _____

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

Badges Applied for: Elite Master Class I

Class II Class II Class IV

Lifters Signature: _____

CLASSIFICATION TOTALS: MEN

Weight Class	52	56	60	67.5	75	82.5	90	100	110	125	125+	Badge Colours
Elite	482.5	525.0	565.0	632.5	692.5	745.0	785.0	827.5	857.5	882.5	917.5	Black & Red
Master	445.0	482.5	520.0	580.0	635.0	682.5	722.5	760.0	787.5	810.0	842.5	Red & White
Class I	400.0	432.5	465.0	522.5	570.0	612.5	645.0	682.5	705.0	725.0	757.5	Blue & White
Class II	352.5	380.0	410.0	457.5	500.0	540.0	570.0	600.0	620.0	640.0	667.5	Green White
Class III	305.0	332.5	357.5	402.5	437.5	470.0	497.5	525.0	542.5	557.5	580.0	Orange White
Class IV	267.5	290.0	312.5	350.0	380.0	410.0	432.5	455.0	475.0	487.5	507.5	Yellow & White

CLASSIFICATION TOTALS: WOMEN

Weight Class	44	48	52	56	60	67.5	75	82.5	90	90+	Badge Colours
Elite	290.0	310.0	332.5	355.0	375.0	412.5	445.0	477.5	512.5	540.0	Black & Red
Master	262.5	282.5	302.5	322.5	340.0	375.0	405.0	435.0	465.0	490.0	Red & White
Class I	235.0	255.0	272.5	290.0	305.0	337.5	365.0	392.5	417.5	440.0	Blue & White
Class II	210.0	225.0	242.5	257.5	272.5	300.0	325.0	347.5	372.5	392.5	Green & White
Class III	182.5	197.5	212.5	225.0	237.5	262.5	282.5	305.0	325.0	342.5	Orange & White
Class IV	157.5	170.0	182.5	192.5	205.0	225.0	242.5	260.0	280.0	295.0	Yellow & White

Qualification Totals:	Women Provincial	Men Provincial	Women National	Men National
Senior	Class III	Class I	Class III	Class I
Master I (40 - 49)	Class III	Class II	Class III	Class II
Master III 50+	Previous Experience	Class III	Previous Experience	Class III
Master 60+	Previous Experience	Previous Experience	Previous Experience	Previous Experience
Junior	Class III	Class III	Class III	Class III
Intermediates	(Not Applicable)	(Class III+4%)<Class I	(Not Applicable)	(Not Applicable)

Bench Press Qualifying Totals

Weight Class	52	56	60	67.5	75	82.5	90	100	110	125	125+
Men	80.0	87.5	95.0	105.0	115.0	125.0	130.0	137.5	142.5	147.5	152.5
Weight Class	44	48	52	56	60	67.5	75	82.5	90	90+	
Women	40.0	42.5	47.5	50.0	52.5	57.5	62.5	67.5	72.5	75.0	

OPA AFFILIATED CLUBS AND CONTACT INFO

Bell River Power Pit Gym

Jerry Marenette 519-727-6095
1530 County Rd. 22
Belle River, ON
N0R 1A0

Belleville and District Special Olympics

Nick de Vries 613-968-9721
51 Prince of Wales Drive
Belleville, ON
K8P 2T6

Fern's Gym

Fern Boucher 705-647-4279
571 Bolger Ave.
New Liskeard, ON
P0S 1P0

Golden Triangle Powerlifting Club

Dave Hoffman 519-894-5913
278 Thaler Ave.
Kitchener, ON
N2A 1R6

Iron Foundation Powerlifting Club

Kevin Samson 519-856-2168
Box 10, Ennisclare Dr.
R.R.#2 Rockwood, ON
N0B 2K0
E-mail: kshere@attcanada.net

J.B. Fitness Powerlifting

Janice Box 519-421-3767
523 Dundas St.
Woodstock, ON
N4S 1C3

Kitchener Iron Angels

Lynton Lam
98 Pepperwood Cres
Kitchener, ON
N2A 2R3

K-W Grizzlies

Adele Couchman 519-744-4881
A4 - 199 Elm Ridge Dr.
Kitchener, ON
N2N 2C7

London Powerlifting Club

Terry Stinchcombe 519-681-4766
18 Locus Cres.
London, ON
N6E 2K2
E-mail: stinch44@hotmail.com

London Special O

Ivan Williamson
43 - 325 Lighthouse Rd.
Etobicoke, ON
N6M 1H8

Monster Gym Powerlifting Club

Harnek Singh Ria 416-748-8008
17 Lynmont Rd.
Etobicoke, ON
M9V 3W7

"M" Power The Mississauga Powerlifting Club

Brian DeCastro 416-457-4345
983 Mesa Cr
Mississauga ON
L5H 3T6

Niagara Powerlifting Club

Jay Gemmell 905-658-9828
20 Foxhill Cres.
St. Catharines, ON
L2S 3T9

North Bay Powerlifting Club

Chris Merkely 705-476-8563
490 Laurier Ave
North Bay, ON
P1B 1T5

Ottawa Strong

Ryan Silverson 613-792-0201
103-550 Cambridge St. South
Ottawa, ON
E-mail: westin@hotmail.com

Pembroke Lighting

Les MacLean 613-635-7394
393 Moffat St.
Pembroke, ON
K8A 3X8

Pumphouse Powerlifting

John Guy Bourgoin 519-539-5207
357 Clarke St.
Woodstock, ON
N4S 7N2

Sports for Disabled Ontario

Allaina Tufts
1185 Eglinton Ave., E. Street 102
North York, ON
M3C 3C6
E-mail: sdoont@osrc.com

St Thomas Elite & Powerlifting Club

Daniel Pare 519-633-8366
51 Elgin St. Upper
St. Thomas, ON
N5R 3L9

Steel City

Bill Jamison 905-765-5345
412 Big Creek Rd.
Caledonia, ON
N3W 2G9

The Power & the Glory

Kurt Pleschke 905-894-1226
2663 Thunder Bay Road, R.R.#2
Ridgeway, ON
L0S 1N0

Timmins Special Olympics

Bob Boisvert 705-264-8818
670 Howard Ave.
Timmins, ON
P4N 5V8
E-mail: loubob@sympatico.ca

Want to start a club?

Club Affiliation Applications can be found on page 17. Fill out the form with \$40.00 money order or check payable to **Ontario Powerlifting Association** and send it to:

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

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E-mail: krista@powerlifting.ca

Treasure:

Krista Schaus 905-772-0751
R.R # 2 Cayuga, ON N0A 1E0
E-mail: krista@powerlifting.ca

Registration Chair:

Heather Johns
P.O. Box 93, Bancroft, ON K0L 1C0
E-mail: heather@powerlifting.ca

Referee Chair:

Mark Giffen 519-658-6574
255 Scott Road, Cambridge, ON N3Z 3W7

Records Chair:

David Hoffman 519-894-5913
278 Thaler Ave., Kitchener, ON N2A 1R6

Newsletter Editor/Web Master

Mike Latocha 613-348-1024
R.R.# 1 3312 CON 3 Brockville, ON K6V 5T1
E-mail: mike@ontariopowerlifting.ca

Southern Regional Chair:

Harneek Singh Ria 416-748-8008
17 Lynmont Rd., Etobicoke, ON M9V 3W7
E-mail: harnek@powerlifting.ca

Eastern Regional Chair:

Mike Latocha 613-348-1024
R.R.# 1 3312 CON 3 Brockville, ON K6V 5T1
E-mail: mike@ontariopowerlifting.ca

Northwest Regional Chair (vacant)

Contact: Raimo Paananen 807-577-1994

Northeastern Regional Chair:

Vacant

Other Officials

GPU President:

Jeff Butt 306-694-5262
1110 Main Street N,
Moose Jaw, SK, S6H 3K9
Fax: (306) 694-5034
Email: jeff@powerlifting.ca

National Official:

Bill Jamison 905-765-5345
412 Big Creek R. Caledonia, ON N3W 2G9
E-mail: billjamison@sympatico.ca

ON THE WORLD WIDE WEB

Ontario Powerlifting Association: www.ontariopowerlifting.ca
Canadian Powerlifting Union: www.powerlifting.ca
International Powerlifting Federation: www.powerlifting-ipf.com

OPA AFFILIATED CLUBS (full contact info inside back cover)

Bell River: Power Pit Gym

New Liskeard: Fern's Gym

Belleville: Belleville and District
Special Olympics

Niagara: Niagara Powerlifting
Club

Etobicoke: Monster Gym
Powerlifting Club

North Bay: North Bay Powerlifting
Club

Guelph: Iron Foundation
Powerlifting Club

North York: Sport for Disabled
Ontario

Hamilton: Steel City Powerlifting
Club

Ottawa: Ottawa Strong

Kitchener: K-W Grizzlies

Pembroke: Pembroke Lightning

Kitchener: Golden Triangle
Powerlifting Club

St Catharines: The Power & The
Glory

Kitchener: Kitchener Iron Angles

St Thomas: St Thomas Elite &
Powerlifting Club

London: London Powerlifting Club

Timmins: Timmins Social
Olympics

London: London Special "O"

Woodstock: Pumphouse
Powerlifting Club

Mississauga: "M" Power - The
Mississauga Powerlifting Club

Woodstock: J.B. Fitness
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 may 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

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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 powerlifting are welcome, preference given to those that emphasize particular needs and interests of the OPA members. Contributions may be reports, articles, meet results, new member information, dates to remember, advertisements, tips, photos, creative writing, want ads, letter to the editor and special announcements. The Editor reserves the right to edit contributions for length, style and appropriateness.

Send To: Mike Latocha
R.R.#1 3313 CON 3
Brockville, ON K6V 5T1
E-mail: mike@ontariopowerlifting.ca