

OPAA

Ontario Powerlifting News

November 2003, Volume 54, Issue 4

Official Newsletter of the Ontario Powerlifting Association



Worlds Masters - *Jim Jong, Tom Nichols, Glyn Moore*

Inside this Issue

Annual General Meeting
CPU Nationals information
Upcoming Contests,
Records, Results

From the President

William T. Jamison

Over the past 34 years I've seen a few strange things happen in powerlifting, but I've never seen a contest cancelled because of a power outage. This is what happened to our Intermediate Championships in London. The lifters had to be notified and the contest was rescheduled. It was held with the Mens and Womens Open Ontario Championships in Ottawa.

Thanks to Eric Gagnon and the Ottawa Strong Powerlifting Club for taking on this extra responsibility. The number of competitors was less than expected but the contests were well organized and well run.

The World Masters Championships were held in Regina, Saskatchewan in October. Congratulations to all the members of the Canadian Team. The members of the team from Ontario did very well winning a number of first place medals.

The 2003 Masters, Juniors and Bench Press Championships are fast approaching. They will be held on December 7. If you wish to compete in the 2004 Canadian Masters, Juniors or Bench Press Championship, you must compete in the 2003 Ontario Masters, Juniors and Bench Press Championships. The only way to bypass these Ontario Championships is if you have competed in the equivalent World Championships within the last 60 days. For example, the 60 day count would begin with the day you lifted at the World Masters and end with the day prior to the Ontario Masters.

The Ontario Powerlifting Association Annual General Meeting will be held at the Holiday Inn, 30 Fairway Road S Kitchener at 5:00 p.m., Saturday, December 6. A referee clinic will be held on Sunday, December 7 at 6:00 p.m. If you wish to attend the clinic and write the referees test, please call Lynton Lam at 519-893-8479.

Our high school development program is continuing this school year with contests being held possibly this fall but more than likely in the spring.

The end of the year is coming and this means it's time for all of us to renew our individual and club memberships for 2004. If you wish to represent a club, your club must be registered with the O.P.A. for 2004, in advance of you registering as an individual. Otherwise your C.P.U card will show you as lifting unattached. Remember, if you wish to represent a club then that club must be registered for 2004. Please register early if you are not registered on the day of the contest, you will not lift.

I.P.F. Hall of Fame

Congratulations to Bill Jamison for being inducted into the I.P.F. (International Powerlifting Federation) Hall of Fame!

Annual General Meeting - OPA

Krista Schaus

The AGM is fast approaching. The final deadline for resolutions is usually one month prior to the AGM. Because the newsletter is going out around the same time I have made an exception this year for the deadline.

THE DEADLINE FOR AGM PROPOSALS IS
WEDNESDAY NOVEMBER 26th, 2003.

Please submit any resolution proposals to:

Krista Schaus: kschaus@gto.net

with a CC to the OPA President:

Bill Jamison: billjamison@sympatio.ca

OR by mail to:

Krista Schaus, 295 Link Road, RR2 Cayuga, ON

➔ Please respect the deadline.

VACANCIES: Secretary

Duties of the Secretary

1. To make proper arrangements for keeping the records of O.P.A.
2. To conduct all official correspondence of the O.P.A.
3. To keep a complete record of athletic events held under the auspices of the O.P.A. These records will include the results of the Provincial Championships, newsletters and magazines.
4. Delegating the aforementioned duties to such assistants as may be provided by the O.P.A. to perform same.
5. To serve as Secretary of the O.P.A. Congress and any special meetings or hearings of the O.P.A.

Please email me with a CC to Bill Jamison if you are interested in filling the above vacancies on the O.P.A. Executive Board of Directors. The term is 2 years.

Ontario Powerlifting Association ANNUAL GENERAL MEETING

Date/Time:

Saturday, December 6 5:00pm

Location:

Holiday Inn, 30 Fairway Rd S, Kitchener, ON

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✱ Ontario Powerlifting News✱

Next Deadline: January 30, 2004

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

Contributors: Terry Stinchcombe, Bill Jamison, Lynda Squires, Dave Hoffman, Glyn Moore, Daniel Pare, Krista Schaus, Karen Stinchcombe

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

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.

UPCOMING EVENTS

Dec 6, 5pm	Annual General Meeting Bill Jamison(905) 765-5345 billjamison@sympatico.ca Krista Schaus: kschaus@gto.net	Kitchener
Dec 7	Ontario Junior & Masters Ontario Bench Press Lynton Lam (519) 893-8479 llamn628@rogers.com	Kitchener
Jan 24	Niagara Open Jay Gemmell (905) 685-9828 Glyn Moore gmoore82@cogeco.ca ➔ Newsletter Deadline	St Catharines
Jan 30		
Mar 18-22	CPU Nationals Lynton Lam (519) 893-8479 llamn628@rogers.com	Kitchener
Jun 5	London Open	London

IPF Worlds Timetable

Dec 4-7	Bench Press	Slovakia
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What should I submit to the OPA Newsletter?

Member Profiles,
Contest Results & Write-ups
Articles
Photos
Powerlifting experiences
Motivation
Training

Be creative and submit to your newsletter. If you would like to contribute and are not sure where to start, contact the Editor

Send contributions and ideas to:
ukruger@powerlifting.ca

=== Next Deadline: January 30, 2004 ===

Corrections: Wendy Hlywka's name was spelled incorrectly in the Toronto Open results.

From the Treasurer

Krista Schaus

DRUG TESTING FEE:

2003 has been another financially healthy year for the OPA. I would like to send out a reminder to all the clubs who hosted a contest this year that \$5.00 per lifter is due to the OPA for the drug testing fee. These fees are important to help us cover the costs of performing random drug tests throughout the year. To date I have only received this fee from a few clubs. Please submit these fees ASAP to assist me in completing the annual financial report at the AGM. Clubs will be receiving individual letters soon if the fees are not received by December 1st.

EXPENSE REIMBURSEMENT REQUESTS:

Please continue to use the updated form in the newsletter for all expense reimbursement requests (lifters, referees, executive members etc...). Many forms are coming in without a complete address. It is much quicker for me to process your request if I don't have to look up your postal code for example. Please complete the form as fully as possible. Also, for referees, mileage is one-way travel. Please indicate on the form what contest you refereed at and the one-way mileage in kilometers from your home to the contest location. This also will save me time and effort. Many requests I have to go into a mileage calculator on the internet to figure out the distance.

NSF CHEQUES:

Starting in 2004, we will be adhering to the \$20.00 fee for any NSF cheques. We do not receive a lot of them but I have found it sometimes difficult to recoup the funds from people whose cheques for their registration have bounced. Any NSF cheques issued to the OPA in 2004 will result in the member's card being temporarily suspended until the registration fee plus \$20.00 NSF fee has been paid. The lifter will be advised by phone or confirmed email first, mail secondly and if those attempts fail, their CPU card will be suspended. This means they will not be able to lift until the appropriate fees are paid.

Thanks for your assistance with these matters. I hope to see everyone at the AGM in December!

REFEREES CLINIC

Date/Time:

Sunday, December 7 6:00pm

Location:

Holiday Inn, 30 Fairway Rd S, Kitchener, ON

For more Information:

Lynton Lam (519) 893-8479

== Be a Referee ==

From the Editor

Ulrike Kruger

This is the last Ontario Powerlifting Association Newsletter before the end of the year.

Remember to do your part to represent the membership at the Annual General Meeting on December 6. This is the forum for members to be involved in the future of the sport of powerlifting.



Again, you will notice that this newsletter is photo sparse. I am sure someone out there is taking pictures of powerlifters that could be shared. The same individuals have been coming through every newsletter with a couple of photos. There must be others out there.

This may be a bit early for some to think about, but 2004 is around the corner. For the new year, get your training buddies out there lifting in a contest or introduce friends to simply lifting some weights for good strength and health. Enjoy!

New newsletter column! – OPA Club Updates: Karen and Terry Stinchcombe suggested that a page be dedicated to club updates. Clubs, for the next issue, please send along the happenings in your club so that we can fill an entire page.

Ontario Masters, Juniors, Bench

Date:	December 7, 2003
Host:	Kitchener Iron Angels
Place:	Holiday Inn (Double Room: \$89.95) 30 Fairway Rd S, Kitchener (519) 894-8513
Lifts:	Master/Juniors: 3-Lift, Bench Press
Eligibility:	See Ontario championship Qualifying Totals section at the back of this newsletter
Weigh In:	Master/Juniors: 7:00 AM Bench Press 12:00 Noon (subject to change)
Meet Director:	Lynton Lam (519) 893-8479 Email: llamn628@rogers.com
Entry Fee:	\$60.00, Second competition - \$40.00
Entry Deadline:	Postmarked Nov 7, 2003
Fee Payable to:	Kitchener Iron Angels Powerlifting Club
Send Entry to:	Lynton Lam 98 Pepperwood Cres Kitchener, ON N2A 2R3

➔ Use Contest Entry form on Page 16

Registration Chairperson

Lynda Squires



This year began with some confusion but things got straightened out with a few inconveniences.

We have at last count 259 registered lifters and 27 affiliated clubs. We have had 12 sanctioned meets in 2003 and all were successful. The Ontario Mens Intermediates was cancelled due to

the power blackout in August. The meet was combined with the Ontario Seniors in September.

This is just a friendly reminder that your current CPU card will expire on December 31, 2003. Any clubs that wish to be affiliated with the OPA must register again in 2004. The cost will be \$40.00 for the affiliation and \$60.00 for the CPU cards. If you wish to have your club affiliated with the OPA, you will have to designate a club contact person, who must also have a CPU card. As a lifter, the cost will be \$60.00. The associate membership will be \$40.00. Any persons who apply for a CPU card and designate a club that is not registered, will be shown as unattached. In 2004 there will not be any exceptions to this. It will be the same criteria for all who want their club affiliated with the OPA.

I would also like to remind our members that the 4 to 6 week time period to process CPU cards is just that -- 4 to 6 weeks. I have had numerous requests for cards as late as one week prior to a competition, which is impossible for me to accomplish. In some instances I have received the application and payment and called the lifter to confirm a CPU card number but I have also had lifters tell me that their applications are in the mail and ask for a number, and then have to wait weeks for its arrival.

If your club is hosting a competition, PLEASE, remember refreshments and food for your referees and spotters and loaders. Some of our referees are at the competition for the duration of the meet and sometimes it is difficult for them to leave. This should be a common courtesy on the host clubs' behalf.

If you intend to lift in 2004, you don't have to wait until the last minute to renew your membership, why wait for January, do it now!!!!!!

P.S. CONGRATS TO ALL WHO COMPETED IN REGINA, WE WERE AWESOME

Dedication

Lynda Squires

I would like to dedicate this issue to my coach, Charlie Spence.

In the newspaper article from the London Free Press, I asked that the credit be given to Charlie for the bronze medals I won at the Worlds. Charlie was not only my coach but my very dear friend as well. He died on August 13th of vasculitis, inflammation of the blood vessels. He was just 59. I quote "Thanks, Charlie,"

"This one is for you. You made it happen and I wish you had been there to see it happen." "Thanks to Charlie's strict training approach and his "don't give up" attitude, he made competing at the world-class level possible for me." Charlie was in the gym with me 6 days a week, and after being diagnosed with vasculitis, he died just 9 days later. Charlie also coached soccer, his second love, next to Hockey, his first. He was a Leafs fanatic. He coached for a city soccer league. In 2002, his team Merrill Lynch went undefeated winning the city championship. This year he was coaching a team sponsored by ISM Security and won the championship for 2003. His sons, Craig and Derek played on both teams.

I have ordered a plaque which will be dedicated in his memory, and it will be placed in the trophy case at the Bob Hayward YMCA in London. To everyone who knew Charlie he was "SIMPLY THE BEST" I miss him dearly.



OPA Club Updates

What is happening within clubs in Ontario

London Powerlifting Club – Karen & Terry Stinchcombe

The London Powerlifting Club held its annual barbeque in August, where club members and their families enjoyed the day. Stan Goss finally showed up on the right date this year. Ha Ha. We have some new members: Craig Stinchcombe and Scott Moir hopefully going after some bench press records in upcoming meets this year. Three members are lifting at the World Masters in Regina this year they are Lynda Squires, Ivan Williamson, Barry Simms, Stan Goss. Good luck to them all. Unfortunately, we had to cancel the Ontario Intermediate Championships due to power failure. We hope that this meet will be well represented in 2004 by all intermediate lifters for those who may never achieve a class 1 total. This an excellent opportunity to win an Ontario Championship. We are also in the process of purchasing a set of calibrated chrome Ivanko weights through fund raising.

Ontario Senior & Intermediates

Sep 20, 2003

Results: *Eric Gagnon*

Class	Lifter	Squat	Bench	DL	Total
Seniors					
Women					
82.5kg	Sarah Frankle	120.0	70.0	150.0	340.0
Men					
75kg	Everett Beachey	205.0	157.5	247.5	610.0
	Andrew Demidenko	222.5	130.0	245.0	597.5
	Willie Albert	-	-	-	-
90kg	Rick Morrisette	247.5	162.5	300.0	710.0
	Dave Pigozzo	222.5	140.0	240.0	602.5
100kg	Eric Gagnon	312.5	175.0	270.0	757.5
	Jason Platts	272.5	175.0	270.0	717.5
110kg	Mark Finchio	250.0	170.0	235.0	655.0
	Mike Mangan	-	-	-	-
	Steve Magistrale	-	-	-	-
125kg	Jim Halliday	-	-	-	-
125+	Sean Brown	300.0	235.0	312.5	847.5
	Chris Yantha	-	-	-	-

Intermediate

Men

82.5kg	Nicholas Rivard	225.0	137.5	215.0	577.5
	Herb Greenidge	180.0	175.0	215.0	570.0
90kg	Laurie Greenidge	200.0	135.0	200.0	535.0
110kg	Mark Golfcheskie	-	-	-	-
	George Power	285.0	172.5	250.0	707.5
	Nathan Donahue	230.0	175.0	235.0	640.0

Womens Senior

Champion of Champions:

Sarah Frankel

Mens Senior

Champion of Champions:

Sean Brown

Team: Ottawa Strong

Ontario Intermediates:

Champion of Champions:

George Power Jr

Team:

Ottawa Strong

Second Annual Niagara Open

Date:	January 24, 2004 10:00 am
Host	Niagara Powerlifting Club
Place:	Ramada Inn Ontario St, St Catharines
Lifts:	3-lift contest
Eligibility:	Open contest Limited to first 28 lifters
Weigh In:	8:00 am
Awards:	1 st , 2 nd , 3 rd in each class, Best Lifter
Meet Director:	Jay Gemmell (905) 685-9828 Glyn Moore email: gmoore82@cogeco.ca
Entry Fee:	\$50.00
Entry Deadline:	January 12, 2004
Payable To:	Niagara Powerlifting Club
Send Entry To:	Marlene Moore 9 Old Oxford Rd St Catharines, ON L2M 2J7 ➔ Use Contest Entry form on Page 16

2004 Canadian Powerlifting & Bench Press

Date:	March 18-22, 2004 This meet may be a 4 day competition until further notice
Place:	495 King Street North Waterloo, ON (519) 884-0220 or (800) 361-4708
Entry Fee:	\$80.00 (Second Competition \$40.00) Includes One Banquet Ticket and T-Shirt
Banquet Fee:	\$35 Purchase Banquet Tickets with Entry
T-Shirts:	\$15.00 (M, L, XL), \$18.00 (XXL, XXXL)
Entry Deadline:	Postmarked February 16, 2004
Payable To:	Kitchener Iron Angels Powerlifting Club
Send Entry To:	Lynton Lam 98 Pepperwood Cres. Kitchener, ON N2A 2R3 ➔ CPU Contest Entry form on Page 17
Meet Director:	Lynton Lam Phone/Fax (519) 893-8479 E-Mail: Llamn628@Rogers.Com Website: www.lyntonspowerlifting.org
Technical:	Bill Jamison 1-905-765-5345 E-Mail: billjamison@sympatico.ca

3rd Sub-Junior World Championships

New Delhi, India Sep 24-28, 2003

Canadian Results:

	Squat	Bench	DL	Total
Men				
82.5 kg				
3. Vikram Binning	180.0	125.0	210.0	515.0
100.0 kg				
2. Garret Toma	260.0	165.0	250.0	675.0

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St Thomas Open

Oct 24, 2003

Results: *Daniel Pare*

Lifter	Squat	Bench	DL	Total
Women				
52.0kg				
Nina Whitford	62.5	40.0	100.0	202.5
67.5 kg				
Robin Morgan	75.0	47.5	122.5	245.0
Doreen Bonnell	80.0	50.0	90.0	217.5
82.5 kg				
Wendy Hlywka	90.0	65.0	112.5	267.5
Men				
56.0 kg				
Jason Marentette	115.0	70.0	140.0	325.0
67.5 kg				
Chap Chapman	157.5	105.0	165.0	427.5
Konstantin Inozemtsev	165.0	100.0	195.0	460.0
75.0 kg				
Brian DeCastro	175.0	122.5	192.5	490.0
Craig Stinchcombe	100.0	142.5	100.0	342.5
Shane McNulty	145.0	110.0	182.5	437.5
Jeff Powell	95.0	75.0	147.5	317.5
82.5 kg				
Vince Byrne	195.0	170.0	227.5	592.5
John Doris	195.0	147.5	235.0	577.5
90.0 kg				
Rick Morrisette	247.5	147.5	287.5	682.5
Hoi Leung	220.0	155.0	257.5	632.5
Joel Davis	192.5	130.0	227.5	550.0
Matt Chute	180.0	147.5	200.0	527.5
Kurt Obratoski	210.0	125.0	182.5	517.5
Greg Zilberbrant	167.5	152.5	195.0	515.0
Robert McIntyre	175.0	120.0	175.0	470.0
100.0 kg				
Blair Lyon	222.5	155.0	265.0	642.5
Byron Monster	240.0	145.0	242.5	627.5
Paul Francis	220.0	142.5	237.5	600.0
Martin Walch	200.0	175.0	225.0	600.0
Virgil Gazzola	207.5	137.5	245.0	590.0
110.0 kg				
Jason Byrne	185.0	175.0	265.0	625.0
125+ kg				
Shawn O'Halloran	260.0	240.0	232.5	732.5
Gord Cosby	205.0	165.0	275.0	645.0

With 28 lifters including 4 female lifters and several novices, the St. Thomas Open was a great success. Athletes from all over made it to St. Thomas that day, that's right one lifter from New Jersey, one from New Brunswick and one from Russia. Congratulations to all competitors for your best efforts.

Powerlifting is a great strength sport and more women ought to get involved in competing. thanks to the following:

Set-up/tear down:

Paul Coveny, Brett Baresich, Chad Fowler, Chris House, Matt Pfeifer, Byron Monster, Dr. Gregory Johnston, Daniel Pare.

Announcer: Doug Vair

Score Keeping: Matt Pfeifer, Clint Jack

Referees: Lynton Lam, Rick Gazdig, Mike Knott, Terry Stinchcombe

Equipment: Arthur Voaden Secondary School, McGregor Auto Parts, Jerry Marentette for the lights and record plates., St. Thomas Strength Athletics D.F. Powerlifting Club (division)

Best Club goes to "POWER PIT GYM"

Also thanks to all lifters, coaches, and spectators. See you all in 2004 -- *Daniel Pare*



Best Team – St Thomas Open – Power Pit

IPF World Masters

Regina, SK Oct 8-12, 2003

Canadian Results:

	Squat	Bench	DL	Total
Master 1 Men				
60 kg				
1. Jim Jong	182.5	145.0	207.5	535.0
3. Bob Hindley	232.5	122.5	252.5	607.5
82.5 kg				
2. Jeff Becker	280.0	175.0	285.0	740.0
5. Jerry Marentette	242.5	172.5	265.0	680.0
90 kg				
3. Bruce Markham	285.0	192.5	277.5	755.0
7. Barry Simms	242.5	162.5	240.0	645.0
100 kg				
8. Tony Tomra	260.0	205.0	240.0	705.0
110 kg				
1. Tom Nicholls	330.0	240.0	337.5	907.5
7. Bruce McIntyre	-	-	-	-
125 KG				
3. Keith Banner	332.5	202.5	295.0	830.0
125+KG				
7. Brock Haywood	275.0	170.0	255.0	700.0
67.5 kg				
1. Glynn Moore	197.5	130.0	235.0	562.5
75 kg				
4. Bob Mann	185.0	145.0	227.5	557.5
8. Stan Goss	165.0	100.0	185.0	450.0
82.5 kg				
2. Ken Fougere	265.0	165.0	252.5	682.5
6. Laurie Greenidge	215.0	125.0	210.0	550.0
90 kg				
6. Scot Seguin	242.5	160.0	260.0	662.5
8. Brian Desjarlais	175.0	175.0	197.5	547.5
110 kg				
5. Grant Armour	240.0	165.0	252.5	657.5
7. Darwin Ekstrom	222.5	185.0	220.0	627.5
125+ KG				
5. Richard Nowazek	240.0	165.0	185.0	590.0
Master 3 Men				
82.5 kg				
4. Ivan Williamson	147.5	112.5	207.5	467.5
5. Lynton Lam	165.0	82.5	210.0	457.5
90 kg				
3. Anatole Dimidenko	170.0	150.0	200.0	520.0
125 KG				
1. Robert O. Smith	230.0	205.0	235.0	670.0

	Squat	Bench	DL	Total
Master 1 Women				
60kg				
5. Cindy-Lee Cosby	112.5	67.5	122.5	302.5
67.5kg				
2. Glorianne Papolis	160.0	87.5	155.0	402.5
75kg				
3. Rose Heck	122.5	60.0	127.5	310.0
90kg				
2. Mary Greenidge	80.0	52.5	100.0	232.5
Master 2 Women				
56kg				
2. Pat Ling	112.5	75.0	140.0	327.5
60kg				
2. Jane Lessard	117.5	65.0	147.5	330.0
67.5kg				
3. Lynda Squires	125.0	65.0	130.0	320.0
75kg				
5. Susan Haywood	107.5	65.0	115.0	287.5

Team Points

Women

Master 40-49

1	USA	69
2	FRA	40
3	CAN	39
4	GBR	37
5	JPN	25
6	BRA	14
7	RUS	12
8	GER	12
9	ITA	9
10	PHI	8
11	HKG	5

Master 50 +

1	USA	58
2	CAN	32
3	JPN	27
4	FRA	24
5	AUT	24
6	GBR	19
7	FIN	18
8	RUS	12
9	NED	9
10	GER	8

Men

Master 40-49

1	USA	69
2	CAN	57
3	JPN	48
4	RUS	36
5	IRL	31
6	FRA	31
7	UKR	24
8	GER	24
9	NZL	16
10	PHI	12
11	FIN	11
12	ECU	9
13	GBR	9
14	RSA	8
15	UZB	8
16	NOR	7
17	DEN	6

Master 50-59

1	USA	58
2	CAN	47
3	GBR	44
4	FRA	44
5	RUS	36
6	JPN	35
7	GER	29
8	NZL	18
9	ESP	12
10	UKR	12
11	UZB	9
12	ARG	9
13	SWE	6

Master 60+

1	USA	63
2	JPN	54
3	CAN	33
4	GBR	33
5	RUS	31
6	FRA	28
7	FIN	17
8	DEN	14
9	IRL	12
10	NOR	12
11	HKG	9
12	CZE	8
13	ESP	7
14	GER	7

Intelligent Powerlifting

Part I – Training Smart

A primary goal for any athlete should be to avoid injury. Many athletes, particularly lifters, are familiar with training hard, sometimes very hard, in order to achieve peak performance but at what cost? The elite athletes, the best of their sport, know how to work hard, very hard at times, but just hard enough that they can attain their goals safely, without injury. The ideal is to be able to reach that brink. To find that very fine line between being 100% at your best and going just beyond - to the point of injury.

To master your sport you must be able to master yourself - every aspect of yourself, body, mind and spirit. If you focus primarily on the physical skill and strength required to be a lifter you are setting yourself up for injury, either a short term one or worse, one that may end your career as a lifter altogether.

You often hear people arguing about how important the mental part of the game is. "It's 50/50", "No, it's more like 60% mental and 40% physical" and someone else will jump in with "It's 90% mental! If your head's not in it, being really good doesn't matter." In reality, it is 100% mental and 100% physical. These two essential components of sport, (mental and physical) are completely different. That being said, when combined and utilized to their fullest potential (along with a dash of God-given ability and genetics and a of course sound information, knowledge and experience) the result is an athlete on their way to reaching their full potential.

You may not be able to do anything about what abilities and genetics you were born with. Nevertheless, there are things you can do to bring the mental aspect of the sport up to par with the physical. Everyone knows that being at your best mentally is much about "getting your head in it", thinking like a winner and eliminating negative thoughts, which we will not be getting into today. It is also simply about using your head - training smart. You know exactly what I mean. We have all heard it before "gotta train smart man".

The first step to training smart is listening to your body. The best way to put it is you must develop an intimate relationship with your body. Like any relationship, communication is the key to success and longevity. If your body continually sends you messages and you fail to respond to them appropriately, your body will turn on you; it will retreat, withdraw and stop working with you towards your goals. It will feel neglected, betrayed and unsupported. You cannot expect it to keep on giving all the time. You must take care of it, feed it, nurture it, respect it and ultimately understand that like all relationships it will go through phases of ups and downs.

If you continue to push your body to the limit workout after workout, it WILL get what it needs whether you like it or not. It will force you to take a rest along with it - through outright exhaustion and fatigue, injury or illness. By

listening very carefully to your body and learning to decipher the messages it is sending you, you will not only avoid injury, illness and exhaustion but you will also progress and make gains possibly not previously experienced. You will also have a renewed energy and enthusiasm for training.

The old notion that you only have one body, so make the most of it, is absolutely correct. What possible benefit is there to going for one more rep or getting that last set today, when you are sacrificing your overall health and wellbeing tomorrow? This is the frame of mind you need to establish with each and every training session. Think about both the short and long term effects of your training. Pulling a PR deadlift will mean nothing to you when you can barely stand up straight when you reach your golden years.

Listen to your body, and at the same time try to pinpoint why your body is sending you certain signals. If one day you wake up feeling totally lethargic and you have no interest in training have a heart to heart with yourself. Do you simply need to call someone for a pep talk to get you going? Have you been doing 3x3 for too long? Is it time to re-evaluate your program? Did you fail your bench last workout and are just dreading getting under the bar again for fear of a repeat? Maybe you have neglected to take your vitamins one too many days this week or have not been drinking enough water. Are you giving a little too much at work or taking on too much at home? You need to analyze a number of factors and make the necessary adjustments.

If you find yourself at the gym and for some strange reason you feel weak and out of it - LISTEN and listen well. That is when you pick up your stuff, get in your car and drive home. Make yourself a big fat meal, turn on the TV and veg out. REST. If you just cannot see yourself doing that, then take your planned workout and cut it in half. Cut your sets, reps, weights in half, stretch well afterwards and plan a rest day for tomorrow. Definitely, do not get under any large loads of weight even for a single. Sure you may be able to do force yourself through the entire workout - but your body will seek revenge for ignoring the strong message it was sending.

This is not rocket science. Many people talk the talk about training smart "gotta listen to your body man. It's not worth it", but very few walk the walk. When it comes time to put their money where their mouth is, too many lifters fear that they will sacrifice their gains if they let the momentum stop to take a much needed breather. If you want to be in the Iron Game for the long haul go ahead - train hard, very hard at times, but for your bodies sake - train smart.

Recommend reading "Stronger Minds, Stronger Bodies" by Randall Strossen available through www.ironmind.com.

- K. Schaus



Request for Expense Reimbursement

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

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

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

Member Information

Name: _____ CPU Card #: _____

Address: _____

Phone #: _____ Email (optional): _____

Event Information

Competition _____ Referee _____ Meeting _____ Administrative _____

Name of Event: _____

Location: _____ Date: _____

Contest Results: (how you placed etc...): _____

Claim Information

CLAIMANT SECTION

Details of Expenses

O.P.A. SECTION

Amount Claimed	Provision in Constitution	Amount Allowed	Amount Approved	Claim Category

Total: _____

Total: _____

I hereby declare the above information to be true and expenses to be incurred by me: **Claimant's Signature**

OFFICE USE ONLY

Date Received: _____

Approved by: _____

Cheque #: _____

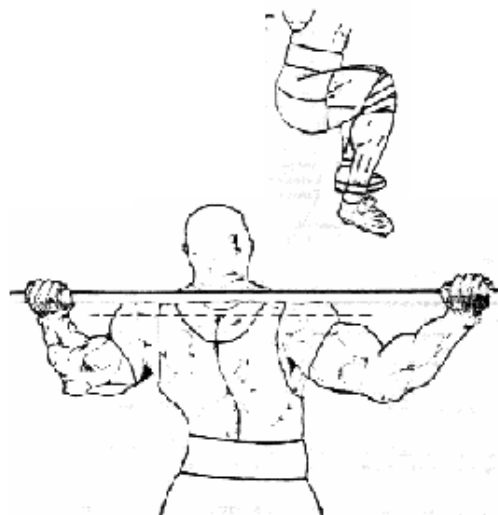
Date Issued: _____

Mail To OPA Treasurer:
 Krista Schaus
 295 Link Road
 RR2 Cayuga, ON
 NOA 1E0

Junior World Championships

Canadian Results:

	Squat	Bench	DL	Total
Men				
60.0 kg				
2. Ryun P. Laniec	185.0	132.5	207.5	525.0
75.0 kg				
6. William John Albert	240.0	135.0	250.0	625.0
90.0 kg				
15. Adam Bury	180.0	127.5	207.5	515.0
110.0kg				
7. Tim William Ekert	215.0	190.0	230.0	635.0



Required Depth in the Squat, Proper bar positioning [from IPF Rulebook]

TOP 10 Ontario – 2 Years Ending December 31, 2002

MEN	Squat			Bench			DL			Total		
56kg												
	D. Heisel	95.0	08/11/02	D. Heisel	65.0	08/11/02	D. Heisel	125.0	08/11/02	D. Heisel	285.0	08/11/02
60kg												
	J. Jong	197.5	12/07/01	J. Jong	142.5	10/17/01	J. Jong	215.0	03/31/01	J. Jong	547.5	12/07/02
67.5kg												
	G. Moore	210.0	12/07/02	R. Paananen	135.0	12/02/01	G. Moore	235.5	12/07/02	G. Moore	567.5	12/07/02
	R. Paananen	175.0	12/02/01	G. Moore	122.5	12/07/02	B. DeCastro	200.0	08/11/02	R. Paananen	510.0	12/02/01
	B. DeCastro	167.5	08/11/02	F. Nadeau	120.0	05/25/02	R. Paananen	200.0	12/02/01	B. DeCastro	482.5	08/11/02
	F. Nadeau	157.5	05/25/02	B. DeCastro	115.0	08/11/02	A. Goss	185.0	08/04/01	F. Nadeau	457.5	05/25/02
	S. Sher	140.0	05/26/01	A. Goss	87.5	08/04/01	F. Nadeau	180.0	05/25/02	A. Goss	400.0	08/04/01
	A. Goss	127.5	08/04/01	S. Sher	75.0	05/26/01	S. Sher	170.0	05/26/01	S. Sher	385.0	05/26/01
75kg												
	G. Moore	232.5	05/25/02	B. Summers	160.0	09/22/02	B. Summers	260.0	03/31/01	B. Summers	630.0	03/22/02
	B. Summers	230.0	03/22/02	E. Dunstan	150.0	10/13/01	W. Albert	240.0	12/07/02	G. Moore	605.0	05/25/02
	N. Davidson	212.5	08/04/01	H. Singh-Rai	147.5	10/13/01	G. Moore	237.5	09/22/02	N. Davidson	577.5	08/04/01
	J. Bourgoin	212.5	03/31/01	E. Beachey	140.0	05/25/02	N. Davidson	232.5	08/04/01	W. Albert	575.0	12/17/02
	W. Albert	205.0	12/07/02	G. Moore	135.0	05/25/02	E. Beachey	230.0	05/25/02	E. Beachey	552.5	05/25/02
	H. Singh-Rai	195.0	10/13/01	N. Davidson	132.5	08/04/01	St. Goss	207.5	08/11/02	E. Dunstan	532.5	10/13/01
	E. Beachey	182.5	05/25/02	W. Albert	130.0	12/07/02	S. Goss	202.5	08/04/01	J. Bourgoin	527.5	03/31/01
	E. Dunstan	182.5	10/13/01	J. Bourgoin	125.0	03/31/01	E. Dunstan	200.0	08/04/01	H. Singh-Rai	520.0	10/13/01
	St. Goss	172.5	05/26/01	D. Smiderle	110.0	08/04/01	H. Singh-Rai	190.0	10/13/01	St. Goss	482.5	05/26/01
	J. Gutri	155.0	09/22/02	St. Goss	105.0	05/26/01	J. Bourgoin	190.0	03/31/01	S. Goss	472.5	08/04/01
82.5kg												
	J. Becker	262.5	09/22/02	J. Becker	177.5	09/22/02	J. Becker	290.0	09/22/02	J. Becker	730.0	09/22/02
	J. Marentette	242.5	12/07/02	H. Greenidge	175.0	09/22/02	H. Leung	280.0	03/31/01	H. Leung	660.0	03/31/01
	B. Summers	242.5	09/15/01	B. Summers	165.0	11/15/01	J. Marentette	265.0	03/31/01	J. Marentette	657.5	12/07/02
	B. Simms	235.0	05/25/02	J. Marentette	162.5	03/31/01	B. Summers	260.0	11/15/01	B. Summers	650.0	11/15/01
	H. Leung	232.5	03/31/01	E. Dunstan	160.0	05/25/02	B. Simms	250.0	05/25/02	B. Simms	632.5	05/25/02
	J. Bourgoin	230.0	12/07/02	P. Clipperton	152.5	03/31/01	L. Lam	220.0	03/22/02	H. Greenidge	585.0	03/31/01
	H. Greenidge	210.0	03/31/01	B. Simms	150.0	12/02/01	P. Clipperton	220.0	03/31/01	E. Dunstan	565.0	05/25/02
	E. Dunstan	205.0	05/25/02	H. Leung	147.5	03/31/01	R. Etchells	217.5	08/11/02	P. Clipperton	565.0	03/31/01
	L. Greenidge	192.5	05/26/01	C. Kay	145.0	08/04/01	K. Stirling	215.0	10/13/01	J. Bourgoin	542.5	12/07/02
	P. Clipperton	192.5	03/31/01	L. Greenidge	145.0	05/26/01	H. Greenidge	212.5	09/15/01	R. Etchells	540.0	08/11/02
							K. Simms	212.5	05/26/01			
90kg												
	J. Becker	282.5	11/15/01	J. Becker	182.5	09/15/01	R. Morrisette	300.0	05/26/01	J. Becker	750.0	09/15/01
	R. Morrisette	270.0	06/30/02	A. Drolc	175.0	03/10/02	J. Becker	292.5	09/15/01	A. Drolc	717.5	03/10/02
	A. Drolc	262.5	03/20/02	H. Greenidge	172.5	05/26/01	A. Drolc	280.0	03/10/02	R. Morrisette	712.5	05/25/02
	J. Marentette	242.5	03/22/02	S. Seguin	172.5	03/31/01	P. Perry	272.5	12/07/02	J. Marentette	667.5	03/22/02
	D. Bolton	242.5	03/31/01	T. McPhail	162.5	03/10/02	J. Marentette	265.0	03/22/02	P. Perry	655.0	12/07/02
	P. Perry	237.5	12/07/02	M. Goss	162.5	10/13/01	S. Seguin	260.0	12/07/02	D. Bolton	655.0	09/22/02
	T. McPhail	235.0	03/10/02	J. Marentette	160.0	03/22/02	D. Bolton	260.0	09/22/02	T. McPhail	650.0	03/10/02
	D. Pigozzo	235.0	10/13/01	R. Morrisette	155.0	09/22/02	D. Pigozzo	257.5	10/13/01	D. Pigozzo	645.0	10/13/01
	M. Goss	232.5	10/13/01	D. Bolton	155.0	09/22/02	T. McPhail	252.5	03/10/02	S. Seguin	642.5	12/07/02
	S. Seguin	230.0	12/07/02	D. Pigozzo	152.5	10/13/01	T. Jones	232.5	12/07/02	M. Goss	617.5	10/13/01

TOP 10 Ontario – 2 Years Ending December 31, 2002 (continued)

MEN

	Squat			Bench			DL			Total		
100kg												
S. McKenzie	305.0	03/31/01		E. Gagnon	185.0	11/07/02	S. McKenzie	327.5	03/22/02	S. McKenzie	812.5	03/22/02
E. Gagnon	302.5	03/31/01		S. Magistrale	185.0	09/22/02	J. Platts	280.0	05/25/02	E. Gagnon	750.0	11/07/02
M. Mangan	270.0	08/11/02		M. Mangan	185.0	08/11/02	M. Skypas	275.0	05/25/02	S. Magistrale	700.0	09/22/02
J. Platts	262.5	03/22/02		S. McKenzie	182.5	09/15/01	S. Duncan	272.5	09/15/01	J. Platts	700.0	03/22/02
M. Finochio	262.5	10/13/01		J. Platts	175.0	09/22/02	E. Gagnon	267.5	11/07/02	M. Mangan	697.5	08/11/02
S. Magistrale	260.0	03/31/01		M. Goss	175.0	05/26/01	S. Magistrale	265.0	09/22/02	S. Magistrale	682.5	09/22/02
J. Cautillo	257.5	08/04/01		M. Finochio	170.0	10/13/01	M. Mangan	265.0	03/10/02	M. Skypas	670.0	05/25/02
V. Kozmimko	250.0	08/11/02		M. Skypas	165.0	05/25/02	B. Lyon	262.5	09/22/02	J. Cautillo	662.5	08/04/01
M. Goss	242.5	05/26/01		S. Duncan	157.5	09/15/01	J. Cautillo	255.0	08/04/01	M. Goss	650.0	05/26/01
B. Lyon	230.0	09/22/02		B. Lyon	155.0	09/22/02	S. Seguin	252.5	03/22/02	B. Lyon	647.5	09/22/02
							T. Stinchcombe	252.5	03/31/01			
110kg												
M. Giffen	285.0	03/10/02		M. Giffen	232.5	09/22/02	M. Giffen	297.5	09/22/02	M. Giffen	812.5	09/22/02
M. Finochio	275.0	05/25/02		B. McIntyre	210.0	08/11/02	B. McIntyre	285.0	12/07/02	H. Weir	732.5	09/15/01
H. Weir	272.5	09/15/01		H. Weir	185.0	09/15/01	R. Lyndon	280.0	09/22/02	B. McIntyre	725.0	12/07/02
J. Gemmell	272.5	03/31/01		T. Ekert	182.5	12/07/02	R. Strong	275.0	10/17/01	J. Gemmell	722.5	03/31/01
R. Lyndon	262.5	05/25/02		M. Glofcheskie	182.5	05/25/02	H. Weir	275.0	09/15/01	M. Finochio	715.0	05/25/02
C. Hawkshaw	255.0	09/15/02		J. Gemmell	180.0	03/31/01	J. Gemmell	270.0	03/31/01	S. Chomitz	682.5	10/17/01
M. Mangan	255.0	10/13/01		M. Finochio	177.5	05/25/02	S. Chomitz	267.5	10/17/01	M. Glofcheskie	675.0	05/25/02
M. Glofcheskie	252.5	05/25/02		S. Chomitz	175.0	10/17/01	M. Finochio	262.5	05/25/02	R. Strong	672.5	12/07/01
R. Strong	247.5	12/07/02		S. Roach	162.5	09/22/02	C. Hawkshaw	260.0	12/07/02	R. Lyndon	665.0	09/22/01
B. McIntyre	240.0	12/07/02		D. Theal	162.5	05/25/02	S. Roach	255.0	09/22/02	C. Hawkshaw	645.0	12/07/02
S. Chomitz	240.0	10/17/01		M. Mangan	162.5	10/13/01	V. Gazzola	255.0	09/15/01			
125kg												
D. Gratton	337.5	03/10/02		D. Gratton	245.0	09/22/02	S. Brown	315.0	05/25/02	D. Gratton	862.5	09/22/02
S. Brown	305.0	05/25/02		S. Brown	215.0	05/25/02	R. Silverson	292.5	05/26/01	S. Brown	835.0	05/25/02
R. Silverson	295.0	05/26/01		R. Freeman	210.0	05/25/02	D. Gratton	290.0	09/22/02	R. Silverson	787.5	05/26/01
H. Weir	277.5	05/25/02		H. Weir	202.5	05/25/02	R. Freeman	285.0	05/25/02	R. Freeman	770.0	05/25/02
R. Freeman	275.0	05/25/02		R. Silverson	200.0	05/26/01	H. Weir	275.0	05/25/02	H. Weir	755.0	05/25/02
J. Halliday	245.0	08/11/02		N. DaCosta	192.5	03/10/02	G. Cosby	275.0	10/13/01	J. Halliday	675.0	08/11/02
R. Gazdig	232.5	12/07/02		C. Yantha	175.0	06/30/02	J. Halliday	260.0	08/11/02	G. Cosby	675.0	10/13/01
G. Cosby	227.5	10/13/01		R. Gazdig	175.0	12/02/01	R. Gazdig	255.0	12/07/02	R. Gazdig	657.5	12/07/02
C. Yantha	205.0	06/30/02		G. Cosby	172.5	10/13/01	C. Yantha	250.0	06/30/02	C. Yantha	630.0	06/30/02
M. Gore	205.0	04/08/01		J. Halliday	170.0	08/11/02	B. Pulsifer	247.5	03/10/02	M Gore	585.0	04/08/01
125+kg												
D. Gratton	347.5	05/26/01		D. Gratton	238.0	05/26/01	S. Brown	300.0	03/22/02	D. Gratton	860.0	05/26/01
S. Brown	300.0	03/22/02		S. Brown	212.5	03/22/02	D. Gratton	275.0	05/26/01	S. Brown	812.5	03/22/02
D. Vordnov	275.0	08/11/02		B. Duguay	195.0	09/15/01	C. Yantha	265.0	09/22/02	B. Duguay	715.0	02/15/01
B. Duguay	260.0	09/15/01		C. Yantha	185.0	09/22/02	R. Lyndon	260.0	08/04/01	C. Yantha	692.5	09/22/02
C. Yantha	242.5	09/22/02		D. Vordnov	185.0	08/11/02	B. Duguay	260.0	09/15/01	D. Vordnov	645.0	08/11/02
R. Lyndon	212.5	08/04/01		G. Cosby	147.5	12/07/01	G. Cosby	252.5	12/07/02	G. Cosby	600.0	12/07/02
M. Knott	205.0	05/26/01		M. Knott	140.0	08/11/02	T. Urquhart	240.0	05/26/01	R. Lyndon	597.5	08/04/01
G. Cosby	200.0	12/07/02		T. Urquhart	135.0	05/26/01	D. Vordnov	210.0	08/11/02	T. Urquhart	572.5	05/26/01
T. Urquhart	197.5	05/26/01		R. Lyndon	125.0	08/04/01	M. Knott	180.0	05/26/01	M. Knott	525.0	05/26/01

TOP 10 Ontario – 2 Years Ending December 31, 2002 (continued)

WOMEN	Squat			Bench			DL			Total		
56kg												
K. Schaus	115.0	08/04/01		P. Cookson	62.5	05/25/02	K. Schaus	117.5	08/04/01	K. Schaus	292.5	08/04/01
P. Cookson	80.0	05/25/02		K. Schaus	60.0	08/04/01	P. Cookson	97.5	05/25/02	P. Cookson	240.0	05/11/02
A. Brooker	70.0	04/08/01		A. Brooker	42.5	04/08/01	R. Goss	85.0	08/04/01	A. Brooker	190.0	04/08/01
R. Goss	52.5	08/04/01		R. Goss	37.5	08/04/01	A. Brooker	77.5	04/08/01	R. Goss	175.0	08/04/01
60kg												
J. Lessard	115.0	12/07/02		C. Cosby	72.5	12/07/02	J. Lessard	142.5	12/07/02	J. Lessard	325.0	12/07/02
C. Cosby	112.5	12/07/02		J. Lessard	67.5	12/07/02	C. Cosby	117.5	05/25/02	C. Cosby	300.0	12/07/02
K. Schaus	107.5	09/15/01		K. Schaus	57.5	09/15/01	K. Schaus	117.5	09/15/01	K. Schaus	282.5	09/15/01
L. Harlie	100.0	12/07/02		L. Harlie	50.0	12/07/02	L. Harlie	100.0	12/07/02	L. Harlie	250.0	12/07/02
67.5kg												
G. Papolis	152.5	08/11/02		G. Rkmlis	87.5	08/11/02	G. Papolis	150.0	08/11/02	G. Papolis	390.0	08/11/02
S. Clark	142.5	09/15/01		L. Squires	70.0	12/07/02	S. Clark	145.0	09/15/01	S. Clark	342.5	09/15/01
L. Squires	135.0	05/25/02		L. Harlie	55.0	08/11/02	L. Squires	137.5	05/25/02	L. Squires	337.5	05/25/02
D. McPherson	102.5	09/15/01		S. Clark	55.0	09/15/01	D. McPherson	127.5	09/15/01	D. McPherson	285.0	09/15/01
L. Harlie	100.0	08/11/02		D. McPherson	55.0	09/15/01	L. Harlie	110.0	08/11/02	L. Harlie	265.0	08/11/02
D. Bonnell	80.0	06/30/02		D. Bonnell	45.0	06/30/02	D. Bonnell	105.0	06/30/02	D. Bonnell	242.5	06/30/02
M. Gorgi	52.5	08/04/01		M. Gorgi	42.5	08/04/01	M. Gorgi	72.5	08/04/01	M. Gorgi	167.5	08/04/01
75kg												
G. Papolis	160.0	12/07/02		G. Papolis	85.0	12/07/02	G. Papolis	165.0	12/07/02	G. Papolis	410.0	12/07/02
S. Clark	152.5	09/22/02		S. Clark	75.0	09/22/02	S. Clark	160.0	09/22/02	S. Clark	387.5	09/22/02
D. McPherson	97.5	08/04/01		D. McPherson	55.0	05/26/01	D. McPherson	120.0	08/04/01	D. McPherson	270.0	08/04/01
82.5kg												
U. Kruger	147.5	12/07/02		P. Eisen	77.5	08/04/01	U. Kruger	170.0	12/07/02	U. Kruger	392.5	12/07/02
S. Frankel	130.0	04/08/01		U. Kruger	75.0	12/07/02	S. Frankel	145.0	09/27/02	S. Frankel	342.5	09/27/02
P. Eisen	117.5	09/27/01		S. Frankel	75.0	03/22/02	P. Eisen	132.5	10/13/01	P. Eisen	317.5	10/13/01
M. Greenidge	95.0	08/04/01		M. Greenidge	57.5	08/04/01	M. Greenidge	100.0	08/04/01	M. Greenidge	252.5	08/04/01
90kg												
H. Johns	147.5	09/15/01		P. Eisen	80.0	09/27/02	H. Johns	152.5	09/15/01	H. Johns	365.0	09/15/01
P. Eisen	125.0	08/11/02		K. Murphy	67.5	10/13/01	P. Eisen	137.5	09/22/02	P. Eisen	335.0	09/22/02
K. Murphy	110.0	10/13/01		H. Johns	65.0	09/15/01	K. Murphy	135.0	10/13/01	K. Murphy	312.5	10/13/01
M. Greenidge	105.0	06/30/02		M. Greenidge	62.5	06/30/02	M. Greenidge	110.0	06/30/02	M. Greenidge	277.5	06/30/02

Please report any errors to omissions or corrections to: Dave Hoffman, OPA Records Chairperson
278 Thaler Ave, Kitchener, ON N2A 1R6 Phone: (519) 894-5913 Fax: (905) 465-2950

Causes for Disqualification of a Bench Press [from IPF Rulebook]

1. Failure to observe the Chief Referee's signals at the commencement or completion of the lift.
2. Any change in the elected lifting position during the lift proper i.e. any raising movement of the shoulders, buttocks, from the bench, or feet from the floor / blocks - plates or lateral movement of hands on the bar. Slight or very minor foot movement is allowed. Both sole and heel must stay in contact with the floor / blocks.
3. Heaving, bouncing, or sinking the bar into the chest after it is motionless in such a way as to make the lift easier.
4. Any pronounced / exaggerated uneven extension of the arms during the lift.
5. Any downward movement of the bar in the course of being pressed out.
6. Failure to press the bar to full extension of the arms simultaneously at the completion of the lift.
7. Contact with the bar or the lifter by the spotter / loaders between the Chief Referee's signals, in order to make the lift easier.
8. Any contact of the lifter's feet with the bench or its supports.
9. Failure to comply with any of the items outlined under the Rules of Performance.

Ontario Bench Press Records

Class	kg	Lifter	Date	Contest
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
75kg	85.0	G. Papolis	12/08/02	Guelph, ON
82.5kg	42.5	M. Greenidge	12/18/99	Toronto, ON
Women's Master 40-49 Bench Press Records				
60kg	70.0	C. Cosby	12/08/02	Guelph, ON
67.5kg	67.5	L. Squires	12/02/01	Cambridge, ON
75kg	85.0	G. Papolis	12/08/02	Guelph, ON
82.5kg	42.5	M. Greenidge	12/18/99	Toronto, ON
Women's Master 40-49 Bench Press Records				
60kg	70.0	J. Lessard	03/16/03	Winnipeg, MB
67.5kg	67.5	L. Squires	12/08/02	Guelph, ON
Men's Juniors Bench Press Records				
75kg	140.0	G. Gray	02/01/92	Kitchener, ON
90kg	140.0	J. Heisel	12/08/02	Guelph, ON
110kg	167.5	D. Kuntz	01/31/98	Cambridge, ON
Men's Open Bench Press Records				
60kg	147.5	J. Jong	03/16/03	Winnipeg, MB
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	252.5	D. Gratton	12/08/02	Guelph, ON
125+kg	235.5	S Brown	12/08/02	Guelph, ON
Men's Master 40-49 Bench Press Records				
60kg	147.5	J. Jong	03/16/03	Winnipeg, MB
67.5kg	140.0	K. Lam	06/19/90	Surrey, BC
75kg	150.0	E. Dunstan	12/02/01	Cambridge, ON
82.5kg	178.5	H. Greenidge	03/16/03	Winnipeg, MB
90.0kg	175.5	H. Greenidge	04/01/01	Quebec City, QU
110kg	210.0	B. McIntyre	03/16/03	Winnipeg, MB
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

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. 3-Lift, Bench, Junior, Novice, Blind, etc

Contest Weight Class: _____ **kg Male or Female**

Date of Birth: _____

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 this form if you wish to enter an Ontario Powerlifting Association sanctioned contest.
- ➔ Send the completed form along with the appropriate fees to the contact indicated in the contest details.

2004 CANADIAN POWERLIFTING & BENCH PRESS CHAMPIONSHIPS

ENTRY FORM: CLOSING DATE FEBRUARY 16, 2004

NAME: _____ ADDRESS: _____

PHONE: (_____) _____ -- _____

DATE OF BIRTH: DAY _____ MTH. _____ YR. _____ CLUB NAME: _____

C.P.U. CARD MUST BE SHOWN AT WEIGH-IN.

FORMS MUST BE SIGNED BY YOUR PROVINCIAL PRESIDENT

ENTRY: WOMEN'S OPEN (_____) KG) MEN'S OPEN (_____) KG) MEN'S MASTERS (_____) KG)

WOMEN'S MASTERS (_____) KG) SUB JUNIORS (_____) KG) JUNIORS (_____) KG)

BENCH PRESS: OPEN (_____) KG) SUB JUNIORS (_____) KG) JUNIORS (_____) KG)

MASTERS (_____) KG)

NUMBER. OF YEARS TRAINING: _____ TITLES HELD: _____

ENTRY FEE: \$ _____

EXTRA BANQUET TICKET \$35.00 X \$ _____

EXTRA T-SHIRT \$15.00 X \$ _____ MEDIUM () LARGE () XLARGE ()

EXTRA T SHIRT \$18.00 X \$ _____ XXLARGE () XXXLARGE ()

TOTAL \$ _____

PLEASE NOTE: NO SHOW NO REFUND

PROVINCIAL PRESIDENT: SIGNED X _____

IN CONSIDERATION OF YOUR ACCEPTANCE, I HERBY 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 YEARS)

X _____

PLEASE NOTE: ALL C.P.U. QUALIFIED REFEREES WHO WISH TO REFEREE AT THESE CHAMPIONSHIPS PLEASE SIGN BELOW.

NAME: X _____

PHONE: _____



2003 Membership Application Form

for residents of Ontario
Required if competing Jan 1, 2003-Dec 31, 2003
Includes Newsletter



Canadian Powerlifting Union

Name: _____
First Name Middle Initial Last Name
Address: _____ **City:** _____
Province: _____ **Postal Code:** _____ **Phone:** _____ - _____ - _____
Email: _____

Check One:

- ☐ Renewal: \$60.00 ☐ New Member Jan 1-Jun 30, 2003: \$60.00
☐ Renewal: SDO/OSO:\$40.00 ☐ New Member Jul 1-Dec 31, 2003: \$40.00
☐ New Member SDO/OSO: \$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:** _____

Send application & cheque or money order to:

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

Make Cheque or Money Order

payable to:
 Ontario Powerlifting
 Association

*Allow 6 weeks for CPU Cards to be
 processed. Registration will not be accepted
 on the day of a contest. Rev: 08/03[uk]

Reasons for Failures in the Deadlift [from IPF Rulebook]

- Any downward movement of the bar before it reaches the final position.
- Failure to stand erect with the shoulders back.
- Failure to lock the knees straight at the completion of the lift.
- Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thigh but is not supported this is not reason for disqualification. The lifter should benefit in all decisions of doubt made by the referee.
- Stepping backward or forward, although lateral movement of the foot or rocking feet between ball and heel is permitted.
- Lowering the bar before receiving the Chief Referee's signal.
- Allowing the bar to return to the platform without maintaining control with both hands, i.e. : releasing the bar from the palms of the hand.
- Failure to comply with any of the items outlined under Rules of Performance.



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

[From the CPU Constitution]

ARTICLE XIX: NATIONAL RECORDS

- 1) A standard C.P.U. Record Application form must be submitted to the National Records Chairman no later than sixty days from the date of any sanctioned competition.
- 2) The lifter must have been subjected to a doping control test, the sample analyzed at an I.O.C.-accredited laboratory, and the test result found to be negative.
- 3) a) The chief referee's seat must be occupied by an official of C.P.U. National or higher rank.
b) At least one side referee must also be National rank or higher. The second side referee may be of Provincial Category I or higher rank.
- 4) I.P.F. rules must be followed.
- 5) If a C.P.U. National Record is established by a Canadian citizen while competing in a foreign country, that record will only be recognized if:
 - a) The lifter has been subjected to a doping control test, the sample analyzed at an I.O.C. accredited laboratory, and the test result found to be negative.
 - b) The record was made before three I.P.F. International referees, all of whose registrations are up to-date.
 - c) The competition was sanctioned by a lifting organization which is affiliated with the I.P.F.
 - d) The competition must have been organized and conducted according to I.P.F. rules.

ARTICLE XIX - Provincial Records

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

[from Ontario Powerlifting Constitution and Bylaws]

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

OPA - 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 record application form to the Records Chairperson within 30 days. You can also have your coach make sure that all referees have signed the official score sheet as that is also something that is required to make things official. Two Category II OPA or higher referees must officiate record attempts. Use the form on page 17 to apply for a Provincial or National Record.

Dave Hoffman, *Records Chair*

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
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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	120.0	J. Lessard	Dec 02	Ontario Masters, Guelph, ON
Bench	72.5	J. Lessard	Dec 02	Ontario Masters, Guelph, ON
Deadlift	142.5	J. Lessard	Dec 02	Ontario Masters, Guelph, ON
Total	325.0	J. Lessard	Dec 02	Ontario Masters, Guelph, 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

75kg

Squat	160.0	G. Papolis	Dec-02	Ontario Masters, Guelph, ON
Bench	85.0	G. Papolis	Dec-02	Ontario Masters, Guelph, ON
Deadlift	165.0	G. Papolis	Dec-02	Ontario Masters, Guelph, ON
Total	410.0	G. Papolis	Dec-02	Ontario Masters, Guelph, ON

82.5kg

Squat	147.5	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
Bench	75.0	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
Deadlift	170.0	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
Total	392.5	U. Kruger	Dec-02	Ontario Masters, Guelph, ON

90kg

Squat	M. Greenidge			London Open, London, ON
Bench	M. Greenidge			London Open
Deadlift	M. Greenidge			London Open
Total	M. Greenidge			London Open

Women's Master 50-59 Records - Modern Era

60 kg

Squat	110.0	J. Lessard	Mar-03	Canadian Masters, Winnipeg, MB
Bench	67.5	J. Lessard	Mar-03	Canadian Masters, Winnipeg, MB
Deadlift	145.0	J. Lessard	Mar-03	Canadian Masters, Winnipeg, MB
Total	322.5	J. Lessard	Mar-03	Canadian Masters, Winnipeg, MB

67.5kg

Squat	132.5	L. Squires	Mar-03	Canadian Masters, Winnipeg, MB
Bench	70.0	L. Squires	Dec-02	Ontario Masters, Guelph, ON
Deadlift	137.5	L. Squires	Mar-03	Canadian Masters, Winnipeg, MB
Total	337.5	L. Squires	Mar-03	Canadian Masters, Winnipeg, MB

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	145.0	J. Lessard	Mar-03	Canadian Masters, Winnipeg, MB
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	132.5	L. Squires	Mar-03	Canadian Masters, Winnipeg, MB
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	147.5	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
Bench	75.0	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
Deadlift	170.0	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
Total	392.5	U. Kruger	Dec-02	Ontario Masters, Guelph, 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

Men's Junior Records - Modern Era

52kg

Squat	172.5	S. Boulerville	Mar-92	Ontario Seniors, North Bay, ON
Bench	90.0	S. Boulerville	May-91	Canadian Juniors, Kitchener, ON
Deadlift	185.5	S. Boulerville	Mar-92	Ontario Seniors, North Bay, ON
Total	445.0	S. Boulerville	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

Men's Junior Records - Modern Era (Continued)

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-99	Ontario Juniors, Toronto ON
Deadlift	272.5	L. Kiss	Dec-99	Ontario Juniors, Toronto ON
Total	717.5	L. Kiss	Dec-99	Ontario Juniors, Toronto ON
110kg				
Squat	245.0	C.Hawkshaw	Dec-02	Ontario Juniors, Guelph, ON
Bench	172.5	T. Ekert	Mar-03	Canadian Juniors, Winnipeg, MB
Deadlift	260.0	C.Hawkshaw	Dec-02	Ontario Juniors, Guelph, ON
Total	645.0	C.Hawkshaw	Dec-02	Ontario Juniors, Guelph, 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

Men's Senior Records - Modern Era

52kg				
Squat	170.0	S. Boulерice	Feb-92	Canadian Juniors, Kitchener, ON
Deadlift	185.0	S. Boulерice	Feb-92	Canadian Juniors, Kitchener, ON
56kg				
Squat				
Bench				
Deadlift				
Total				
60kg				
Squat	197.5	J. Jong	Dec-02	Ontario Masters, Guelph, ON
Bench	143.0	J. Jong	Dec-02	Ontario Masters, Guelph, ON
Deadlift	217.5	J. Jong	Feb-00	Canadian Chmp, Moose Jaw, SK
Total	547.5	J. Jong	Dec-02	Ontario Masters, Guelph, ON
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, Mississauga
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	Jun-02	Toronto Open, Toronto, 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

Men's Senior Records - Modern Era (continued)

110kg				
Squat	347.5	R. Celio	May-97	Canadian Chmp, Toronto ON
Bench	232.5	M. Giffen	Sep-02	Ontario Seniors, Mississauga, 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, Mississauga, ON
Deadlift	297.5	N. Singleton	May-98	Canadian Chmp, Richmond, BC
Total	862.5	D. Gratton	Sep-02	Ontario Seniors, Mississauga, 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
Men's Master Records (40 - 49) - Modern Era				
60kg				
Squat	197.5	J. Jong	Dec-02	Ontario Masters, Guelph, ON
Bench	143.0	J. Jong	Dec-02	Ontario Masters, Guelph, ON
Deadlift	217.5	J. Jong	Dec-99	Ontario Masters, Toronto, ON
Total	547.5	J. Jong	Dec-02	Ontario Masters, Guelph, ON
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	242.5	G Marentette	Dec-02	Ontario Masters, Guelph, ON
Bench	175.5	H. Greenidge	Sep-02	Ontario Seniors, Mississauga
Deadlift	285.0	D. Warriner	Feb-94	Canadian Masters, Kitchener, ON
Total	675.0	D. Warriner	Feb-94	Canadian Masters, 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 Masters, Moose Jaw, SK
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	247.5	R. Strong	Dec-02	Ontario Masters, Guelph, ON
Bench	210.0	B. McIntyre	Aug-02	Guelph Open, Guelph, ON
Deadlift	285.0	B. McIntyre	Dec-02	Ontario Masters, Guelph, ON
Total	725.0	B. McIntyre	Dec-02	Ontario Masters, 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
Men's Master Records (50 - 59) - Modern Era				
67.5 kg				
Squat	210.0	G. Moore	Dec-02	Ontario Masters, Guelph, ON
Bench	122.5	G. Moore	Mar-01	Canadian Masters, Quebec City
Deadlift	235.5	G. Moore	Dec-02	Ontario Masters, Guelph, ON
Total	567.5	G. Moore	Dec-02	Ontario Masters, Guelph, ON

Men's Master Records (50 - 59) - Modern Era - continued

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	240.0	S. Seguin	Mar-03	Canadian Masters, Winnipeg, MB
Bench	165.0	K. Hult	Mar-96	Canadian Masters, Windsor, NS
Deadlift	272.5	P. Perry	Dec-02	Ontario Masters, Guelph, ON
Total	655.0	P. Perry	Dec-02	Ontario Masters, Guelph, ON

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

Men's Master Records (60 +) Modern Era

82.5 kg

Squat	170.0	L. Lam	Mar-02	Canadian Masters, Yarmouth, NS
Bench	105.0	I. Williamson	Mar-03	Canadian Masters, Winnipeg, MB
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	171.0	L. Lam	Dec-02	Ontario Masters, Guelph, ON
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	142.5	A. Demidenko	Dec-02	Ontario Masters, Guelph, ON
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

Men's Sub Junior Records - Modern Era

82.5 kg

Squat	
Bench	
Deadlift	
Total	

90 kg

Squat	
Bench	
Deadlift	
Total	

100 kg

Squat	
Bench	
Deadlift	
Total	

ARTICLE XXIII - Drug Testing

1. The OPA reserves the right to perform drug testing for banned IPF substances at any contest under its' jurisdiction.
2. Any person that is under a current suspension from any sport federation for the use of banned substances will not be permitted to join the OPA.
3. A list of banned OPA members to be kept current and published on a regular basis.
4. Requesting a Drug Test:
 - i. Lifters requesting a drug test any contest other than a National or Provincial Championship meet must apply IN WRITING to the Meet Director indicating that they intend to attempt a national/provincial record TWO MONTHS prior to the competition.
 - ii. Requests MUST BE COPIED to the Officiating Chairperson by the lifter.
 - iii. Requests MUST BE COPIED to the Drug Testing Official by the lifter.
 - iv. A deposit of the required CPU fee plus a \$5.00 administration fee, certified cheque or money order, payable to the OPA must accompany the copy of the Drug Testing Officials letter. The deposit is non-refundable subject to Number 7.
 - v. Any lifter who sets a record and requests a drug test will be personally responsible to pay in cash/certified cheque/or money order, payable to the OPA, any difference in deposit to actual drug testing fee, at the time of test.
 - vi. Any lifter who requests a drug test for a record and fails the attempt to set the record, will be responsible for paying all charges incurred by the OPA.
 - vii. A written request for drug testing is subject to the availability of the proper referee officials and qualified drug testing personnel.
 - viii. A lifter who has not previously requested a drug test for an upcoming competition and requests a drug test on the day of the competition is subject to the availability of an extra test and personal payment in full to the satisfaction of the OPA, may then complete a drug test.

[from Ontario Powerlifting Constitution and Bylaws]



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+
Elite	482.5	525.0	565.0	632.5	692.5	745.0	785.0	827.5	857.5	882.5	917.5
Master	445.0	482.5	520.0	580.0	635.0	682.5	722.5	760.0	787.5	810.0	842.5
Class I	400.0	432.5	465.0	522.5	570.0	612.5	645.0	682.5	705.0	725.0	757.5
Class II	352.5	380.0	410.0	457.5	500.0	540.0	570.0	600.0	620.0	640.0	667.5
Class III	305.0	332.5	357.5	402.5	437.5	470.0	497.5	525.0	542.5	557.5	580.0
Class IV	267.5	290.0	312.5	350.0	380.0	410.0	432.5	455.0	475.0	487.5	507.5
Badge Colours											

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 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

Qualifying 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 II (50+)	Previous Experience	Class III	Previous Experience	Class III
Master III (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	

2003 OPA Affiliated Clubs

Brantford Bodyline Powerlifting OSO

Doug Vair (519) 759-6896
53 Colonial Crescent
Brantford, ON N3R 7M9
Email: fabprint@on.aibn.com

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

Mark Giffin (519) 658-6574
255 Scott Road
Guelph, ON N3T 3W7

J. B. Fitness Powerlifting

Janice Box (519) 421-3767
523 Dundas St
Woodstock, ON N4S 1C3
Email: jbox@odyssey.on.ca

Kingston Eagles Special Olympics

Pauline Weston (613) 389-5929
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Kingston, Ontario K7M 3S2

Kitchener Iron Angels

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Email: llamn628@rogers.com

K-W Grizzlies

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Email: karnterr@sympatico.ca
Web site: www.londonpowerlifting.org

London Special 0

Ivan Williamson (519) 681-9768
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