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Ontario Powerlifting News
January 2003, Volume 54, Issue 1

Official Newsletter of the Ontario Powerlifting Association



2002 Ontario Masters

John Bourgoin



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From the President

The 2002 OPA AGM was held on December 7th. This was an election year and all positions were filled with the exception of Secretary, Northwestern and Northeastern chairpersons. Many issues were discussed and resolved. The minutes of the meeting can be found in this newsletter.

This year's calendar of events is quite busy with a full slate of contests, including open contests, a dead lift contest, a bench press contest and competitions for the mentally and physically challenged. There will also be our regular championship contests. Other events, such as referee exam clinics and rules update clinics, will be held as the need arises.

You can help the OPA grow and become a better organization! You can become a member of the executive. If you do not wish to take a position on the executive, there are other ways to help - become a referee or start a club in your area.

Probably the most important contribution of all is to encourage others to train with weights and compete in our contests.

If we all work together, we can help make Powerlifting bigger and better.

Respectfully submitted,
William T. Jamison, OPA President

Registration Chairperson

This was the second time I have been nominated for female athlete of the year and I consider it a great honour and wish to thank the AGM for this privilege.

The sport of powerlifting has given me much in the few short years I have been competing and I have decided to start giving some of my time back to the OPA as registration chairperson and also as a referee. I would like to see the sport continue to grow to the numbers in previous years.

Lynda Squires

???? Ideas Anyone ????

Are you creative? Do you have ideas to make this Newsletter better for all Ontario Powerlifting Association members?

Send them along to: ulrike@powerlifting.ca

From the Editor

Well, here we go again. After spending three years in Minnesota, I have managed to get myself into the Newsletter Editor role once again. It certainly is great to be back in my own country and it is great to reconnect with everyone again.



During my time away, I did volunteer to referee and helped in various ways at local Minnesota contests. I also helped coach a group Special Olympic athletes. There were a number of local level raw meets and bench press contests which attracted many first time lifters. After attempting to train my squats for a raw meet though, I came to the conclusion that my knees really prefer wraps. During this experience, I did meet a lot of wonderful people and picked up a few training tips along the way.

Thank you to Mike Latocha for the effort of producing the newsletter over the past several years.

As all newsletter editors have repeated over and over to the membership, please send along any submissions or ideas to make YOUR newsletter better. Appreciated are articles, photos, theme ideas and formatting ideas.

Good luck in your all of you endeavours in 2003.

Ulrike Kruger, Newsletter Editor



Dave Gratton & Sean Brown
Photo by: Harnek Rai

UPCOMING EVENTS - 2003

- Feb 1 **Niagara Open**
 Glyn Moore 905-646-8536
 Jay Gemmell 905-685-9828
- Mar 13-16 **CPU Nationals** -Mens Open, Womens Open,
 Junior, Master, Bench, CBSA Blind
 Bill Jamison 905-765-5345
- Mar 9 **Steel City Open & Mentally Challenged**
 Bill Jamison 905-765-5345
- Mar 29 **Windsor Classic Indoor Games**
- Apr 4 **EDITORIAL DEADLINE**
 Please contribute to your newsletter!
- Apr **Masters World Bench Press**
- May 10 **Ontario Deadlift & Bench Press Open**
 Dave Hoffman 519-894-5913
- May **Womens Worlds**
- Jun 7 **London Open**
 Terry Stinchcombe 519-681-4766
- Jul **Toronto Open, Blind & Bench Press**
 (not yet sanctioned)
- Jul **Ontario Men Intermediates** London
- Sep **Ontario Men & Women Senior** Ottawa
- Sep **Junior Worlds**
- Oct 7-12 **Worlds Masters** Regina, SK
- Nov **Worlds Mens**
- Dec **World Bench Press**
- Dec **Ontario Junior & Masters**
 Ontario Bench Press



S Chomitz

Newsletter Submissions

Deadline: April 4, 2003

Editor: Ulrike Kruger

Ontario Powerlifting News is published several times per year. The Newsletter is included in the Ontario Powerlifting Association membership.

Submissions typed or written and sent by email or regular mail are welcome. To simplify newsletter production, electronic format by email is preferred. Please contact the newsletter editor for any submission problems or questions.

Submissions:

Ontario Powerlifting Association
 c/o Ulrike Kruger
 6 Peach Tree Path Etobicoke, ON M9P 3T7

Email: ulrike@powerlifting.ca

Advertising: \$75 - 1 page
 \$50 - 1/2 page
 \$25 - 1/4 page
 \$10 - business card

Records Chairperson

Dave Hoffman

Another AGM has come and gone without much participation from our membership with the exception of London and Kitchener Special Athletes. All of the executive were present with the exception of Krista Schaus, who has been a welcome addition, and outgoing registration chairperson Heather Johns. About 20 people attended and if you take out the executive that leaves less than 5% of the membership who took the time to be there. Not a complaint, just an observation. A few years ago in Toronto, no one other than executive members were in attendance as opposed to a meeting in the mid 80's that was attended by about 35 members. The year we had the symposium in Cambridge, '93 I believe, was also well attended.

As usual there were some tough decisions to debate and vote on. I'm sure what was passed or not passed will disappoint some of our memberships. Two groups who come to mind are our juniors and the cream of the crop who frequently attend world championships. The power of the vote can accomplish some amazing things or can also be quite vindictive if I think of a meeting in Barrie some years ago.

On a positive note, I would like to welcome back Ulrike Kruger and Lynton Lam to the executive as well as newcomer Lynda Squires. They are all veterans of our sport and will make our executive group stronger.

Many thanks to Heather Johns who leaves after many years and a job well done. Thanks also to Mark Giffen who took over a tough job and got it headed in the right direction again. My congratulations to Mike Latocha who was given the OPA Recognition Award. Mike has been wearing three hats for a number of years and continues to be Eastern Regional Chairman and Website Guru.

Our big challenge in 2003 will be to try and make inroads into the high schools in Ontario. Anyone with input or contacts should talk to someone on the executive.



Lynda Squires, OPA Female Athlete of the Year

Lifter Profile – Lynda Squires

OPA Female Athlete of the Year 2002

I have been competing with the London Powerlifting Club since 1996. My first meet was the Toronto Open where I achieved my Class 2 total.

I started bodybuilding in 1992 and switched to powerlifting in 1995, training with Jim Moir, Brian Farrugia, Terry Stinchcombe, Stan Goss, Mike Goss and have learned a lot from all. I powerlift to stay in shape and to relieve stress. I am a correctional officer at The Elgin Middlesex Detention Centre which is a maximum security detention centre - and some days it gets to be too much. I am also an auxiliary OPP officer with Oxford County and fitness is a must.

I have competed in 18 meets and some local competitions at the YMCA bench and squat and a deadlift on the beach as well.

I was 44 when I competed in my first meet and at that time set goals for myself which was to go to the world championships. This I did as a Master 1 and now I have the opportunity to compete again at the Worlds as a Master 2, all in the 67.5 weight class. I am looking forward to competing at the World Masters in Canada this year.

Powerlifting has become a way of life for me. I try to encourage any female who works with me to begin an exercise program and incorporate it into their daily routine. I have provided incentive for some, wishing they had some of my enthusiasm and dedication. The downside to that is they only train for a short while and lose interest. They always say they don't have enough time to workout. Shift work makes it difficult for me to train, but take it from my two sons, Wes and Aaron - Mom is in a lot better mood after she comes home from the gym, than if she doesn't get there at all.

Many thanks for the privilege of attaining the OPA Athlete of the Year award for 2002.

Contest History:

- 1997: St. Thomas Open and Bench Open – 1st place
Womens Seniors – 1st place
- 1998: Ontario Masters and Juniors., London Open,
Deadlift Open - Kitchener - all 1st place
- 1999: Ontario Masters and Juniors, Deadlift open – 1st
place
- 2000: Ontario Masters and Juniors, Kitchener Deadlift
Open, Canadians - Masters Moose Jaw – 4th place
- 2001: Ontario Masters and Juniors - Kitchener Deadlift
Open
- 2002: London Open - total first class 337.5 - Ontario
Masters & Juniors - set provincial records and
national records and broke some of my own
previous records.

World ISBA Powerlifting Results

September 19-22, 2002

Czech Republic

The CBSA Powerlifting team competed at the 2002 ISBA (International Blind Sports Association) World Championships in the Czech Republic from September 19-22. Rob Truchon, Tim Ekert and Adam Bury represented our Country.

Ekert won gold in the 110 kg Junior category in which he set new world records for each lift and the total. Ekert squatted 205 kg, benched 177.5 kg and deadlifted 227.5 kg for a total of 610 kg. Ekert won the John Baxter Award for most improved lifter. Ekert improved his total from 557.5 kg to 610 kg, a difference of 57.5kg.

Bury and Truchon both won silver. Both competed in the 90 kg weight class, Bury as a Junior and Truchon in the Open. Truchon squatted 182.5 kg, benched 142.5 kg and deadlifted 195 kg for a total of 520 kg. Bury squatted 145 kg, benched 105 kg and deadlifted 170 kg for a total of 420 kg.

Canada had a small team but was able to finish fifth with 30 points.

Results: Sheldon Duncan

London Open

Date: **June 7, 2003**
Host: London Powerlifting Club
Place: South London Community Centre
1119 Jalna Blvd, London
Lifts: Squat, Bench Press, Deadlift
Eligibility: No minimum requirements
Weigh In: 8AM All women
Men 52kg to 82.5kg
11AM 90kg and up
Awards: 1st - 5th each weight class
Best Lifters, Best Novice
Best Womens Master I and II
Best Club
Meet Director: Terry Stinchcombe
(519) 681-4766
Entry Fee: \$50.00
Entry Deadline: May 24, 2003
Fee Payable to: The London Powerlifting Club
Send Entry to: Terry Stinchcombe
18 Locust Crescent
London, ON N6E 2K2

Niagara Open

Date/Time: **Feb 1st, 2003** 10:00 am
Host: Niagara Powerlifting Club
Place: Quality Inn Ontario Street,
St. Catharines
Lifts: Squat, Bench Press, Deadlift
Weigh In: 8:00 a.m.
Eligibility: Open Competition (First 28 lifters).
Awards: 1st - 3rd in each class
Best lifter, Best Team
Meet Director: Glyn Moore (905) 646-8536
E-mail: gmoore82@cogeco.ca
Jay Gemmell (905) 685-9828
Entry Fee: \$50.00 (Includes T-Shirt) must
accompany entry form. Money
Order or Cheque
Entry Deadline: Jan 17th, 2003
Fee Payable to: Glyn Moore
Send Entry to: Glyn Moore
9 Old Oxford Road
St Catharines, ON L2M 2J7

Windsor Classic Indoor Games

Date: **March 29, 2003**
Host: Sport for Disabled - Ontario
Place: University of Windsor
St. Denis Hall
Lifts: Squat, Bench Press, Deadlift
Eligibility: Blind, Functional
Weigh In: 8:30AM, Lifting 11:00AM
Meet Director: Andrew Greenlaw
Entry Fee: \$35.00
Entry Deadline: Feb 13, 2003
Fee Payable to: Windsor Classic Indoor Games
Send Entry to: Windsor Classic Indoor Games
c/o Parks and Recreation,
2450 McDougall St
Windsor, ON N8X 3N6

Member Profiles

Can you think of any Ontario Powerlifting Association member that to profile for this newsletter? It could be a lifter, a referee, a coach.

Better yet, don't be shy and send something about yourself. Include a photo if you can.

Send to: ulrike@powerlifting.ca

Bench Press Records

Class	kg	Lifter	Date	Contest
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Women's Open Bench Press Records - Modern Era

52kg	75.0	K. Parsons	12/10/89	Hamilton, ON
60kg	85.0	C. Lahey	02/01/92	Kitchener, ON
67.5kg	96.0	G. Papolis	01/31/98	Cambridge, ON
82.5kg	42.5	M. Greenidge	12/18/99	Toronto, ON

Women's Master 40-49 Bench Press Records

60kg	62.5	J. Lessard	12/02/01	Cambridge, ON
67.5	67.5	L. Squires	12/02/01	Cambridge, ON
82.5kg	42.5	M. Greenidge	12/18/99	Toronto, ON

Men's Juniors Bench Press Records

75kg	140.0	G. Gray	12/01/92	Kitchener, ON
90kg	135.0	J. Elliott	12/01/01	Cambridge, ON
110kg	167.5	D. Kuntz	01/31/98	Cambridge, ON

Men's Open Bench Press Records

60kg	137.5	J. Jong	02/27/00	Moose Jaw, SK
75kg	157.5	F. Fraraccio	12/18/99	Toronto, ON
82.5kg	182.5	S. Moir	01/31/98	Cambridge, ON
90kg	207.5	M. Whitford	12/18/99	Toronto, ON
100kg	192.5	B. Zacharias	12/18/99	Toronto, ON
110kg	242.5	M. Giffen	12/02/01	Cambridge, ON
125 kg	205.0	R. Silverston	12/03/00	Brockville, ON
125+kg	235.0	D. Gratton	12/02/01	Cambridge, ON

Men's Master 40-49 Bench Press Records

60kg	137.5	J. Jong	02/27/00	Moose Jaw, SK
67.5kg	140.0	K. Lam	06/19/90	Surrey, BC
75kg	150.0	E. Dunstan	12/02/01	Cambridge, ON
82.5kg	160.0	H. Greenidge	12/02/01	Cambridge, ON
90.0kg	175.5	H. Greenidge	04/01/01	Quebec City, QU
125kg	195.0	B. Jolley	03/01/97	Winnipeg, MB
125+kg	170.0	D. Hoffman	01/31/98	Cambridge, ON

Men's Master 50-59 Bench Press Records

75kg	132.5	W. McCullough	02/12/95	Chilliwack, BC
82.5kg	137.5	L. Greenidge	12/03/00	Brockville, ON
90kg	155.0	K. Hult	01/31/98	Cambridge, ON
100kg	165.0	K. Hult	05/19/98	Leduc, AB
110kg	165.0	K. Hult	12/12/98	Guelph, ON
125+kg	162.5	D. Hoffman	12/03/00	Brockville, ON



Sean Brown – Ontario Bench Press
Photo: Harnek Rai



Gord Cosby - waiting

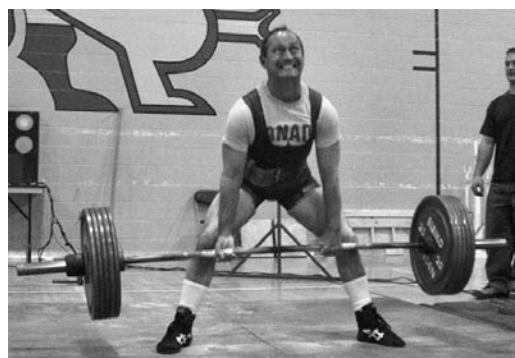
Ontario Junior & Masters

December 7, 2002

Guelph, ON

	Club	Squat	Bench	DL	Total
<u>Junior Men</u>					
75kg					
W. Albert	Ottawa Strong	205.0	130.0	240.0	575.0
100kg					
J. Heisel	Ottawa Strong	190.0	150.0	210.0	550.0
J. Dack					
110kg					
C. Hawkshaw		245.0	140.0	260.0	645.0
T. Ekert		210.0	182.5	230.0	622.5
M. Miller		230.0	152.5	235.0	617.5
<u>Master I Women</u>					
60kg					
J. Lessard	Iron Angels	115.0	67.5	142.5	325.0
C. Cosby	Niagara	112.5	72.5	115.0	300.0
L. Harlie	Ottawa Strong	100.0	50.0	100.0	250.0
75kg					
G. Papolis	North Bay	160.0	85.0	165.0	410.0
82.5kg					
U. Kruger		147.5	75.0	170.0	392.5
<u>Master II Women</u>					
67.5kg					
L. Squires	London	130.0	70.0	125.0	325.0
<u>Master I Men</u>					
60kg					
J. Jong		197.5	140.0	210.0	547.5
75kg					
H. Singh Rai	Monster Gym	187.5	130.0	180.0	497.5
82.5kg					
G. Marentette	Power Pit	242.5	160.0	255.0	657.5
B. Simms	London	210.0	145.0	237.5	592.5
H. Greenidge	Ottawa Strong	200.0	160.0	210.0	570.0
90kg					
T. Jones	London	210.0	147.5	232.5	590.0
110kg					
B. McIntyre	Golden Triangle	240.0	200.0	285.0	725.0
S. Chomitz	Golden Triangle	235.0	170.0	257.5	662.5
R. Strong	Power Pit	247.5	145.0	265.0	657.5
125kg					
R. Gazdig	London	232.5	155.0	255.0	657.5
125+kg					
G. Cosby	Niagara	200.0	147.5	252.5	600.0

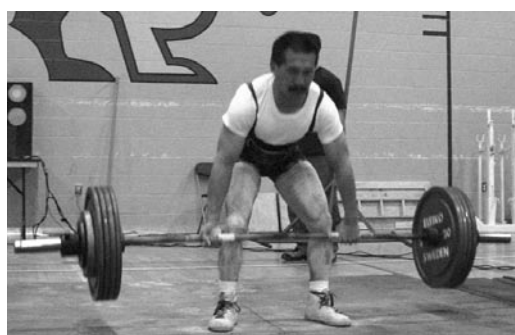
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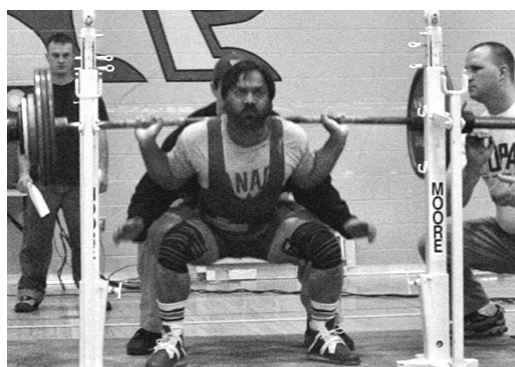
Glyn Moore, OPA Male Athlete of the Year



Glorianne Papolis



Jim Jong



Harnek Singh Rai

Ontario Junior & Masters, *continued*

	Club	Squat	Bench	Deadlift	Total
Master II Men					
67.5kg					
G. Moore	Niagara	210.0	122.5	235.5	567.5
F. Nadeau	Niagara				
82.5kg					
J. Bourgoin	Golden Triangle	230.0	112.5	200.0	542.5
90kg					
P. Perry	London	237.5	145.0	272.5	655.0
S. Seguin	Power Pit	230.0	152.5	260.0	642.5
L. Greenidge		210.0	140.0	190.0	540.0
100kg					
T. Stinchcombe	London	220.0	150.0	240.0	610.0
Master III Men					
90kg					
A. Demidenko		165.0	142.5	190.0	497.5
L. Lam	Iron Angels	160.0	25.0	205.0	390.0
4th Attempts:					
C. Hawkshaw	Deadlift	272.5	Unsuccessful		
J. Lessard	Squat	120.0	Successful		
L. Squires	Bench	72.5	Unsuccessful		
J. Jong	Bench	143.0	Successful		
L. Lam	Squat	171.0	Successful		

Best Lifters:

Juniors	William Albert
Mens Master	Jim Jong
Womens Master	Glorianne Papolis

Best Club:

London Powerlifting Club	69 Points
Ottawa Strong Powerlifting Club	52
Golden Triangle Powerlifting	33
Niagara Powerlifting Club	33
Power Pit Powerlifting Club	29
Iron Angels Powerlifting Club	24
Monster Gym Powerlifting Club	12
North Bay Powerlifting Club	12

Referees:

Mark Giffen, Don Clarke, Adele Couchman, Stan Goss, Lynton Lam, Angelo Papolis, Harnek Singh Rai

Host Club: Iron Foundation Powerlifting Club, Guelph

Results: Dave Hoffman



Barry Simms



Ulrike Kruger



Tim Jones



Laurie Greenidge

Steel City Open and Mentally Challenged

Date/Time: **March 9, 2003**
Host: Steel City Powerlifting Club
Place: Best Western Quality Inn,
Brantford
Lifts: Squat, Bench Press, Deadlift
Weigh In: Mentally Challenged 7AM
Open 11AM
Awards: 1st To 3rd, Team Trophy,
Champion of Champions
Meet Director: Bill Jamison
(905) 765-5345
Entry Fee: \$50.00
Entry Deadline: February 26, 2003
Fee Payable to: Bill Jamison
Send Entry to: Bill Jamison
412 Big Creek Rd.
Caledonia, ON N3W 2G9

Ontario Deadlift Open and Bench Press Qualifier

Date/Time: **May 10, 2003**
Host: Golden Triangle
Powerlifting Club
Place: Albert McCormick Arena
Waterloo
Lifts: Bench Press, Deadlift
Eligibility: Open contest
Weigh In: Bench Press 12:00pm
Deadlift 1:00pm
Awards: *Deadlift: 1st to 3rd in
each class, Best Lifter,
Best Team
**Bench Press: No awards
but this will allow you to
compete at the OPA Bench
Press Championships in
December 2003*
Meet Director: David Hoffman
519-894-5913
Entry Fee: \$45.00 Deadlift Open
\$20.00 Bench Press
Entry Deadline: Postmarked April 27, 2003
Fee Payable to: Golden Triangle
Powerlifting Club
Send Entry to: David Hoffman
278 Thaler Avenue
Kitchener, ON N2A 1R6

Contest Entry Form

for Ontario Powerlifting Association
Sanctioned Contests

Name of Contest: _____

Your Name: _____

Phone#: _____

Address: _____

CPU Card#: _____

Club Representing: _____

Best Official Total: _____ kg Weight Class: _____ kg

When/Where: _____

Titles, Championships won: _____

Interests/Hobbies: _____

T-Shirt Size (if applicable): _____

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

Contest Weight Class: _____ kg Male or Female

Date of Birth (mm/dd/yy): _____

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 to 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/Guardian if under 18):

➔ Use the above form if you wish to enter an Ontario Powerlifting Association sanctioned contest.

➔ Send the completed form along with the appropriate fees to the contact indicated in the contest details.

2002 Annual General Meeting

Dec 7, 2002

Guelph University

Call to order: 6:10 pm

Present (distribute attendance sheet):

Directors Absent with Regrets: Heather Johns, Krista Schaus

Directors Absent without Regrets:

Adoption of 2001 AGM Minutes and updated Constitution:

Directors Reports:

Registration Chair – *Absent*.

Letter of resignation submitted by Heather Johns in August 2002 to the President. Written report was given in her absence. Motion to accept report by Clive Heath, seconded by Mark Giffen. Motion passed.

Secretary / Treasurer – *Absent*.

Written report given in her absence. Motion to accept report by Harnek Rai, seconded by Mark Giffen. Motion passed. Secretary's position now vacant. Open for nominations.

Records Chair – by Dave Hoffman

Motion to accept report by Adele Couchman, seconded by Jesse Jamison. Motion passed.

Referee Chair

Verbal report given on Mark's behalf by Bill Jamison.

Southern Region – by Harnek Rai.

Motion to accept report by Dave Hoffman, seconded by Lynda Squires. Motion passed.

Eastern Region – by Mike Latocha.

Motion to accept report by Jesse Jamison, seconded by Harnek Rai. Motion passed.

Northeast Region (vacant)

President Bill Jamison addressed the northern issues. Contest in 2003 tentative in North Bay.

Northwest Region (vacant)

See above.

Communications (Newsletter / Website) – by Mike Latocha

Motion to accept report by Jesse Jamison, seconded by Harnek Rai. Motion passed. Motion to dissolve Communication Committee (Newsletter and Website) by Dave Hoffman, seconded by Stan Goss. Motion passed.

Drug Testing Official – by Bill Jamison.

Motion that "at all OPA contests, where drug testing will be carried out, a number of test will be paid for by the OPA; the number of these tests to be determined by the OPA. Records will be taken in consideration first and all other tests to be paid for by lifter." Motion not passed. Amended to read "The OPA will pay for and carry out 20 drugs tests each year at the following contest: 12 at the Junior, Masters and Bench Press, 4 at the Men's and Womens Ontario Championships and 4 at other contest. Records will be taken into consideration first. All other tests will be paid for by the lifter." Motion passed.

Vice-President

Verbal report given by Harnek Rai.

President – by Bill Jamison.

Motion to accept report by Dave Hoffman, seconded by Tim Heath. Motion passed.

Elections:

All changes to be effective December 7 2002.

Northeast Regional Chair remains vacant

Northwest Regional Chair remains vacant

Eastern Regional Chair Mike Latocha, acclaimed

Southern Regional Chair Harnek Rai, acclaimed

Records Chair Dave Hoffman, acclaimed

Referee Chair Lynton Lam, acclaimed

Registration Chair Nominations for Don Clarke and Lynda Squires. Lynda Squires successful by ballot.

Treasurer Krista Schaus, acclaimed

Newsletter Editor Nominations for Mike Latocha and Ulrike Kruger. Ulrike Kruger by successful by ballot.

Webmaster Mike Latocha, acclaimed

Secretary vacant

Vice-President Harnek Rai, acclaimed

President Bill Jamison, acclaimed

Tabling of Resolutions:

Article XXII iii – Levels of Competition – Rewording.

(Take out "...or Class 3 plus 4 %") Submitted by Bill Jamison. Passed.

Article XXII – Team Scoring - Additional Guideline (Add new #6 after #5 Awards) "Team point scoring for all OPA competitions shall be 12, 9, 8, 7, 6, 5, 4, 3 for the first eight places in any body weight category. Only the point scorers of the 6 best placed lifters of each club will count for the team competition at all OPA contests." Submitted by Bill Jamison. Passed

Article XXII - Awards – Removal of Guideline (Remove #3) “National Blind Championships and International competitions will provide their own awards.”, as it is not needed in OPA constitution because it is not applicable to provincial matters; submitted by Bill Jamison. Passed

Article XXII – Awards – Additional Guideline (Add new #3) “At all OPA competitions there must be a team award. All teams include men and women with the exception of Ontario Senior Men’s and Ontario Senior Women’s. At the Master and Junior Championships one team trophy will be awarded.” Submitted by Stan Goss. Passed

New Business:

Intermediate Championships – Motion that this be a separate competition to be held 3rd weekend in July made by Bill Jamison, seconded by Eric Constanza. Passed.

Junior Championships – Issue that this contest be held during the summer months was submitted by Joh Heisel. Not passed.

Qualifications for Nationals – Motion that all lifters be able to go to this year’s Canadians if qualified (one year exception only. *Meaning without competing at provincials.*) made by Stan Goss. Discussed. No seconder for motion. Not passed.

Contest – QPF/OPA Challenge. Motion to defer this matter to 2004 made by Dave Hoffman, seconded by Adele Couchman. Deferred.

Awards – criteria change – Motion made that in order to receive awards, nominee must get 2/3 votes of members present made by Harnek Rai, seconded by Lynton Lam. Passed.

Awards – new award – Motion by Bill Jamison that the club with most new members in a given year receive an award from the OPA. The winner would receive a certificate and a free club membership for the following year. Seconded by Dave Hoffman. Passed.

National Anthem – Motion made by Stan Goss that it be suggested to contest hosts that the National anthem be played at competitions. Seconded by Adele Couchman. Passed.

Administrative – Request by treasurer to purchase OPA letterhead with OPA logo and slogan at bottom “Join a Winning Team! www.ontariopowerlifting.ca”, at 2nd Ave Printing in Simcoe at a cost no more than \$250.00. Motion made by Bill Jamison with the suggestion that quantity of 1500 be purchased. Seconded by Tim Jones. Passed.

Brochure – Dave Hoffman to follow up with Mike Latocha on the location of the files on the new brochure project. Passed to move forward with project.

Drug Testing Passport – IPF passed a motion in November 2002 that all lifters competing at Worlds must pass a drug test within 6 months of the competition (full panel?). How to will OPA handle this? Motion made by Dave Hoffman, seconded by Stan Goss that the cost of the IPF drug passport for IPF World Championships is the sole responsibility of the lifter. Passed unanimously

Competition Bids:

- 2003 Senior Men’s and Senior Women’s Championships to be held on the third weekend in September - tentatively Ottawa
- 2003 Intermediate Men’s Championships to be held on the third weekend in July– tentatively London, subject to approval of date by London Powerlifting Club.
- 2003 Masters/Juniors/Bench Press Championships and AGM to be held on the first weekend of December – currently vacant
- 2004 Nationals – Kitchener Iron Angels (Lynton Lam) submitting a bid. Passed (subject to venue approval by OPA and will be taken by CPU Meeting by OPA. President Bill Jamison to follow up.
- 2004 International –No bids.

Award Nominations:

- OPA Recognition Award – Mike Latocha, passed
- OPA Team Champions – London
- OPA Female Athlete of the Year – Lynda Squires, passed
- OPA Male Athlete of the Year – Nominations for Glyn Moore and Sean Brown. Glyn Moore by ballot.
- Nominations for the CPU Bill Jamison Award if different from a) above – N/A
- Motion by Harnek Rai seconded by Dave Hoffman to submit Bill Jamison’s name to the IPF Hall of Fame. Passed. OPA will put forward to CPU 2003 Meeting Agenda.

Calling of the 2003 AGM:

Held in conjunction with the 2003 Masters/Juniors/Bench Press Championships to be held on the first weekend of December 2003.

Adjournment: 11:00 pm

Note: Following day after meeting Mark Glovscheski volunteered for Northeast Chairperson. President agreed on an interim basis until 2003 AGM.



2003 Membership Application Form

for residents of Ontario

Name: _____
First Name Middle Initial Last Name

Address: _____ City: _____

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

Email: _____



Canadian Powerlifting Union

Required if competing Jan 1, 2003-Dec 31, 2003
 Includes Newsletter

*Allow 6 weeks for CPU Cards to be processed.
 Registration will not be accepted on the day of a contest.

Check One: ☐ Renewal/New Member: \$60.00
☐ Renewal/New Member: SDO/OSO: \$40.00
☐ New Member Jul 1-Dec 31, 2003: \$40.00

Date of Birth: ____/____/____ ☐ M or ☐ F Level: ☐ Novice ☐ Intermediate ☐ Senior
mm / dd / yy

Categories: ☐ Open ☐ Blind ☐ Special Olympics ☐ CP ☐ Amputee ☐ Wheelchair ☐ Other _____

Affiliated OPA Club: _____
 In order to represent an affiliated OPA club, the lifter must train with the club regularly (at least once a week)

Training Facility & Address: _____

Signature: _____ Date: _____

Make Cheque or Money Order payable to: **Ontario Powerlifting Association**

Send application & cheque or money order to:

Ontario Powerlifting Association, c/o Lynda Squires, 495 Ferndale Court, London, ON N6C 5C2

01/2003



Ulrike Kruger – Being a Referee (1994)

Volunteer, be a Referee!

The Ontario Powerlifting Association always needs more Referees.

For more information, contact the Referee Chairperson:

Lynton Lam
(519) 893-8479

Club Affiliation Application Form



- In order to represent a club, a lifter must train with the club on a regular basis (at least once a week).
- No athlete may compete under a club name unless that club has taken out an affiliation. An athlete who does not belong to a club must compete as an unattached lifter.
- Club affiliation must be renewed annually. Affiliation fees cover 1 year from January 1 to December 31.

Club Name: _____

Club Contact: _____ **CPU Card#:** _____
(must be an Ontario Powerlifting Association member)

Address: _____ **City:** _____, ON

Postal Code: _____ **Phone#:** (_____) - _____ - _____

Email: _____ **Website URL:** _____

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

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

Signature _____ **Date** _____

*Please Include: A copy of all emblems and logos that the club will be using and a list of all of club members.

Club Affiliation Fee: \$40.00 **Make cheque payable to:** Ontario Powerlifting Association
Send Cheque or Money Order to: Lynda Squires 495 Ferndale Court, London, ON N6C 5C2

National or Provincial Record Application Form

Application for:

- ☐ National Men's Senior
☐ National Men's Junior
☐ National Men's Master 40-49
☐ National Men's Master 50+

☐ Provincial Men's Senior
☐ Provincial Men's Junior
☐ Provincial Men's Master 40-49
☐ Provincial Men's Masters 50+

- ☐ National Women's Senior
☐ National Women's Junior
☐ National Women's Master 40-49
☐ National Women's Master 50+

☐ Provincial Women's Senior
☐ Provincial Women's Junior
☐ Provincial Women's Master 40-49
☐ 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

CPU Mens Open, Womens Open, Junior, Master, Bench, CBSA Blind

Mar 14, 15 & 16 2003

Important Note:

Then entry form for the Nationals must be signed by the provincial presidents. All OPA lifters wishing to compete at the Canadian Nationals in Winnipeg, complete and sign this entry form and **send along with the appropriate fees to:**

Bill Jamison
412 Big Creek Rd
Caledonia, ON N3W 2G9
Phone: (905) 765-5345
Email: billjamison@sympatico.ca

Please refer to the CPU web site for the complete details.

There are too many pages to print here.

Website:

<http://cpunationals2003.1afm.com/>

Entry Form:

http://www.powerlifting.ca/2003Nat_Entry.pdf

IN CONSIDERATION OF YOUR ACCEPTANCE OF THIS ENTRY FORM, I HEREBY INTEND TO BE LEGALLY BOUND, FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, AND TO WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE INTERNATIONAL POWERLIFTING FEDERATION, THE CANADIAN POWERLIFTING UNION, THE MANITOBA POWERLIFTING ASSOCIATION, THE MEET/CONTEST SITE SPONSOR, AND ITS EMPLOYEES, ALL ORGANIZERS AND VOLUNTEERS AND SPONSORS OF THIS CONTEST, FROM ANY AND ALL ACTIONS, CAUSES OF ACTIONS, CLAIMS AND DEMANDS WHICH MAY ARISE IN CONSEQUENCE OF MY PARTICIPATION IN THIS CONTEST.

Competitor's established qualification total
(to meet or exceed National Qualification standard-
refer to sheet 2 for standards)

Contest Name and date where total was established

Competitor's Signature:

Parent or Guardian Signature (IF UNDER 18):

Date:

Provincial President (Please Print):

Provincial President Signature:

Date:

Note: Certified cheques and/or Money orders only. All others will not be accepted and returned.

Do not include cash/currency of any kind with entry form.

Please make all certified cheques and/or money orders payable to:

The Manitoba Powerlifting Association

Return all entries to:

The Manitoba Powerlifting Association
572 Linden Avenue
Winnipeg, Manitoba
R2K-0N8

Please return the following sheets c/w entry fee and the following information

Entry Fee Information

Please note the following information:

Entry fee for first event	\$75.00
Each additional event	\$35.00
Entry fee includes 1 Championship T-Shirt	
Additional T-shirts include for each	\$15.00
Entry fee includes 1 Banquet Ticket	
Additional Banquet Ticket include for each	\$30.00

NAME: _____

ADDRESS: _____

PHONE #: _____ BIRTH DATE: _____ C.P.U. #: _____ WGT. CLASS: _____

T-Shirt Size ___(S) ___(M) ___(L) ___(XL) ___(XXL) ___(XXXL)

Personal Information:

Number of years training: _____ Number of years competing: _____

Occupation: _____

Career Best Lifts:	Squat: _____	Bench: _____
	Deadlift: _____	Total: _____

EVENT ENTERED

Full Contest (Please mark "X" in appropriate box-multiple boxes if applicable)

Age Cat.	Sub-Junior	Junior	Open	Master 1	Master 2	Master 3
Men's						
Women's						

Bench Only Contest (Please mark "X" in appropriate box)

Age Cat.	Sub-Junior	Junior	Open	Master 1	Master 2	Master 3
Men's						
Women's						

First Event		\$75.00
Additional Event(s)	___ @ \$35.00 (ea.) =	_____
Additional T-Shirt(s)	___ @ \$15.00 (ea.) =	_____
Additional Banquet Ticket(s)	___ @ \$30.00 (ea.) =	_____

Total _____

Additional
T-Shirt Sizes ___(S) ___(M) ___(L) ___(XL) ___(XXL) ___(XXXL)

WAIVER



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 an 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 14 to apply for a Provincial or National Record.

Dave Hoffman, Records Chair

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

	kg	Lifter	Date	Contest
Women's Junior Records - Modern Era				
52kg				
Squat	127.5	D. D'Angelo	Oct-89	Womens Worlds, Sydney, NS
Total	312.5	D. D'Angelo	Oct-89	Womens Worlds, Sydney, NS
56kg				
Squat	120.0	D. D'Angelo	Nov-89	NE Ontario Open, North Bay, ON
60kg				
Squat	137.5	A. Gilchrist	Jan-89	Canadian Womens, ON
Bench	70.0	A. Gilchrist	Oct-89	Intermediate Open, Cambridge
Deadlift	140.0	A. Gilchrist	Jun-89	Canadian Womens, Kitchener, ON
Total	342.5	A. Gilchrist	Jan-88	Canadian Womens, Kitchener, ON
82.5kg				
Squat	142.5	R. Butler	Oct-90	Ontario Womens, Cambridge, ON
Bench	67.5	R. Butler	Oct-90	Ontario Womens, Cambridge, ON
Deadlift	147.5	H. Johns	Dec-92	Limestone Open, Kingston, ON
Total	355.0	R. Butler	Oct-90	Ontario Womens, Cambridge, ON
Women's Master 40-49 Records - Modern Era				
60 kg				
Squat	110.0	J. Lessard	Dec-01	Ontario Masters, Cambridge, ON
Bench	65.0	J. Lessard	Dec-01	Ontario Masters, Cambridge, ON
Deadlift	137.5	J. Lessard	Dec-01	Ontario Masters, Cambridge, ON
Total	312.5	J. Lessard	Dec-01	Ontario Masters, Cambridge, ON
67.5kg				
Squat	130.0	L. Squires	Dec-01	Ontario Masters, Cambridge, ON
Bench	60.0	L. Squires	Dec-99	Ontario Masters, Toronto, ON
Deadlift	130.0	L. Squires	Dec-01	Ontario Masters, Cambridge, ON
Total	320.0	L. Squires	Dec-01	Ontario Masters, Cambridge, ON
82.5kg				
Squat	105.0	M. Greenidge	May-01	London Open, London, ON
Bench	55.0	M. Greenidge	May-01	London Open, London, ON
Deadlift	110.0	M. Greenidge	May-01	London Open, London, ON
Total	270.0	M. Greenidge	May-01	London Open, London, ON
Men's Master Records (60 +) Modern Era				
82.5 kg				
Squat	170.0	L. Lam	Mar-02	Canadian Masters, Yarmouth, NS
Bench	97.5	L. Lam	Mar-02	Canadian Masters, Yarmouth, NS
Deadlift	220.0	L. Lam	Mar-02	Canadian Masters, Yarmouth, NS
Total	487.5	L. Lam	Mar-02	Canadian Masters, Yarmouth, NS
90 kg				
Squat	170.0	L. Lam	Oct-01	Master Worlds, Moose Jaw, SK
Bench	100.0	L. Lam	Oct-01	Master Worlds, Moose Jaw, SK
Deadlift	215.0	L. Lam	Oct-01	Master Worlds, Moose Jaw, SK
Total	485.0	L. Lam	Oct-01	Master Worlds, Moose Jaw, SK
100 kg				
Squat	180.0	R. Villeneuve	Nov-00	Worlds Blind, Netherlands
Bench	122.5	R. Villeneuve	Nov-00	Worlds Blind, Netherlands
Deadlift	220.0	R. Villeneuve	Nov-00	Worlds Blind, Netherlands
Total	522.5	R. Villeneuve	Nov-00	Worlds Blind, Netherlands
110kg				
Squat	205.0	R. Villeneuve	May-97	Canadian Blind, Toronto, ON
Bench	135.0	R. Villeneuve	Jul-99	Worlds Blind, Waterloo, ON
Deadlift	235.0	R. Villeneuve	May-97	Canadian Blind, Toronto, ON
Total	570.0	R. Villeneuve	May-97	Canadian Blind, Toronto, ON

Ontario Records, Continued...



	kg	Lifter	Date	Contest
Men's Junior Records - Modern Era				
52kg				
Squat	172.5	S. Boulerice	Mar-92	Ontario Seniors, North Bay, ON
Bench	90.0	S. Boulerice	May-91	Canadian Juniors, Kitchener, ON
Deadlift	185.5	S. Boulerice	Mar-92	Ontario Seniors, North Bay, ON
Total	445.0	S. Boulerice	Mar-92	Ontario Seniors, North Bay, ON
56kg				
Squat	95.0	David Heisel	Aug-02	Guelph Open, Guelph, ON
Bench	65.0	David Heisel	Aug-02	Guelph Open, Guelph, ON
Deadlift	125.0	David Heisel	Aug-02	Guelph Open, Guelph, ON
Total	285.0	David Heisel	Aug-02	Guelph Open, Guelph, ON
60kg				
Squat	160.0	E. Lacroix	Feb-94	Canadian Juniors, Kitchener, ON
Bench	110.5	S. Lindsay	Feb-91	Ontario Int. North Bay, ON
Deadlift	185.0	A. Box	Feb-94	Canadian Juniors, Kitchener, ON
Total	430.0	A. Box	Feb-94	Canadian Juniors, Kitchener, ON
67.5kg				
Squat	187.5	E. Lacroix	Oct-94	Ontario Int. Maxville, ON
Bench	135.0	M. Dineno	Apr-97	Canadian Jr, Cornerbrook, NF
Deadlift	207.5	M. Dineno	Apr-97	Canadian Jr, Cornerbrook, NF
Total	502.5	M. Dineno	Apr-97	Canadian Jr, Cornerbrook, NF
75kg				
Squat	230.0	B. Summers	Dec-00	Ontario Junior, Brockville, ON
Bench	152.5	B. Summers	Dec-00	Ontario Junior, Brockville, ON
Deadlift	257.5	B. Summers	Dec-00	Ontario Junior, Brockville, ON
Total	640.0	B. Summers	Dec-00	Ontario Junior, Brockville, ON
82.5kg				
Squat	235.0	T. Cottrell	May-90	Canadian Juniors, Winnipeg, MB
Bench	150.0	P. Clipperton	Sep-00	Ont Intermediates, Mississauga
Deadlift	252.5	T. Cottrell	May-90	Canadian Juniors, Winnipeg, MB
Total	602.5	T. Cottrell	May-90	Canadian Juniors, Winnipeg, MB
90kg				
Squat	237.5	M. Bilz	Oct-96	Ontario Int. North Bay ON.
Bench	157.5	B. Morris	Apr-88	Canadian Juniors, Hamilton ON
Deadlift	257.5	B. Morris	Apr-88	Canadian Juniors, Hamilton ON
Total	647.5	B. Morris	Apr-88	Canadian Juniors, Hamilton ON
100kg				
Squat	265.0	L. Kiss	Dec-98	Ontario Juniors, Guelph ON
Bench	193.0	L. Kiss	Dec-98	Ontario Juniors, Guelph ON
Deadlift	272.5	L. Kiss	Dec-98	Ontario Juniors, Guelph ON
Total	717.5	L. Kiss	Dec-98	Ontario Juniors, Guelph ON
110kg				
Squat	227.5	M. Miller	Sep-02	Ontario Intermediate, Toronto, ON
Bench	150.0	M. Miller	Sep-02	Ontario Intermediate, Toronto, ON
Deadlift	242.5	M. Miller	Sep-02	Ontario Intermediate, Toronto, ON
Total	620.0	M. Miller	Sep-02	Ontario Intermediate, Toronto, ON
125kg				
Squat	272.5	J. LaPlante	Oct-93	Ontario Int. Alexandria, ON
Bench	132.5	J. LaPlante	Oct-93	Ontario Int. Alexandria, ON
Deadlift	245.0	J. LaPlante	Oct-93	Ontario Int. Alexandria, ON
Total	650.0	J. LaPlante	Oct-93	Ontario Int. Alexandria, ON
125+kg				

	kg	Lifter	Date	Contest
Men's Senior Records - Modern Era				
52kg				
Squat	170.0	S. Boulerice	Feb-92	Canadian Juniors, Kitchener, ON
Bench				
Deadlift	185.0	S. Boulerice	Feb-92	Canadian Juniors, Kitchener, ON
Total				
56kg				
60kg				
Squat	195.0	J. Jong	Dec-01	Ontario Masters, Cambridge, ON
Bench	142.5	J. Jong	Oct-01	Master Worlds, Moose Jaw, SK
Deadlift	217.5	J. Jong	Feb-00	Canadian Chmp, Moose Jaw, SK
Total	537.5	J. Jong	Feb-00	Canadian Chmp, Moose Jaw, SK
67.5kg				
75kg				
Squat	277.5	J. Becker	May-96	Canadian Chmp, Leduc, AB
Bench	168.0	J. Becker	May-96	Canadian Chmp, Leduc, AB
Deadlift	285.0	J. Becker	Feb-95	Ontario Seniors, London ON
Total	722.5	J. Becker	May-96	Canadian Chmp, Leduc, AB
82.5kg				
Squat	277.5	J. Becker	May-98	Canadian Chmp, Richmond, BC
Bench	175.5	H. Greenidge	Sep-02	Ontario Intermediate, Toronto
Deadlift	298.0	J. Becker	May-98	Canadian Chmp, Richmond, BC
Total	747.5	J. Becker	May-98	Canadian Chmp, Richmond, BC
90kg				
Squat	270.0	R. Morrisette	May-02	London Open, London, ON
Bench	185.0	D. Bruce	Jun-88	Canadian Chmp, Winnipeg, MB
Deadlift	322.5	P. Perry	Mar-85	Ontario Seniors, Sault Ste. Marie
Total	750.0	J. Peacock	Mar-90	Ontario Seniors, Cambridge ON
100kg				
Squat	300.0	B. Zacharias	Jan-00	Ontario Seniors, London, ON
Bench	225.0	M. Griffen	Mar-97	Ontario Seniors, Toronto, ON
Deadlift	285.0	M. Griffen	Mar-97	Ontario Seniors, Toronto, ON
Total	775.0	M. Griffen	Mar-97	Ontario Seniors, Toronto, ON
110kg				
Squat	347.5	R. Celio	May-97	Canadian Chmp, Toronto ON
Bench	232.5	M. Giffen	Sep-02	Ontario Seniors, Toronto, ON
Deadlift	325.0	R. Celio	May-97	Canadian Chmp, Toronto ON
Total	887.5	R. Celio	May-97	Canadian Chmp, Toronto ON
125kg				
Squat	335.0	D. Gratton	Jan-00	Ontario Seniors, London, ON
Bench	245.0	D. Gratton	Sep-02	Ontario Seniors, Toronto, ON
Deadlift	297.5	N. Singleton	May-98	Canadian Chmp, Richmond, BC
Total	830.0	D. Gratton	Jan-00	Ontario Seniors, London, ON
125+kg				
Squat	347.5	D. Gratton	May-01	London Open, London, ON
Bench	238.0	D. Gratton	May-01	London Open, London, ON
Deadlift	292.5	B. Duguay	Jan-99	Ontario Seniors, Cornwall, ON
Total	860.0	D. Gratton	May-01	London Open, London, ON

Ontario Records, Continued...



kg	Lifter	Date	Contest
Men's Master Records (40 - 49) - Modern Era			
60kg			
Squat	195.0 J. Jong	Dec-01	Ontario Masters, Cambridge, ON
Bench	142.5 J. Jong	Oct-01	Master Worlds, Moose Jaw, SK
Deadlift	217.5 J. Jong	Dec-99	Ontario Masters, Toronto, ON
Total	537.5 J. Jong	Feb-00	Canadians, Moose Jaw, SK
67kg			
Squat	227.5 K Lam	Jun-90	Canadians, Surrey, BC
Bench	141.0 K Lam	May-93	Canadian Masters, Edmonton, AB
Deadlift	262.5 K Lam	May-90	Canadian Masters, Winnipeg, AB
Total	630.0 K Lam	Jun-90	Canadians, Surrey, BC
75kg			
Squat	252.5 C. Archdekin	Mar-97	Ontario Seniors, Toronto, ON
Bench	165.0 C. Archdekin	Oct-93	World Masters, Hamilton, ON
Deadlift	280.0 C. Archdekin	Oct-93	World Masters, Hamilton, ON
Total	685.0 C. Archdekin	Oct-93	World Masters, Hamilton, ON
82.5kg			
Squat	240.0 D. Warriner	Feb-94	Canadian Masters, Kitchener, ON
Bench	175.5 H. Greenidge	Sep-02	Ontario Seniors, Toronto, ON
Deadlift	285.0 D. Warriner	Feb-94	Canadian Master, Kitchener, ON
Total	675.0 D. Warriner	Feb-94	Canadian Master, Kitchener, ON
90kg			
Squat	257.5 D. Warriner	Feb-98	Canadian Masters, Moose Jaw, SK
Bench	172.5 H. Greenidge	May-01	London Open, London, ON
Deadlift	302.5 P. Perry	May-91	Canadian Master, Kitchener, ON
Total	705.0 D. Warriner	Feb-98	Canadian Master, Kitchener, ON
100kg			
Squat	265.0 K. Hult	Apr-88	Canadian Master, Kitchener, ON
Bench	172.5 K. Hult	Apr-88	Canadian Master, Kitchener, ON
Deadlift			
Total	690.0 K. Hult	Apr-88	Canadian Master, Kitchener, ON
110kg			
Squat	245.0 S. Chomitz	Dec-00	Ontario Masters, Brockville, ON
Bench	210.0 B. McIntyre	Aug-02	Guelph Open, Guelph, ON
Deadlift	275.0 R. Strong	Dec-01	Ontario Masters, Cambridge, ON
Total	690.0 B. McIntyre	Aug-02	Guelph Open, Guelph, ON
125kg			
Squat	242.5 D. Hoffman	Feb-91	Ont. Intermediates, North Bay, ON
Bench	175.0 R. Gazdig	Dec-01	Ontario Masters, Cambridge, ON
Deadlift	272.5 D. Hoffman	Feb-91	Ont. Intermediates, North Bay, ON
Total	670.0 D. Hoffman	Feb-91	Ont. Intermediates, North Bay, ON
125+kg			
Squat	285.0 J. Baxter	Apr-90	World Blinds, RiverSide, California
Bench	167.5 D. Hoffman	Feb-94	Canadian Masters, Kitchener, ON
Deadlift	275.0 D. Hoffman	Feb-94	Canadian Masters, Kitchener, ON
Total	702.5 D. Hoffman	Feb-94	Canadian Masters, Kitchener, ON

kg	Lifter	Date	Contest
Men's Master Records (50 - 59) - Modern Era			
67.5kg			
Squat	200.0 G. Moore	Mar-01	Canadian Masters, Quebec City
Bench	122.5 G. Moore	Mar-01	Canadian Masters, Quebec City
Deadlift	235.0 G. Moore	Mar-01	Canadian Masters, Quebec City
Total	557.5 G. Moore	Mar-01	Canadian Masters, Quebec City
75kg			
Squat	223.0 G. Moore	Sep-02	Ontario Seniors, Toronto, ON
Bench	131.5 G. Moore	Sep-02	Ontario Seniors, Toronto, ON
Deadlift	237.5 G. Moore	Sep-02	Ontario Seniors, Toronto, ON
Total	590.0 G. Moore	Sep-02	Ontario Seniors, Toronto, ON
82.5kg			
Squat	227.5 J. Bourgoin	Dec-99	Ontario Masters, Toronto, ON
Bench	145.0 L. Greenidge	May-01	London Open, London, ON
Deadlift	227.5 L. Lam	Oct-96	Ontario Intermediates, North Bay
Total	565.0 J. Bourgoin	Dec-99	Ontario Masters, Toronto, ON
90kg			
Squat	217.5 M. Kelso	Dec-98	Ontario Masters, Guelph ON
Bench	165.0 K. Hult	Mar-96	Canadian Masters, Windsor, NS
Deadlift	222.5 L. Lam	Feb-98	Canadian Masters, Moose Jaw, SK
Total	600.0 K. Hult	Mar-96	Canadian Masters, Windsor, NS
100kg			
Squat	250.0 F. Tavernier	Dec-00	Ontario Masters, Brockville, ON
Bench	150.5 T. Stinchcombe	Jan-98	Ontario Masters, Cambridge, ON
Deadlift	282.5 F. Tavernier	Dec-00	Ontario Masters, Brockville, ON
Total	682.5 F. Tavernier	Dec-00	Ontario Masters, Brockville, ON
110kg			
Squat	205.0 R. Villeneuve	May-96	Canadian Blinds, Leduc, AB
Bench	120.0 R. Villeneuve	Sep-96	World Blinds, Edmonton, AB
Deadlift	227.5 R. Villeneuve	May-95	Canadian Blinds, Ottawa, ON
Total	547.5 R. Villeneuve	Sep-96	World Blinds, Edmonton, AB
125+kg			
Squat	255.0 D. Hoffman	Mar-99	Canadian Masters, Sherbrooke, QC
Bench	160.0 D. Hoffman	Mar-99	Canadian Masters, Sherbrooke, QC
Deadlift	240.0 D. Hoffman	Mar-99	Canadian Masters, Sherbrooke, QC
Total	650.0 D. Hoffman	Mar-99	Canadian Masters, Sherbrooke, QC



Dave Gratton, Ontario Bench Press
Photo: Harnek Rai



Classification Awards Program Badge Application for Ontario Powerlifting Association Members

Member Information:

Name: _____

Address: _____

Province: _____ Postal Code: _____

CPU#: _____ Date of Birth: _____ ☐ M ☐ F

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

Contest Information:

Name of Meet: _____ Date: _____

Place of Meet: _____ Club Represented: _____

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

Badge Applied for: ☐ Elite ☐ Master ☐ Class I ☐ Class II ☐ Class III ☐ Class IV

Lifter's Signature: _____ Date: _____

Classification Awards Program

Purpose of the Classification Awards Program:

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

CLASSIFICATION TOTALS: MEN												
Wt Class	52kg	56	60	67.5	75	82.5	90	100	110	125	125+	Badge Colours
Elite	482.5	525.0	565.0	632.5	692.5	745.0	785.0	827.5	857.5	882.5	917.5	Black & Red
Master	445.0	482.5	520.0	580.0	635.0	682.5	722.5	760.0	787.5	810.0	842.5	Red & White
Class 1	400.0	432.5	465.0	522.5	570.0	612.5	645.0	682.5	705.0	725.0	757.5	Blue & White
Class 11	352.5	380.0	410.0	457.5	500.0	540.0	570.0	600.0	620.0	640.0	667.5	Green White
Class 111	305.0	332.5	357.5	402.5	437.5	470.0	497.5	525.0	542.5	557.5	580.0	Orange White
Class IV	267.5	290.0	312.5	350.0	380.0	410.0	432.5	455.0	475.0	487.5	507.5	Yellow & White
CLASSIFICATION TOTALS: WOMEN												
Wt Class	44kg	48	52	56	60	67.5	75	82.5	90	90+	Badge Colours	
Elite	290.0	310.0	332.5	355.0	375.0	412.5	445.0	477.5	512.5	540.0	Black & Red	
Master	262.5	282.5	302.5	322.5	340.0	375.0	405.0	435.0	465.0	490.0	Red & White	
Class 1	235.0	255.0	272.5	290.0	305.0	337.5	365.0	392.5	417.5	440.0	Blue & White	
Class 11	210.0	225.0	242.5	257.5	272.5	300.0	325.0	347.5	372.5	392.5	Green & White	
Class 111	182.5	197.5	212.5	225.0	237.5	262.5	282.5	305.0	325.0	342.5	Orange & White	
Class IV	157.5	170.0	182.5	192.5	205.0	225.0	242.5	260.0	280.0	295.0	Yellow & White	

Qualification Totals:	Women Provincial	Men Provincial	Women National	Men National
Senior	Class III	Class I	Class III	Class I
Master 1 (40 - 49)	Class III	Class 11	Class III	Class II
Master 11150+	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 111+4%)<Class I	(Not Applicable)	(Not Applicable)

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



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CPU Referee Chair
Member I.P.F Technical Committee

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