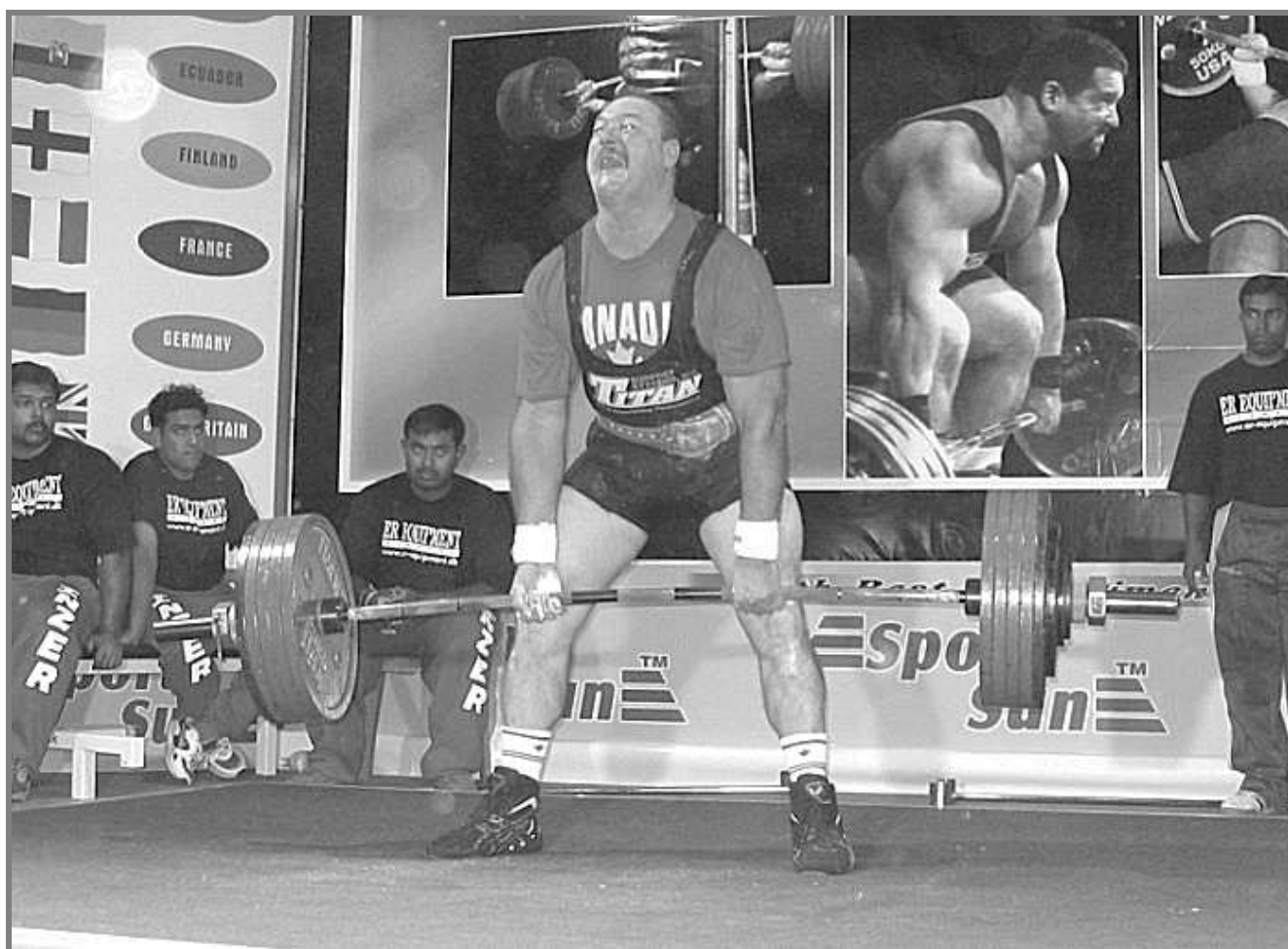


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Ontario Powerlifting News
December 2004, Volume 55, Issue 4

Official Newsletter of the Ontario Powerlifting Association

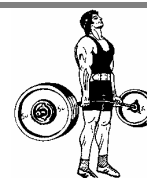


Ron Strong – World Masters

Photo: H. Rai



Inside this Issue
Results –
Ontario Master / Junior / Bench Press
Records Updated
Upcoming Contests
Annual General Meeting



From the President

William T. Jamison

Here we are at the close of 2004. It has been another good year for the OPA. All of our annual contests were held with the exception of the St. Thomas Open. The 2004 Canadian Championships were held in Waterloo under the capable direction of Lynton Lam. These Championships were run very well, and I'm sure they will act as a benchmark for future Championships.

Our high school program is continuing to develop. On March 6, a Bench Press and Deadlift contest was held at Grand River Collegiate in Kitchener with nine students taking part. On June 3, for the second year in a row, a powerlifting contest was held at Dunnville High School, with nineteen students taking part from four different high schools. Last year, the contest had ten competitors from two high schools. We hope to have more schools and more students in the coming year.

We continued to carry out drug testing at various contests through the year, and will continue to do so in the coming year. We are in need of more drug control officers and referees. A referee clinic was held on July 17 and three people wrote the test. No one was successful. More referee clinics will be held in the new year.

The OPA Annual General Meeting was held on Nov. 20 at the Radison hotel in Mississauga. This was an election year. The following people were newly elected to the OPA executive: Marlyn Moore - Registration Chairperson, Rick Gazdig - Southern Ontario Regional Chairperson and Micheal Knott - Referee Chairperson. The full report of the meeting can be found in this newsletter.

The Ontario Junior, Master and Bench Press Championships were held the following day at the Lion Head Golf and Country Club in Brampton. This Golf and Country Club is a beautiful facility and the layout was perfect for the competition. One of the highlights of the day was Sean Brown's world record bench press in the Bench Press Contest. Full contest results can also be found in this newsletter.

As an association, it is our desire to become more visible to the general public, and to reach the many people that don't know about our organization, that may wish to compete. We plan to do this through better communications and public relations. We have to use the media more, and we need to send our newly updated OPA powerlifting pamphlet to schools, gyms and other organizations.

I would like to take this opportunity to thank the members of the OPA executive for their many hours of hard work in the past year.

Registration Chairperson

Lynda Squires

This is my last contribution to the newsletter as the Registration Chairperson for the OPA. Marlene Moore will be the new Registration Chairperson as of January 2005. I will process any applications for CPU cards already sent. Any applications received after December 31 will be forwarded to Marlene.

Our overall membership count for the year was 237. Contest sanctions and club affiliations declined from last year with 7 fewer clubs and 3 less competitions.

Lots of records were broken at the Ontario Masters and Juniors, both National and Provincial. Good Luck at the CPU Nationals in Calgary for all those who qualified.

All the best to everyone. Have a Merry Christmas and a safe and Happy New Year.

Referees Needed!

The Ontario Powerlifting Association
needs more referees

Contact the Referee Chairperson:
Michael Knott (519) 317-6078
Email: msknott@sympatico.ca

Newsletter Editor

Ulrike Kruger

Here we are again heading into a new year. In newsletter land, not much has changed. We did extend the deadline for this issue so that the Annual General Meeting and the Ontario Master/Juniors/Bench Press results could be included in the final newsletter for 2004.

In October, I took over the OPA website. The new website address is: ontariopowerlifting.org.

The new site is still a work in progress; however you will find that the results, records, contacts and upcoming events are all current. Please provide feedback and ideas to benefit both current and potential powerlifters. Thanks to all who have already provided input and feedback.

**** New Ontario Powerlifting Association Website ****

ontariopowerlifting.org

Send contributions and ideas to:
ukruger@powerlifting.ca

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★ Ontario Powerlifting News★

Next Deadline: February 26, 2005

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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, Harnek Singh Rai, Glyn Moore

Photo Front Cover: Harnek Singh Rai

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

Regional and National

Jan 22	Niagara Open Glyn Moore (905) 646-8536 Email: gmoore82@cogeco.ca	St Catharines
Feb 26	Newsletter Submissions Deadline Email: ukruger@powerlifting.ca	
Apr 6-10 2005	CPU Nationals Contact Bill Jamison for Entry Forms to represent Ontario. Check the CPU website for updates: www.powerlifting.ca	Calgary
May 14	London Open Terry Stinchcombe (519) 681-4766 Email: karnterr@sympatico.ca	London
TBD	Ontario Mens Intermediate Contact the Registration Chairperson to host	TBD
Sep	Ontario Men and Women Seniors Contact the Registration Chairperson to host	TBD
Nov 26	2005 Annual General Meeting	St Catharines
Nov 27	Ontario Masters/Juniors/Bench Press	St Catharines

*IPF Worlds Timetable

Apr 21-24	World Bench Masters	Czech R
May 25-29	World Women	Finland
June	North American Powerlifting Championships	Miami, FL
Jul 13-18	World Games	Germany
Sep 5-11	World Sub-Juniors and Juniors	Fort Wayne, IN
Oct 4-9	World Masters	South Africa
Nov 15-20	World Men	Miami, FL
Nov 15-20	Pan-American Women & Men	Miami, FL
Nov 30-Dec 4	World Bench Press	Sweden

*Refer also to: <http://www.powerlifting-ipf.com/>

What should I submit to the OPA Newsletter?

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: February 26, 2005 ==

London Open

Date: May 14, 2005
Host: London Powerlifting Club
Place: Lambeth Arena and Community Centre
7112 Beattie St. London, ON N6P 1A2
Phone: (519) 652-5161
Hotels in the area: Comfort Inn
1156 Wellington Rd
(519) 685-9300
Ramada Inn Quality Suites
817 Exeter Rd
(519) 681-4900
Days Inn
1100 Wellington Rd
(519) 681-1240
Lifts: 3-Lift Contest
Eligibility: Open to any C.P.U. registered amateur powerlifter. Registration cards must be shown at weigh-in.
Sanctioned by the Ontario Powerlifting Association.
Rules I.P.F. Rules will be strictly enforced. The C.P.U reserves the right to carry out drug testing at any contest under its jurisdiction, according to the C.P.U rules.
Weigh In: 7:30am: All Women / Men 52-82.5kg
10:30am: Men 90-125+kg
*Times subject to change
Awards: Men/Women: 1st – 3rd in each class
Best Lifters: Novice, Master I, Master II, Master III, Women, Mens Light, Mens Heavy, Team Trophy
Meet Director Terry Stinchcombe
Information: Terry Stinchcombe: (519) 681-4766
Email: karnterr@sympatico.ca
Stan Goss: (519) 660-4989
Michael Knott: (519) 317-6078
Email: msknott@sympatico.ca
Entry Fee: \$50.00 (cheque or money order only)
must accompany Contest Entry Form on **Page 21**
Entry fee include T-Shirt
Entry Deadline: May 1, 2005
Payable To: London Powerlifting Club
Send Entry To: London Powerlifting Club
c/o Terry Stinchcombe
18 Locust Cres
London, ON N6E 2K2

Ontario Senior Men & Women

Sep 19, 2004

Results: Bill Jamison

Lifter	Club	Squat	BP	DL	Total
Women					
67.5kg					
Jennifer Porter		120.0	77.5	140.0	337.5
Men					
67.5kg					
Art Chan		182.5	150.0	210.0	542.5
75kg					
Brandon Summers	Iron Foundation	252.5	177.5	262.5	692.5
Willie Albert		240.0	150.0	265.0	655.0
Andrew Demidenko	Ottawa Strong	247.5	150.0	245.0	642.5
Daniel Shea		---	---	---	---
82.5kg					
Everett Beachey		225.0	167.5	257.5	650.0
Vince Byrne	Power Pit	225.0	140.0	237.5	602.5
90kg					
Jeff Becker	Iron Foundation	290.0	180.0	300.0	770.0
Alex Drolc	Iron Foundation	260.0	190.0	280.0	730.0
100kg					
Steve McKenzie	Iron Foundation	305.0	207.5	315.0	827.5
Eric Gagnon	Ottawa Strong	332.5	192.5	285.0	810.0
Les Kiss	Golden Triangle	272.5	180.0	270.0	722.5
110kg					
Steve Magistrale	Niagara	270.0	---	---	---
Jamie Emberley		325.0	235.0	297.5	857.5
Mike Mangan		277.5	232.5	250.0	760.0
125kg					
Jim Halliday	Ottawa Strong	280.0	195.0	275.0	750.0
125+kg					
Shaun O'Halloran	Power Pit	300.0	290.0	240.0	830.0
Chris Yantha	Ottawa Strong	65.0	65.0	65.0	195.0
David Gratton		---	---	---	---

Champion of Champions: Jamie Emberley

Team Champions: Iron Foundation

Records:

Shaun O'Halloran	Bench	290.0	Cdn/Prov
Alex Drolc	Bench	190.0	Prov
	Total	730.0	Cdn/Prov
Jeff Becker	Squat	290.0	Prov

Ontario Mens Intermediates

Aug 28, 2004

Results: Dave Hoffman

Lifter	Club	Squat	Bench	DL	Total
Men					
67.5kg					
Chad Chapman	Steel City	167.5	110.0	175.0	452.5
75kg					
Frank Nadeau	Niagara	220.0	142.5	190.0	552.5
Daniel Young		205.0	120.0	200.5	525.0
Brian DeCastro		182.5	130.0	195.0	507.5
David Potvin	Ottawa Strong	187.5	90.0	210.0	487.5
82.5kg					
Stan Goss	London	160.0	97.5	182.5	440.0
110kg					
Mark Lampi		255.0	182.5	230.0	667.5
125kg					
Cam Hawkshaw		265.0	160.0	275.0	700.0

Team Points:

Niagara	12
Steel City	12
London	12
Ottawa Strong	7

Best Lifter: Cam Hawkshaw

Tested Lifters: Daniel Young, Cam Hawkshaw

4th DL: Daniel Young, 205.0cr

Referees: Lynton Lam, Don Clarke, Mike Knott

Records

Daniel Young:	Squat	205.0	Cdn
	Bench	120.0	Prov
	DL	200.5	Cdn
	Total	525.0	Cdn

Cam Hawkshaw	Bench	160.0	Prov
	DL	275.0	Prov
	Total	700.0	Prov

The 30th annual Ontario Intermediate Powerlifting Championships were hosted by the Golden Triangle Powerlifting Club at the Albert McCormick Arena in Waterloo on August 28. A total of eight lifters took part.

Cam Hawkshaw broke three OPA Junior records and was Best Lifter. Cam is from Cambridge and moved up to the 125kg class for this meet. A Class I total is probably a contest away.

Daniel Young from the University of Guelph competed in the Sub Junior 75kg class and set all new OPA marks and three CPU records missing only the bench press record. Cam and Daniel were both drug tested.

Chad Chapman, Frank Nadeau and Stan Goss won gold for their respective clubs. Frank's Wilks total resulted in the team trophy for the Niagara Powerlifting Club. I am sure that this is the first time in OPA history that a lone lifter has won a team trophy.

Many thanks to Louis Levesque for supplying some prizes for the lifters. These went to Stan Goss, Chad Chapman, Daniel Young and David Potvin. Special thanks to Kitchener Scale for supplying the scale for the weigh-in.

OPA Club Updates

London Powerlifting Club - Terry Stinchcombe

The London Powerlifting Club may be forced to find a new training facility. The Bob Hayward "Y" needs about \$650,000 to cover deficits and repair to the 42 year old facility. At a meeting on November 20, many people volunteered to help raise money and encourage new memberships. If the building should close, our powerlifting club has several options that we will be looking at in the near future.

The London Open will held on May 14, 2005 this year at the Lambeth Community Centre due to reconstruction of the South London Community Centre. Details of the competition are on our web site: londonpowerlifting.org.

Three members of our club competed at the Ontario Bench Press and Masters: Mike Knott in the bench press, Stan Goss Master II and myself in Masters III. Congratulations to Mike Knott and Rick Gazdig on their new positions with O.P.A. executive. Also, from members of the London Powerlifting Club, many thanks to Lynda Squires for doing a great job as Registration Chairperson.



Stan Goss at the Ontario Masters (in between lifts!)

Club Updated Needed !!!

Is London Powerlifting Club the only club with things happening, the only club in Ontario?

Please send Club Updates for the next newsletter by February 26, 2005 to:

ukruger@powerlifting.ca

Club Updates Needed !!!

Ontario Jr/Master/Bench Press

Nov 20, 2004

Lifter	Club	Squat	Bench	DL	Total
Women					
Master 1					
60.0kg					
Cindy Cosby	Niagara	95.0	70.0	122.5	287.5
75.0kg					
Jackie Pritchard	-	110.0	60.0	130.0	300.0
Master 2					
60kg					
Jane Lessard	Golden Triangle	117.5	75.0	132.5	325.0
Men					
Sub Junior					
56.0kg					
Jason Marentette	Power Pit	125.0	77.5	172.5	375.0
75.0 Kg					
Daniel Young	-	212.5	120.0	207.5	540.0
82.5kg					
Daniel Shea		232.5	155.0	250.0	637.5
John Greenidge		80.0	67.5	95.0	242.5
Junior					
60.0kg					
David Heisel	Ottawa Strong	180.0	110.0	190.0	480.0
75.0 Kg					
Jesse Jamison	Steel City	190.0	97.5	192.5	480.0
90kg					
Adam Bury		205.0	137.5	230.0	572.5
Nicholas Rivard		235.0	65.0	65.0	365.0
100kg					
Scott Hastings		260.0	193.5	247.5	700.0
Kellan Eckstrom		197.5	115.0	230.0	542.5
110kg					
Jason Byrne		260.0	200.0	277.5	737.5
Gregory Young		270.0	170.0	247.5	687.5
Colin Garnett					
125kg					
Cam Hawkshaw		270.0	172.5	282.5	725.0
Stephen Mackie		217.5	132.5	237.5	587.5
Master 1					
75.0 Kg					
Frank Nadeau	Niagara	222.5	142.5	205.0	570.0
Walter Urban	-	200.0	117.5	225.0	542.5
82.5kg					
Mike Kelso	-	227.5	130.0	210.0	567.5
90kg					
Jeff Becker		292.5	187.5	297.5	777.5
100kg					
Steve Chomitz		257.5	177.5	272.5	707.5
Paul Francis		-	-	-	-
110kg					
Mark Glofcheski		250.0	65.0	65.0	380.0
125kg					
Ron Strong		250.0	170.0	275.0	695.0
Sean Brown		-	-	-	-
Master 2					
75.0 Kg					
Stan Goss	London	162.5	102.5	192.5	457.5
Glyn Moore	Niagara	-	-	-	-

Lifter	Club	Squat	Bench	DL	Total
82.5kg					
Laurie Greenidge	-	210.0	125.0	212.5	547.5
John Bourgoin	Golden Triangle	220.0	120.0	190.0	530.0
100kg					
Herb Greenidge	-	100.0	150.0	212.5	462.5
110kg					
Scot Seguin		175.0	161.0	217.5	552.5
Patrick Hartwick		285.0	162.5	240.0	687.5
Master 3					
90kg					
Marvin Kelso		210.0	152.5	200.0	562.5
100kg					
Terry Stinchcombe		215.0	155.0	227.5	597.5

Successful Record Attempts – 3-Lift

	Class	Lifter	Lift	kg	Type
M1	60kg	Cindy Cosby	Bench	73.0	Prov
M2	60kg	Jane Lessard	Squat	117.5	Prov
			Bench	77.5	Prov
SJr	56kg	Jason Marentette	Deadlift	172.5	Prov/Cdn
			Total	375.0	Prov/Cdn
SJr	56kg	Daniel Young	Squat	212.5	Prov/Cdn
			Deadlift	207.5	Prov/Cdn
			Total	540.0	Prov/Cdn
SJr	82.5kg	Daniel Shea	Squat	232.5	Prov/Cdn
			Bench	155.0	Prov/Cdn
			Deadlift	250.0	Prov/Cdn
			Total	637.5	Prov/Cdn
Jr	100kg	Scott Hastings	Bench	193.5	Prov
			Squat	265.5	Prov
Jr	110kg	Jason Byrne	Bench	200.0	Prov
M1	90kg	Jeff Becker	Bench	187.5	Prov
M1	100	Steve Chomitz	Squat	257.5	Prov/Cdn
M2	110	Patrick Hartwick	Squat	290.0	Prov/Cdn
			Bench	162.5	Prov
M3	100	Terry Stinchcombe	Squat	215.0	Prov/Cdn
	90kg	Adam Bury	Dead	230.0	Blind

Referees

Rick Gazdig, Lynton Lam, Bill Jamison, Adele Couchman, Mark Giffen, Harnek Singh Rai, Mike Knott, Jerry Marentette

Champion of Champions

Womens Masters Jane Lessard
 Mens Junior Daniel Shea
 Mens Master Jeff Becker

Team Champions

Power Pit

Drug Tested Lifters

Adam Bury, Steven Byrne, Jerry Marentette, Sean Brown, Daniel Shea, Jason Marentette, Daniel Young, Jason Byrne, Cam Hawkshaw, Jeff Becker, Sean Brown, Jane Lessard, Patrick Hartwick, Marvin Kelso

Ontario Bench Press

Nov 20, 2004

Lifter	Club	Bench
Men		
75kg		
Harneek Singh Rai	Monster Gym	132.5
82.5kg		
Gerry Marentette	Power Pit	176.0
Herb Greenidge	Ottawa Strong	140.0
Laurie Greenidge	-	130.0
90kg		
Steven Byrne	Power Pit	140.0
100kg		
Sheldon Duncan	-	162.5
Miroslav Koprnicay	-	157.5
110kg		
Mark Lampi	Golden Triangle	192.5
Tim Ekert	-	170.0
Mark Glofcheskie	North Bay	65.0
125kg		
George Flikas	-	-
125+kg		
Shawn O'Halloran	Power Pit	295.0
Sean Brown	Monster Gym	263.5
Clint Harwood	-	260.0
Michael Knott	London	170.0
Dave Hoffman	Golden Triangle	155.0

Successful Record Attempts – Bench Only

Class	Lifter	Lift	kg	Type
Op 125+kg	Shawn O'Halloran	Bench	295.0	Cdn
M1 125+kg	Sean Brown	Bench	263.5	World
M1 82.5kg	Jerry Marentette	Bench	180.0	

Referees

Rick Gazdig, Lynton Lam, Bill Jamison, Harneek Singh Rai, Terry Stinchcombe

Champion of Champions

Shawn O'Halloran

Team Points

Power Pit	36 points
Monster Gym	24
Golden Triangle	18
Ottawa Strong	9
London Powerlifting Club	7

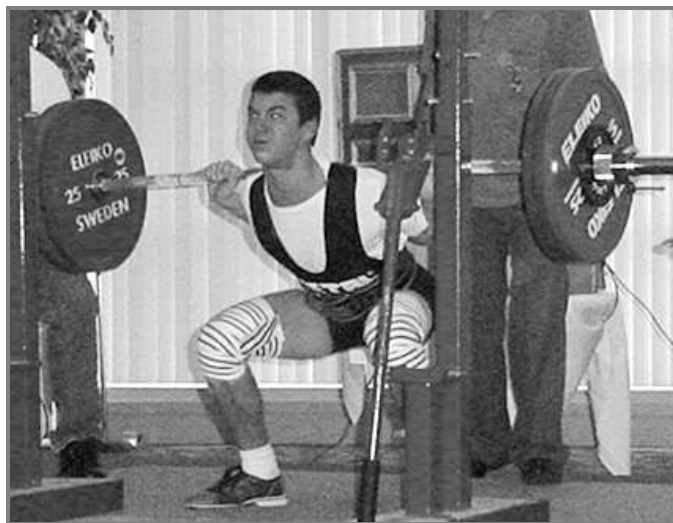
Photos Needed !!!

It would be great to have a few pictures for each contest. Send along your photos with the name of the person and contest name to:

ukruger@powerlifting.ca



Jane Lessard



D Heisel



F. Nadeau



TITAN POWERLIFTING EQUIPMENT IN CANADA

Fury & F6 bench shirts: \$130. Custom made: \$155 (All taxes included)

Victor and deadlift suit: \$89 **Custom Victor and deadlift:** \$119

Centurion suit: \$130 **Custom Centurion (Dual Quad):** \$155

Singlet: \$39 (Home made when available) **Titan singlet with logo:** \$45

Knee wraps: THP (Titan High Performance) Knee wraps: \$39

Wrist wraps: THP (Titan High Performance) 24 in. wrist wraps: \$29

12 in. wrist wraps: \$24 **50cm. wrist wraps:** \$27

Deadlift slippers: \$10

T-shirts: S-XL: \$20.00 **2XL:** \$23.00 **3XL:** \$25.00 **4XL:** \$26.00

Suit and shirt colors: Black, Royal blue and red

Shipping: Express post for a suit or a shirt: \$10 Overnight: \$25 (2 day delivery)

These shipping prices are for up to 1 lb parcel. Will quote price for different weight parcel.

Certified cheque or money order, the order will be shipped upon reception of payment.

Cheque: Allow 1 week to clear the cheque before shipping. **No credit card payment. Sorry!**

LOUIS LÉVESQUE

342 rte 249 North

St-Élie d'Orford, Qué. Canada J0B 2S0

Phone : 819-822-0727 (between 6 and 9 p.m., or at lunch hour)

Email: llevesque@powerlifting.ca

Southern Quebec Results

Oct 17, 2004

Results: Louis Levesque

Lifter	Prov	Squat	BP	DL	Total
Women					
Open					
56kg					
Tracy Coderre	Qué.	90.0	50.0	102.5	235.0
Novice					
67.5kg					
Kacey Baines	Qué.	97.5	47.5	120.0	265.0
Men					
75kg					
Jesse Jamison (Jr)	Ont.	187.5	90.0	195.0	472.5
Paul Behne (Jr)	Ont.	145.0	92.5	192.5	430.0
82.5kg					
Paul Ledrew (Jr)	Ont.	165.0	100.0	165.0	430.0
90kg					
Claude Dallaire (M1)	Qué.	247.5	155.0	305.0	707.5
100kg					
Scott Hastings (Jr)	Ont.	250.0	180.0	240.0	670.0
125kg					
Steven Mackie (Jr)	Ont.	217.5	132.5	232.5	582.5
Rocco Forté	Qué.	220.0	110.0	240.0	560.0

Bench Only

Lifter	Prov	Bench
Clinton Harwood	Ont.	255

National Record:

Claude Dallaire: DL305.0kg

Referees: Daniel Royer, J-N. Turcotte, Louis Lévesque

Meet director: Louis Lévesque

Announcer: Jean Rhéaume

Statistics: Denise Ouellet

The following OPA lifters attended this contest:

Jesse Jamison, Paul Behne, Paul Ledrew, Scott Hastings, Steven Mackie, Clint Harwood

Niagara Open 2005

- Glyn Moore, Niagara Powerlifting Club

The response for the upcoming Niagara Open has been fantastic and has caught our club by surprise. We decided to raise the number of lifters to 35 and this **limit has been reached**, two months prior to the competition.

If anyone cancels out for any reason then we will post an update onto our club website and the opening will be filled on a first come first served basis.

We have a mixture of lifters coming to lift, from novice lifters, to World class lifters, who will hopefully be attempting some World Records. If you want to see some terrific lifting then come down to St. Catharines on the 22nd January 2005. The directions can be found on the club website.

We have made one small change to the weigh in times so that we can get started a little earlier. The weigh in, will now be at 7.30am and lifting will commence at 9.30am.

** Refer to niagarapowerlifting.org for contest updates.

Date:	January 22, 2005 9:30am
Host:	Niagara Powerlifting Club
Place:	Quality Inn, St. Catharines, ON
Lifts:	3-Lift contest
Eligibility:	Open contest - 3 lift Men and Women, Contest Limited to the first 28 lifters, (must have 2005 CPU Card) and please remember to include phone numbers with contest application, in case the lifters need to be contacted. **Contest is full. Refer to: niagarapowerlifting.org for updates regarding potential openings.
Weigh In:	7:30am
Awards:	Awards 1st 2nd 3rd in Open Class Best Lifters Open, Jr, Master 1, 2, 3
Meet Director:	Glyn Moore (905) 646-8536 Email: gmoore82@cogeco.ca http://niagarapowerlifting.org/
Entry Fee:	\$50.00
Entry Deadline:	January 7, 2005
Payable To:	Niagara Powerlifting Club
Send Entry To:	Glyn Moore 9 Old Oxford Road St Catharines, ON L2M 2T7

IPF Masters Worlds

Oct 5-10, 2004 Udaipur, India

Canadian Team Results:

Class	Lifter	Place	Squat	Bench	DL	Total
M1						
75kg	Harnek Singh Rai	6	200.0	150.0	195.0	545.0
82.5kg	Jerry Marentette	4	240.0	172.5	267.5	680.0
82.5kg	John Fraser	6	225.0	175.0	250.0	650.0
90kg	Sammy Toora	5	230.0	175.0	225.0	630.0
110kg	Ron Strong	5	255.0	175.0	292.5	722.5
M2						
90kg	Ron Delaney		220.0	157.5	260.0	637.5

*Refer to: <http://www.powerlifting-ipf.com/> for full contest results.



2004 World Masters Team

Photo: H. Rai

S. Toora, J. Fraser, J. Marentette, H. Rai, R. Delaney, R. Strong



S O'Halloran – Ontario Seniors – Sep 2004 – Photo: S. Chomitz

Annual General Meeting – Minutes

Nov 20, 2004

Prepared by: Jackie Mattice

Attending:

Bill Jamison – President, Harnek Singh-Rai – Vice President & Southern Regional Chair, Dave Hoffman – Records Chair, Jackie Mattice – Secretary, Ulrike Kruger – Newsletter Editor, Mark Glofcheskie – Northeast Regional Chair, Janice Jamison, Mike Knott, Billy Jamison, Adele Couchman, Don Clarke, Marlene Moore, Glyn Moore, Terry Stinchcombe, Karen Stinchcombe, Stan Goss, Lynda Squires, Rick Gazdig, Frank Nadeau, Karin Hanser, Darryl Moll, Dan Shea, Everett Beachey

Regrets:

Krista Schaus – Treasurer, Lynton Lam – Referee Chair

Absent:

Mike Lachota – Eastern Regional Chair

1. **Call to Order** – Meeting called to order by Bill Jamison at 5:15pm.

2. **Adoption of Minutes** – Adoption of 2003 AGM minutes be adopted as published in the O.P.A. Newsletter. Moved by Dave Hoffman and seconded by Adele Couchman – motion carried.

3. Executive Committee & Chairperson's Reports

A. **President** - Bill Jamison – report tabled – summary as follows:

Here we are at the close of 2004. This year has been another good year for the OPA. All of our regular contests were held with the exception of the St. Thomas Open. The 2004 Canadian Championships were held in Waterloo under the capable direction of Lynton Lam. These Championships were run very well, and I'm sure they will act as a benchmark for future Championships.

Our high school program is continuing to develop. On March 6, 2004, a Bench Press and Deadlift contest was held at Grand River Collegiate in Kitchener with nine students taking part. On June 3rd, for the second year in a row, a Powerlifting contest was held at Dunnville High School, with nineteen students taking part from four different high schools. Last year the contest had ten competitors from two high schools. We hope to have more schools and more students in the coming year.

We continued to carry out drug testing at various contests throughout the year, and will continue to do so in the coming year. We are in need of more drug control officers and referees. A referee's clinic was held on July 17th and three people wrote the test. No one was successful. More referee's clinics will be held in the new year.

As an association, it is our desire to become more visible to the general public, and to reach the many people that don't know about our organization, that may wish to compete. We plan to do this through better communications and public relations. We have to use the media more, and send our new up-to-date OPA powerlifting pamphlet to schools, gyms and other organizations.

I would like to take this opportunity to thank the members of the OPA executive for their many hours of hard work in the past year.

B. **Secretary** – Jackie Mattice - No report submitted.

C. **Newsletter & Website** – Ulrike Kruger- report tabled – summary as follows

There were no major changes to the OPA Newsletter in 2004. The London Powerlifting Club suggested the idea to include a Club Updates section. Unfortunately, only a few clubs have participated with submissions. I would think that OPA members would enjoy this type of information.

With the existence of the internet as a media type for information, it has been difficult to attract interest for newsletter submissions. Perhaps, our organization needs to review the various communication methods available and how to best utilize them in order to benefit members and potential members.

In October, I recreated the OPA website after the old site was no longer being updated with current information. Unfortunately, a new domain name needed to be selected in order to proceed. The host that was selected for the website is also being used by the CPU site. The cost is reasonable and there is enough space and bandwidth available to support posting a good amount of pictures and other materials.

Now that the site is current with records, results and upcoming events, it will be a good time to revisit the objectives for the site. The OPA site should be useful for members and potential members alike. Potential OPA members are often individuals who do not have communication with other powerlifters. We need to provide enough information to capture and retain the interest of powerlifters. We also need to send the message that powerlifting is an activity that can be enjoyed by all levels, age groups and categories.

I look forward to providing the OPA with continued efforts to create the newsletters and maintain the website.

Discussion: Bill and Krista are working on updating the Powerlifting Brochure/Pamphlet. We need to get the word out better. We will be able to use this to give out to the high schools and to people interested in powerlifting.

The newsletter has not had many submissions. We need more articles. We also want to put in lifter biographies. Please contact Ulrike if you have any items to submit.

D. **Treasurer** – Krista Schaus – Absent, partial report tabled

Only a partial report was submitted, as the treasurer was missing some information. The report will be completed and submitted for the next newsletter. The treasurer's report for 2004 will be submitted at the 2005 AGM and will be approved and adopted at that time.

E. **Registration Chair** – Lynda Squires – report tabled – summary as follows

We have registered a total of 237 lifters this year for the OPA. We have 20 clubs affiliated, which is down from last year's 27. There have been 11 contest sanctions in

2004, down from last year by 3. Contests have been on the decline since 1999.

Breakdown of Registered Lifters:

Men	136
Senior	25
Sub Junior	1
Junior	4
Novice	41
Intermediate	37
Master 1	14
Master 2	6
Master 3	8
Women	17
Junior	2
Novice	4
Intermediate	3
Master 1	3
Master 2	3
Blind	2
OSO Men	63
OSO Women	15
Associate	4

Ottawa Strong is the club with the most new members in 2004. Fifteen of our new lifters were registered with a club and 26 were shown as unattached.

Clubs with new lifters:

London Powerlifting Club	1
Niagara Powerlifting Club	1
Iron Foundation	3
Greater Sudbury Powerlifting Club	2
Monster Powerlifting	2
Steel City	1
Ottawa Strong	5

F. **Referee Chair** – Lynton Lam – Absent, report tabled – summary as follows

OPA has 12 Category 1 and 3 Category 2 Referees. Bill Jamison held a referee’s clinic that was attended by three OPA members, who after the clinic wrote the Theory Test. Unfortunately all failed.

The OPA has 200+ members and only about 5% are referees.

I would like to suggest that Referee traveling expenses be paid more promptly and that the fee be increased. I would like to suggest that meet directors pay this fee at the meet and discount the sum from any money that is due to the OPA from the competition.

Mike Knott has been refereeing for two years and is always willing to referee at meets. On this note, I would like to nominate him for Referee Chairperson.

Breakdown on all clubs that refereed in 2004 including tomorrow’s meet:

Club	# Meets	Referee	# Times
London Club	6	Mike Knott	4
		Terry Stinchcombe	2
		Stan Goss	3
		Rick Gazdig	3
Monster Gym	4	Harneke Singh-Rai	3
		Belle River	3
Belle River	3	Ron Strong	1
		Scot Seguin	1
		Jerry Marentette	3
K-W Grizzlies	3	Adele Couchman	3

Club	# Meets	Referee	# Times
Steel City	3	Don Clarke	3
Iron Foundation	2	Bill Jamison	3
Golden Triangle	1	Mark Giffen	2
North Bay	1	Steve Chomitz	1
Niagara	1	Glorianne Papolis	2
		Gord Cosby	1

Ontario National Referees: Adele Couchman, Don Clarke, Angelo Papolis

Ontario International Referees: Bill Jamison, Harnek Singh-Rai, Lynton Lam

G. **Records Chair** – Dave Hoffman – report tabled – summary as follows

This year of 2004 was another good year for the OPA. Registration remained high, more new lifters came into the sport and with the Canadians in Waterloo, we had a record number of participants. No shortage of broken records. Fourteen lifters were tested at the Junior, Masters, & Bench Press Championships in Kitchener last December. There were a few others but they declined to pay for their own tests. Everett Beachey, Jason Byrne, Vincent Byrne, Cindy Cosby, Tim Ekert, Christine Greenidge, Herb Greenidge, John Greenidge, Pat Hartwick, Bruce McIntyre, Shawn O’Halloran, Peter Perry, Nicholas Rivard, & Terry Stinchcombe set new records. So far in 2004 Jeff Becker, Sean Brown, Steve Chomitz, Anatole Demidenko, Alex Drolc, John Giffen Sr., Herb Greenidge, Cam Hawkshaw, Dave Hoffman, Jerry Marentette, Steve McKenzie, Marvin Kelso, Shawn O’Halloran, Glorianne Papolis, Scot Seguin, Lynda Squires, Terry Stinchcombe, Daniel Young, and Greg Zilberbrant have broken records.

With the Canadians in Waterloo this past March, a record number of OPA lifters were competing. Seventeen entered the Canadian Bench Press Championships and a total of 55 participated in the three-lift competitions. Many others were there to help Lynton put on an excellent meet. With the Worlds being in some far away places in 2004 I am only aware of a couple of lifters who went to the Masters in India. Jerry Marentette, Ron Strong, and Harnek Singh-Rai made the long trek and I’m sure it was a special trip for Harnek. There will also be some OPA lifters going to Cleveland in the next couple of weeks.

Four lifters applied for merit badges in 2004. They are free to OPA Members.

The question of the best club in 2004 is a controversial subject this year. We will probably have to wait for the smoke to clear tomorrow to declare a winner. Also, the subject of unregistered clubs being awarded trophies is an issue. So far, the Iron Foundation at the Seniors, Niagara at the Intermediates, Steel City at the Brantford Open, the K-W Grizzlies in London, and the Golden Triangle at the Ontario Deadlift Open are recipients of team trophies. The team Trophy for the Niagara Open is an issue.

This is an election year for our executive and I will be tossing my hat into the ring once again. This completes my 15th year and I feel somewhat proud to serve the sport that has given me much satisfaction in my life since 1982.

OPA Recognition Award Recipients:

1985	Bill Jamison & Ned Gvoich
1986	Jim & Jan Moir
1987	Ron & Joanne Pattyn
1988	John & Diane Sarich
1989	Gord Hansuld
1990	Kali Parsons
1991	Steve Hall
1992	John Baxter
1993	Woody McCullough
1994	Paul Summers
1995	Harneek Singh Rai
1996	Lynton Lam
1997	Stan Goss
1998	Charlie & Pam Archdekin
1999	Ulrike Kruger
2000	Terry Stinchcombe
2001	Dave Hoffman
2002	Mike Latocha
2003	No recipient
2004	No recipient

H. **Southern Region Chair** – Harneek Singh Rai – report tabled – summary as follows

This was a very busy year for me. There were quite a few competitions in the Southern Region. I tried my best to attend as many as possible. I refereed and conducted the drug testing at a few of the competitions, i.e. Canadian National Championship in Kitchener, Open Brantford, Ontario Intermediates in Waterloo, Ontario Seniors in Brantford, and Open Toronto.

I also refereed at the Masters World Championship in India in October. I acted as a Coach and Team Manager at this major event. I, myself, competed in the Canadian and World Masters Championship. At the World's I won a Bronze medal in the Bench Press.

Overall, Powerlifting in the Southern Region is quite successful but there is always room for improvement. I hope tomorrow's Ontario Junior and Masters and Benchpress Championship will go smoothly.

There are quite a few people in Ontario who work very hard for Powerlifting and always make themselves available to me to assist with meets. I am very thankful to everyone who has helped me in the past and hope they will continue to stand by me going forward.

I. **Eastern Region** – Mike Lachota – Absent, no report submitted

J. **Northeast Region** – Mark Glofcheskie – verbal report – summary as follows

Would like to contact and meet with the Sudbury Club. Would like to have a contest up there and would hope to put together a combined meet in the future with the Sudbury Club.

K. **Northwest Region** – vacant (just a contact) – no report submitted

Discussion: regarding the Special Olympics. Letters from Les McLean were read to the group. There are a number of Special Olympians that want to lift and stay with the OPA, but they can't. The OPA recognizes clubs not Special Olympics. They need to pay the OPA fee to lift in sanctioned meets. There has been no further

response to Bill from the OSO (Ontario Special Olympics) regarding this.

Adele Couchman and Don Clarke work with a group called "Sports for Special Athletes". They already have a dozen different sports up and running. Their special athletes continue to sign up with the OPA.

Please note that you cannot use OSO as part of your competition names. OSO is a trademark.

4. **Election of Executive members and Officers:**

A. President – Bill Jamison

No other nominations brought forward.

B. Secretary – Jackie Mattice

No other nominations brought forward.

C. Website & Newsletter Chair – Ulrike Kruger

No other nominations brought forward.

D. Treasurer – Krista Schaus

No other nominations brought forward.

E. Vice President – Harneek Singh-Rai

No other nominations brought forward.

F. Registration Chair – Marlene Moore

Lynda Squires has finished her position as Registration Chair. Thank you so much to Lynda for her hard work in this position. Two names were brought forward for this position: Lynton Lam and Marlene Moore. The executive voted in Marlene Moore.

G. Records Chair – Dave Hoffman

Two names were brought forward for this position: Dave Hoffman and Rick Gazdig. The executive voted in Dave Hoffman.

H. Referee Chair – Mike Knott

Mike Knott's name was brought forward by Lynton Lam.

No other nominations were brought forward.

I. Southern Region – Rick Gazdig

Two names were brought forward for this position: Harneek Singh-Rai and Rick Gazdig. Harneek withdrew his name.

J. Eastern Region - open

This position was previously occupied by Mike Latocha and is now open. Someone may be put in as interim chair until the next election if requested.

K. Northeast Region – Mark Glofcheskie

No other nominations were brought forward.

L. Northwest Region – Vacant – will leave Raymond as the contact person at this time

5. **Tabling of Resolutions**

It was proposed by Dave Hoffman that that an amendment be made to revise the constitution to allow a lifter to cross over from one grouping to another as long as he/she competes at an Ontario Championship meet the previous year, e.g. a Junior may cross over to Open or an intermediate may cross over to master.

Amendment to read:

To revise the constitution with respect to lifting in the Canadian Championships, to allow a previously unqualified lifter to cross over from one age division to another as long as he/she competes and has made a

qualifying total at an Ontario Championship meet the previous year.

This motion was carried with a vote of 14 for and 1 abstention.

6. New Business

- a. Club Name – All contest results must have the name of the club represented next to the lifters name. If there is no club affiliation, the lifter should be listed as unattached. (Bill Jamison)

It was agreed that this should be done for all contest results in future.

- b. Checklist for Meet Directors – suggested that we create a checklist for all meet directors to give them a standard list of things that must be done by the meet director following each competition e.g. sending drug-testing fee to the OPA Treasurer. (Bill Jamison)

We already have a Meet Director's Handbook that Ulrike Kruger created quite some time ago. Several people have copies of this. It was decided that a copy of the handbook would be forwarded to each club for review and suggestions for updates. The London Club will forward a copy of the handbook to the Secretary (Jackie Mattice). The secretary will send out a copy of the handbook to all of the clubs. **Clubs will send any revisions and recommendations for the handbook to the secretary by the end of February 2005.** Once these are received, an updated handbook will be created. This handbook is meant as a guideline and will have a checklist for meet directors. The handbook will be given out to clubs when they register, and will be sent out with sanctions.

Motion to review and reproduce this handbook was unanimous.

- c. Computer Projector and Screen – suggested that the OPA purchase a computer projector and screen that would be loaned out to clubs that are running competitions. (Mike Knott)

The executive requested that Mike put together a proposal with some pricing and present it at next year's AGM.

- d. Reimbursement for Website Fees – Mike Latocha requested to be reimbursed for the OPA website fees for the past four years.

Dave Hoffman motioned that we reimburse Mike Latocha for the hard costs for the past four years as long as Mike submits the receipts and he turns over the domain name to Ulrike Kruger within 90 days. A registered letter will be forwarded to Mike indicating this.

This motion was carried with 11 for and 3 against.

As a result of this situation, the executive decided to clarify the rules regarding the submission of receipts and reimbursement for expenses as follows: All expenditures incurred must be approved by the

Executive of the OPA and receipts must be submitted to the Treasurer on a quarterly basis for reimbursement.

- e. Fair and equitable treatment of all of our lifters regarding the rules of OPA. (Lynda Squires)

i. Allowing lifters to compete for clubs that they are not a member of.

It is the responsibility of the referee to check all CPU cards at the weigh in. The score sheet should also be done by the referee. If a lifter wants to change clubs or join a club, they are required by the constitution to inform the Registration Chairperson.

As a result of the discussion, a proposal was made to amend Article XXI Definition of a Team or Club, item number 3 in the OPA Constitution to read as follows:

3. If, for any reason, the lifter wishes to join a club or change clubs or is unable to follow the above recommendations, he must send written explanation to the provincial registration chairperson.

This motion was passed with a unanimous vote.

It was agreed that once a change such as this was approved, the Registration Chair would send a letter of approval to the lifter.

ii. Allowing lifters to lift without a CPU Card

The rule is: the lifter cannot lift without a CPU card. The only exception would be if the Registration Chair has provided a list to the meet convenor. However, lifters cannot rely on the meet convenor having this list, and should therefore ensure they have their CPU card with them if they want to compete.

iii. Allowing lifters to change their attempts after the competition has started. This should never happen.

- f. Drug Testing – We need to have more drug testing officials so that we can ensure that drug testing is available for lifters who break records. Bill Jamison will speak with Jeff Butt regarding the requirements for drug testing officials. There is some information on the IPF website.

Note: There will be new requirements to use WATA drug testing for world records. The WATA drug test will cost approximately \$400. We need to figure out who is going to pay for this.

- g. Club Affiliations and Team Trophy.

A club that is not registered cannot be given a team trophy. The team trophy for the Niagara Open in January was awarded to Ottawa Strong, however, they did not register until August. A letter will be sent asking that the Ottawa Strong return the trophy, and then the trophy will be given to the Golden Triangle Club.

This was approved with a unanimous vote.

- h. Request for clarification regarding equipment approval with respect to article #5 of the constitution. (Lynda Squires).

No matter what, the IPF regulation overrules.

- i. Proposal to combine the intermediates with the seniors. (Lynda Squires)

This proposal was withdrawn. The intermediates were much more successful when they were held in February. Dave Hoffman proposed that we change the timing back to February and see if this will help with the numbers. There is not a lot of time to find someone to take this on for this February. A motion was made by Dave Hoffman and seconded by Adele Couchman to change the intermediates to the last weekend of February or one of the first two weekends in March, as of 2006. The motion was carried unanimously.

It was also decided that we could change the 2005 competition to February, if we have a club volunteer to take it on. This opportunity will be posted on the website and the 2005 competition will only be changed if we come up with a volunteer, otherwise the 2005 competition will take place in August.

- j. Suggestion that referees travelling allowance be paid by the meet director and deducted from fees owing to the OPA. (Lynton Lam)

It was suggested that this would make it too complicated for the Treasurer to track fees. The motion was put forward, but was not seconded. Motion was denied.

Suggestion that Referee fees be increased. (Lynton Lam)

The motion was put forward, but was not seconded. Motion was denied.

7. **Competition Bids**

- a. 2005 Senior Men's and Senior Women's Championships to be held on the third weekend in September -- No Bids
- b. 2005 Intermediate Men's Championships to be held on the third weekend in August (or the last weekend of February) No Bids .
- c. 2005 Masters/Juniors/Bench Press Championships and AGM to be held on Sunday, November 27, 2005, along with the AGM to be held on Saturday, November 26, 2005. Bid submitted by the Niagara Powerlifting Club to host the competition and AGM in St. Catharines. The bid was voted on and passed unanimously.
- d. 2006 Nationals - No Bids

8. **Award Nominations**

- a. OPA Recognition Award - No nominations brought forward
- b. OPA Team Champions - Need to wait until November 21st competition is completed.
- c. OPA Female Athlete of the Year - Nominees: Jane Lessard, Congratulations to: Jane Lessard
- d. OPA Male Athlete of the Year - Nominees: Jeff Becker, Congratulations to: Jeff Becker
- e. Club with the most new members - Congratulations to: Ottawa Strong
- f. Nominations for the CPU Bill Jamison Award - No nominations brought forward

9. **Calling of the 2004 AGM**

- The 2005 AGM will be held in conjunction with the 2005 Masters/Juniors/Bench Press Championships to be held in the last weekend of November 2005.
- Location to be determined.

10. **Championship Report**

Eric Gagnon submitted his report for the Championship that their club hosted.

There was an outstanding balance of \$29. It was decided that they will need to pay for the OPA Medals and then we will call it even. This item was voted on and passed unanimously.

11. **Outstanding Drug Test Fees**

There are 14 lifters who broke records during the Canadian Championships that have not yet paid for their drug tests. The CPU will be looking for payment. Bill will draft a letter to be sent out to these lifters requesting them each to pay the \$115 cost for the test. They will be given thirty days to submit the fee.

Harneke also mentioned that we need to be careful whom we are testing and we need to ensure that we have the proper room and proper marshals for testing. We need to tighten up on our drug testing procedures.

There was also a question with regard to lifters that break more than one record. If they are tested after the first lift, do we test them again after the second lift and throw out the first test? Bill will ask the CPU for clarification on this.

12. **Qualifications**

There are currently no set qualification standards for Sub Juniors, Men over 60, and Women over 50 to qualify for the Canadians. Suggested that we require a minimum of at least Class 4 for Sub Juniors, Men over 60, and Women over 60 to qualify for the Canadians. (Bill Jamison)

Motion was made by Bill Jamison, seconded by Dave Hoffman. Carried unanimously.

This proposal will be brought forward to the CPU for acceptance and if accepted, this standard will be used for our Provincial Championships as well.

13. **Drug Testing**

For tomorrow's championship:

Bench Press – 2 tests will be paid for by the OPA
 Jrs & Sub-Jrs – 4 tests in each flight-10 tests in total.
 (If all the tests are not used in a specific flight, they can
 be transferred to another).

Drug Testing for Next Year:
 London (OPA will cover 4 tests)
 Niagara (OPA will cover 4 tests)
 Ontario Championships – Intermediates (OPA will cover 2
 tests), Men & Women (OPA will cover 4 tests)

WATA testing for world records will cost approximately
 \$400. You have to pay them if they come, whether you
 beat the record or not.

14. **Adjournment** – meeting was adjourned at 9:40pm

AGM Addendum:

2004 Year to Date Treasurer's Report

Prepared Nov 28, 2004 by: Krista Schaus

Expenses

Drug Tests	\$250.00
Referee	\$980.00
Executive Admin	\$792.94
Conference Call	\$246.44
Newsletter	\$3274.76
Worlds	\$200.00
Insurance	\$3780.00
Affiliation CPU	\$150.00
Website	\$300.00
Intermediates	\$337.05
Master/Juniors	-
AGM	-
TOTAL	\$10311.19

Income

Members - Regular	\$9060.00
- Blind / OSO	\$3200.00
Sanctions	\$440.00
Club Affiliations	\$800.00
Records Cert	\$125.00
Medals	\$576.00
Drug Test Fee	\$1085.00
Tests	\$1035.00
Advertising	\$175.00
Pins	\$140.00
TOTAL	\$16636.00

Net Profit/Loss: + \$6324.81 (as of November 28th)

Account Balances:

Savings Account as of October 31st - \$13,418.59
 Chequing Account - ?

Note: There are still outstanding expenses owed to the
 CPU and anticipated costs for the AMG/Masters/Juniors.
 There are also some deposits expected from the outgoing
 Registration Chair. This is not a final report as the 2004
 year has not ended yet. This is a "year to date" report. A
 full report will be available by next newsletter in the
 Spring.

Ontario Bench Press Records

As of Aug 31, 2004

Women's Open

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

60kg	72.5	C. Cosby	12/07/03	Kitchener, 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 50-59

60kg	70.0	J. Lessard	03/16/03	Winnipeg, MB
67.5kg	67.5	L. Squires	12/08/02	Guelph, ON

Men's Junior

75kg	140.0	G. Gray	02/01/92	Kitchener, ON
90kg	140.0	J. Heisel	12/08/02	Guelph, ON
110kg	180.0	T. Ekert	12/07/03	Kitchener, ON

Men's Open

60kg	147.5	J. Jong	03/16/03	Winnipeg, MB
75kg	167.5	E. Beachey	12/07/03	Kitchener, 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	272.5	S. O'Halloran	03/21/04	Waterloo, ON

Men's Master 40-49

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	227.5	B. McIntyre	12/07/03	Kitchener, ON
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

75kg	132.5	W. McCullough	02/12/95	Chilliwack, BC
82.5kg	137.5	L. Greenidge	12/03/00	Brockville, ON
90kg	172.5	H. Greenidge	07/18/04	Mississauga, ON
100kg	165.0	K. Hult	05/19/98	Leduc, AB
110kg	165.0	K. Hult	12/12/98	Guelph, ON
125+kg	165.0	D. Hoffman	03/21/04	Waterloo, ON

Men's Master 60+

100kg	170.0	J. Giffen Sr.	03/21/04	Waterloo, ON
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2005 Membership Application Form

for residents of Ontario

Required if competing Jan 1,2005-Dec 31,2005

Includes Newsletter



Name: _____
First Name Middle Initial Last Name

Address: _____ City: _____

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

Email: _____ → PLEASE PRINT - USE UPPER CASE

Check one only →	<u>NEW MEMBER:</u>	<u>RENEWAL:</u>	<u>ASSOCIATE:</u>
	<input type="checkbox"/> Jan 1-Jun 30, 2005: \$60.00	<input type="checkbox"/> \$60.00	<input type="checkbox"/> \$25.00
	<input type="checkbox"/> Jul 1-Dec 31, 2005: \$40.00	<input type="checkbox"/> Special Athlete: \$40.00	
	<input type="checkbox"/> Special Athlete: \$40.00		

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

Categories: Open Blind Special Athlete CP Amputee Wheelchair Other _____
(check all that apply) Sub Junior Junior Master I Master II Master III

Affiliated OPA Club: _____
In order to represent an affiliated OPA club, the lifter must train with the club regularly (at least once a week)
Notify the Registration Chairperson if you are changing clubs. You can only compete for the club that is indicated above.

Training Facility & Address: _____

Signature: _____ Date: _____

Send application & Cheque/Money Order to:
Ontario Powerlifting Association,
c/o Marlene Moore, 9 Old Oxford Road
St Catharines, ON L2M 2T7

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: 12/04

[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.

OPA – Records

Dave Hoffman - OPA Records Chairperson
As of Aug 31, 2004

To hold an amateur record in any sport is quite an accomplishment. To hold a record in the OPA, 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 22 to apply for a Provincial or National Record.

Women's Sub Junior Records

52kg

Squat	50.0	C. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Bench	35.0	C. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	70.0	C. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Total	155.0	C. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON

Women's Junior Records

52kg

Squat	127.5	D. D'Angelo	Oct-89	Womens Worlds, Sydney, NS
Bench	35.0	C. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	70.0	C. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
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

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	160.0	G. Papolis	Mar-04	Canadian Masters, Waterloo, ON
Bench	82.5	G. Papolis	Mar-04	Canadian Masters, Waterloo, ON
Deadlift	162.5	G. Papolis	Mar-04	Canadian Masters, Waterloo, ON
Total	405.0	G. Papolis	Mar-04	Canadian Masters, Waterloo, 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	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

Women's Master 50-59 Records

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

75kg

Squat	122.5	L. Squires	Mar-04	Canadian Masters, Waterloo, ON
Bench	65.5	L. Squires	Mar-04	Canadian Masters, Waterloo, ON
Deadlift	125.0	L. Squires	Mar-04	Canadian Masters, Waterloo, ON
Total	312.5	L. Squires	Mar-04	Canadian Masters, Waterloo, ON

Women's Senior

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	162.5	G. Papolis	Mar-04	Canadian Masters, Waterloo, 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	Oct-96	Ontario Womens, North Bay, ON
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 Sub Junior Records

56 kg

Squat	137.5	D. Heisel	Jul-03	Toronto Open, Mississauga, ON
Bench	85.0	D. Heisel	Jul-03	Toronto Open, Mississauga, ON
Deadlift	155.0	D. Heisel	Jul-03	Toronto Open, Mississauga, ON
Total	372.5	D. Heisel	Jul-03	Toronto Open, Mississauga, ON

67.5 kg

Squat	85.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Bench	45.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	100.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Total	230.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON

75 kg

Squat	205.0	D. Young	Aug-04	Ontario Intermediate, Waterloo, ON
Bench	120.0	D. Young	Aug-04	Ontario Intermediate, Waterloo, ON
Deadlift	205.0	D. Young	Aug-04	Ontario Intermediate, Waterloo, ON
Total	525.0	D. Young	Aug-04	Ontario Intermediate, Waterloo, ON

82.5 kg

Squat	225.0	N. Rivard	Sep-03	Ontario Intermediates, Ottawa, ON
Bench	145.0	N. Rivard	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	225.0	N. Rivard	Dec-03	Ontario Juniors, Kitchener, ON
Total	577.5	N. Rivard	Sep-03	Ontario Intermediates, Ottawa, ON

125+ kg

Squat	167.5	Z. Johnson	Jun-03	London Open, London, ON
Bench	90.0	Z. Johnson	Jun-03	London Open, London, ON
Deadlift	185.0	Z. Johnson	Jun-03	London Open, London, ON
Total	442.5	Z. Johnson	Jun-03	London Open, London, ON

Men's Junior Records

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

56 kg

Squat	137.5	D. Heisel	Jul-03	Toronto Open, Mississauga, ON
Bench	85.0	D. Heisel	Jul-03	Toronto Open, Mississauga, ON
Deadlift	155.0	D. Heisel	Jul-03	Toronto Open, Mississauga, ON
Total	372.5	D. Heisel	Jul-03	Toronto Open, Mississauga, 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	182.5	V. Byrne	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	252.5	T. Cottrell	May-90	Canadian Juniors, Winnipeg, MB
Total	625.0	V. Byrne	Dec-03	Ontario Juniors, Kitchener, ON

90kg

Squat	237.5	M. Bilz	Oct-96	Ontario Int. North Bay ON.
Bench	160.0	G. Zilberbrant	Mar-04	Canadian Juniors, Waterloo, ON
Deadlift	257.5	B. Morris	Apr-88	Canadian Juniors, Hamilton ON
Total	647.5	B. Morris	Apr-88	Canadian Juniors, Hamilton ON

Men's Junior Records - continued

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	246.0	J. Byrne	Dec-03	Ontario Juniors, Kitchener, ON
Bench	190.0	T. Ekert	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	277.5	J. Byrne	Dec-03	Ontario Juniors, Kitchener, ON
Total	675.0	J. Byrne	Dec-03	Ontario Juniors, Kitchener, ON

125kg

Squat	272.5	J. LaPlante	Oct-93	Ontario Int. Alexandria, ON
Bench	160.0	C. Hawkshaw	Aug-04	Ontario Int. Waterloo, ON
Deadlift	275.0	C. Hawkshaw	Aug-04	Ontario Int. Waterloo, ON
Total	700.0	C. Hawkshaw	Aug-04	Ontario Int. Waterloo, ON

125+ kg

Squat	167.5	Z. Johnson	Jun-03	London Open, London, ON
Bench	90.0	Z. Johnson	Jun-03	London Open, London, ON
Deadlift	185.0	Z. Johnson	Jun-03	London Open, London, ON
Total	442.5	Z. Johnson	Jun-03	London Open, London, ON

Men's Master Records (50 - 59)

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

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	175.0	H. Greenidge	Jul-04	Toronto Open, Mississauga, ON
Deadlift	227.5	L. Lam	Oct-96	Ontario Intermediates, North Bay
Total	617.5	H. Greenidge	Jul-04	Toronto Open, Mississauga, ON

90kg

Squat	242.5	S. Seguin	Mar-04	Canadian Masters, Waterloo, ON
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	160.0	T. Stinchcombe	Dec-03	Ontario Masters, Kitchener, ON
Deadlift	290.5	P. Perry	Dec-03	Ontario Masters, Kitchener, ON
Total	687.5	P. Perry	Dec-03	Ontario Masters, Kitchener, ON

110kg

Squat	277.5	P. Hartwick	Jun-03	London Open, London, ON
Bench	157.5	P. Hartwick	Jun-03	London Open, London, ON
Deadlift	255.0	P. Hartwick	Dec-03	Ontario Masters, Kitchener, ON
Total	685.0	P. Hartwick	Jun-03	London Open, London, ON

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 Senior Records

52kg

Squat	170.0	S. Boulerice	Feb-92	Canadian Juniors, Kitchener, ON
Deadlift	185.0	S. Boulerice	Feb-92	Canadian Juniors, Kitchener, ON

56kg

Squat	137.5	D. Heisel	Jul-03	Toronto Open, Mississauga, ON
Bench	85.0	D. Heisel	Jul-03	Toronto Open, Mississauga, ON
Deadlift	155.0	D. Heisel	Jul-03	Toronto Open, Mississauga, ON
Total	377.5	D. Heisel	Jul-03	Toronto Open, Mississauga, ON

60kg

Squat	202.5	J. Jong	Jul-03	Toronto Open, Mississauga, ON
Bench	143.0	J. Jong	Jul-03	Toronto Open, Mississauga, ON
Deadlift	217.5	J. Jong	Feb-00	Canadian Chmp, Moose Jaw, SK
Total	547.5	J. Jong	Jul-03	Toronto Open, Mississauga, ON

67.5kg

Squat	85.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Bench	45.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	100.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Total	230.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON

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	290.0	J. Becker	Mar-04	Canadian Chmp, Waterloo, ON
Bench	175.5	H. Greenidge	Sep-02	Ontario Intermediate, Mississauga
Deadlift	298.0	J. Becker	May-98	Canadian Chmp, Richmond, BC
Total	750.0	J. Becker	Mar-04	Canadian Chmp, Waterloo, ON

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	312.5	E. Gagnon	Sep-03	Ontario Seniors, Ottawa, ON
Bench	225.0	M. Griffen	Mar-97	Ontario Seniors, Toronto, ON
Deadlift	312.5	S. McKenzie	Mar-04	Canadian Chmp, Waterloo, ON
Total	825.0	S. McKenzie	Mar-04	Canadian Chmp, Waterloo, ON

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	265.0	M. Giffen	Dec-03	Ontario Masters, Kitchener, 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	320.0	S. Brown	Mar-04	Canadian Chmp, Waterloo, ON
Total	887.5	S. Brown	Mar-04	Canadian Chmp, Waterloo, ON

Men's Master Records (40 - 49)

60kg

Squat	202.5	J. Jong	Jul-03	Toronto Open, Mississauga, ON
Bench	147.5	J. Jong	Jul-03	Toronto Open, Mississauga, ON
Deadlift	217.5	J. Jong	Dec-99	Ontario Masters, Toronto, ON
Total	565.0	J. Jong	Jul-03	Toronto Open, Mississauga, ON

Men's Master Records (40 - 49) - continued

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	290.0	J. Becker	Mar-04	Canadian Masters, Waterloo, ON
Bench	175.5	H. Greenidge	Sep-02	Ontario Seniors, Mississauga
Deadlift	295.0	J. Becker	Mar-04	Canadian Masters, Waterloo, ON
Total	750.0	J. Becker	Mar-04	Canadian Masters, Waterloo, ON

90kg

Squat	257.5	D. Warriner	Feb-98	Canadian Masters, Moose Jaw, SK
Bench	182.5	J. Marentette	Mar-04	Canadian Masters, Waterloo, ON
Deadlift	302.5	P. Perry	May-91	Canadian Master, Kitchener, ON
Total	715.0	J. Marentette	Mar-04	Canadian Masters, Waterloo, ON

100kg

Squat	270.0	S. Chomitz	Mar-04	Canadian Masters, Waterloo, ON
Bench	177.5	S. Chomitz	Mar-04	Canadian Masters, Waterloo, ON
Deadlift	277.5	S. Chomitz	Mar-04	Canadian Masters, Waterloo, ON
Total	725.0	S. Chomitz	Mar-04	Canadian Masters, Waterloo, ON

110kg

Squat	247.5	R. Strong	Dec-02	Ontario Masters, Guelph, ON
Bench	215.0	B. McIntyre	Mar-03	Canadian Masters, Winnipeg, MB
Deadlift	285.0	B. McIntyre	Dec-02	Ontario Masters, Guelph, ON
Total	730.0	B. McIntyre	Dec-03	Ontario Masters, Kitchener, ON

125kg

Squat	272.5	M. Giffen	Dec-03	Ontario Masters, Kitchener, ON
Bench	265.0	M. Giffen	Dec-03	Ontario Masters, Kitchener, ON
Deadlift	285.0	M. Giffen	Dec-03	Ontario Masters, Kitchener, ON
Total	815.0	M. Giffen	Dec-03	Ontario Masters, Kitchener, ON

125+kg

Squat	330.0	S. Brown	Mar-04	Canadian Masters, Waterloo, ON
Bench	238.0	S. Brown	Mar-04	Canadian Masters, Waterloo, ON
Deadlift	320.0	S. Brown	Mar-04	Canadian Masters, Waterloo, ON
Total	887.5	S. Brown	Mar-04	Canadian Masters, Waterloo, ON

Men's Master Records (60+)

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	200.0	M. Kelso	Mar-04	Canadian Masters, Waterloo, ON
Bench	150.0	M. Demidenko	Mar-04	Canadian Masters, Waterloo, ON
Deadlift	222.5	M. Kelso	Jun-03	London Open, London, ON
Total	570.0	M. Kelso	Jun-03	London Open, London, ON

100 kg

Squat	210.0	T. Stinchcombe	Mar-04	Canadian Masters, Waterloo, ON
Bench	157.5	T. Stinchcombe	Mar-04	Canadian Masters, Waterloo, ON
Deadlift	235.0	T. Stinchcombe	Mar-04	Canadian Masters, Waterloo, ON
Total	602.5	T. Stinchcombe	Mar-04	Canadian Masters, Waterloo, ON

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



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

Mail To:
 OPA Treasurer:
 Krista Schaus
 295 Link Road
 RR2
 Cayuga, ON
 N0A 1E0

Member Information

Event Information

Name: _____ Competition _____ Referee _____
 Meeting _____ Administrative _____

CPU Card #: _____ Name of Event: _____

Address: _____ Location: _____

_____ Date: _____

Phone #: _____ Contest Results: (how you placed etc): _____

Email (optional): _____

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

CLAIMANT SECTION

O.P.A SECTION

Details of Expenses	Amount Claimed	Provision in Constitution	Amount Allowed	Amount Approved	Claim Category
Total:			Total:		

OFFICE USE ONLY

Date Received: _____

Approved by: _____

Cheque #: _____

Date Issued: _____

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

Rev. 12/ 04



ONTARIO POWERLIFTING ASSOCIATION

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 Jan 1 to Dec 31.

Club Name: _____ **CPU Card#:** _____
Club Contact must be a registered member of the Ontario Powerlifting Association

Club Contact: _____

Address: _____

City: _____

Postal Code: _____

Phone: _____

Email: _____

Club Web Site: _____

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:** _____

Club Affiliation Fee: \$40.00
Make cheque payable to:
Ontario Powerlifting Association

Send Cheque or Money Order to:
Ontario Powerlifting Association
c/o Marlene Moore, 9 Old Oxford Road St Catharines, ON L2M 2T7

Include: A copy of all emblems and logos that the club will be using and a list of all of club members. [Rev:2004-12]

Contest Entry Form - for Ontario Powerlifting Association Sanctioned Contests

Name of Contest: _____

Your Name: _____ **Phone#:** _____

Address: _____

Club Representing: _____

Titles, Championships won: _____

Contest Category Entered e.g. 3-Lift, Bench only, Junior, Novice, Blind, etc:

Hobbies: _____ **T-Shirt size:** (if applicable): _____

CPU Card#: _____

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):

Best Official Total: _____ kg

in Weight Class: _____ kg



When/Where: _____

➔ 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.

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]

 ONTARIO POWERLIFTING ASSOCIATION	<h3>National or Provincial Record Application Form</h3>																										
<p>Application for:</p> <table style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <input type="checkbox"/> National Men's Senior <input type="checkbox"/> National Men's Junior <input type="checkbox"/> National Men's Sub Junior <input type="checkbox"/> National Men's Master 40-49 <input type="checkbox"/> National Men's Master 50+ </td> <td style="width: 50%; vertical-align: top;"> <input type="checkbox"/> National Women's Senior <input type="checkbox"/> National Women's Junior <input type="checkbox"/> National Women's Sub Junior <input type="checkbox"/> National Women's Master 40-49 <input type="checkbox"/> National Women's Master 50+ </td> </tr> <tr> <td style="width: 50%; vertical-align: top;"> <input type="checkbox"/> Provincial Men's Senior <input type="checkbox"/> Provincial Men's Junior <input type="checkbox"/> Provincial Men's Sub Junior <input type="checkbox"/> Provincial Men's Master 40-49 <input type="checkbox"/> Provincial Men's Master 50+ </td> <td style="width: 50%; vertical-align: top;"> <input type="checkbox"/> Provincial Women's Senior <input type="checkbox"/> Provincial Women's Junior <input type="checkbox"/> Provincial Women's Sub Junior <input type="checkbox"/> Provincial Women's Master 40-49 <input type="checkbox"/> Provincial Women's Master 50+ </td> </tr> </table>		<input type="checkbox"/> National Men's Senior <input type="checkbox"/> National Men's Junior <input type="checkbox"/> National Men's Sub Junior <input type="checkbox"/> National Men's Master 40-49 <input type="checkbox"/> National Men's Master 50+	<input type="checkbox"/> National Women's Senior <input type="checkbox"/> National Women's Junior <input type="checkbox"/> National Women's Sub Junior <input type="checkbox"/> National Women's Master 40-49 <input type="checkbox"/> National Women's Master 50+	<input type="checkbox"/> Provincial Men's Senior <input type="checkbox"/> Provincial Men's Junior <input type="checkbox"/> Provincial Men's Sub Junior <input type="checkbox"/> Provincial Men's Master 40-49 <input type="checkbox"/> Provincial Men's Master 50+	<input type="checkbox"/> Provincial Women's Senior <input type="checkbox"/> Provincial Women's Junior <input type="checkbox"/> Provincial Women's Sub Junior <input type="checkbox"/> Provincial Women's Master 40-49 <input type="checkbox"/> Provincial Women's Master 50+	<p>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</p>																					
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<p>Lifter Information:</p> <p>Name: _____</p> <p>City: _____ Prov: _____</p> <p>Phone: _____ Postal: _____</p> <p>CPU# _____</p> <p>Wt Class: _____ Precise Body Wt. _____</p> <p>Doping Control Sample#: _____</p>	<p>Competition Information:</p> <p>Name of Competition: _____</p> <p>Location/Address: _____</p> <p>City: _____ Prov: _____</p> <p>Date of Competition: _____</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th>Attempt</th> <th>1st</th> <th>2nd</th> <th>3rd</th> <th>4th</th> </tr> </thead> <tbody> <tr> <td>Squat</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Bench Press</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Deadlift</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Total</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		Attempt	1 st	2 nd	3 rd	4 th	Squat					Bench Press					Deadlift					Total				
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Squat																											
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Deadlift																											
Total																											
<p>I have checked all the data and all lists and hereby state that everything is in order:</p> <p>Date: _____</p> <p>Signature: _____</p>		<p>Send completed form to: Dave Hoffman 278 Thaler Ave, Kitchener, ON N2A 1R6</p>																									



**Canadian
Powerlifting
Union**

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:

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

CLASSIFICATION 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 I	400.0	432.5	465.0	522.5	570.0	612.5	645.0	682.5	705.0	725.0	757.5	Blue & White
Class 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 I	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

Qualifying 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 11 (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 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	

2004 OPA Affiliated Clubs

Brantford Bodyline Powerlifting OSO

Doug Vair (519) 758-9881
34 Dalkeith Dr
Brantford, ON N3P 1N6

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

Greater Sudbury Powerlifting Club

Doug Marr (705) 523-4767
574 Loach's Road
Sudbury, ON P3E 2R1
Email: dmar@nemhc.on.ca

K-W Grizzlies – Special Athletes

Adele Couchman (519) 744-4881
A4-199 Elm Ridge Dr
Kitchener, ON N2N 2C7
Email: acouchman@sympatico.ca

Kingston Eagles Special Olympics

Pauline Weston (613) 389-5929
17 Gordon St
Kingston, ON K7M 3S2
Email: plweston@sympatico.ca

London Powerlifting Club

Terry Stinchcombe (519) 681-4766
18 Locus Cres.
London, ON N6E 2K2
Email: karnterr@sympatico.ca
Web site: www.londonpowerlifting.org

London Special 0

Ivan Williamson (519) 681-9768
43 - 325 Lighthouse Rd
London, ON N6M 1H8

Monster Powerlifting Club

Hamek Singh Rai (416) 569-1488
17 Lynmont Rd
Etobicoke, ON M9V 3W7
Email: harnepowerlifting@yahoo.com

Niagara Powerlifting Club

Jay Gemmell (905) 685-9828
20 Foxhill Cres
St. Catharines, ON L2S 3T9
Email: jgemmell@cogeco.ca

North Bay Powerlifting Club

Mark Glofcheskie (705) 474-6779
128-1 Fourth Ave
North Bay, ON P1B 1N1
Email: markglofcheskie@hotmail.com

Ottawa Strong Powerlifting Club

Eric Gagnon (613) 523-4024 x236
c/o O.A.C. 2525 Lancaster Drive
Ottawa, ON K1B 4L5
Email: eric@ottawaathleticclub.com

Power Pit Gym

Jerry Marentette (519) 727-6096
1530 County Rd. 22
Belle River, ON NOR 1A0

PoweReach Powerlifting Club

Ashley Hartwick (613) 832-2906
139 Willand Lane, RR#3
Woodlawn, ON K0A 3M0
Email: powereach@sympatico.ca

Steel City Powerlifting Club

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

St Thomas D.F. Powerlifting OSO

Daniel Pare (519) 633-8366
71 Ross St. #11
St. Thomas, ON N5R 3X6
Email: weightroompress@aol.com

St Thomas Elite Powerlifting OSO

Daniel Pare (519) 633-8366
71 Ross St. #11
St. Thomas, ON N5R 3X6
Email: weightroompress@aol.com

Timmins Special Olympics

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

Titans of Mississauga

Pascal Tyrrell (905) 842-6701
2272 Margot St
Oakville, ON L6H 3M7

Valhalla Powerlifting Club

Larry Sheppard (705) 476-7577
40 Judge Avenue #11
North Bay, ON P1A 1B4
Email: coachsheppard@yahoo.ca

OPA-Board of Directors

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412 Big Creek Rd, Caledonia, ON N3W 2G9
Email: billjamison@sympatico.ca

Vice President:

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17 Lynmont Rd, Etobicoke, ON M9V 3W7
Email: harnepowerlifting@yahoo.com
Mobile: (416) 569-1488

Secretary:

Jackie Mattice (519) 743-5218
177 Rolling Meadows Drive
Kitchener, ON N2N 2H1
Email: rjmattice@sympatico.ca

Treasurer:

Krista Schaus (905) 772-0751
295 Link Rd. RR#2 Cayuga, ON N0A 1E0
Email: kschaus@gto.net

CPU Website: www.powerlifting.ca

Registration Chairperson:

Marlene Moore (905) 646-8536
9 Old Oxford Rd, St Catharines, ON L2M 2T7
Email: marlene4opa@cogeco.ca

Records Chairperson:

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

Referee Chairperson:

Michael Knott (519) 317-6078
85 Weston Street, London, ON N6C 1R2
Email: msknott@sympatico.ca

Regional Chairpersons:

Northwest (vacant):

Ramimo Paananen (contact) (807) 577-1994

Northeast:

Mark Glofcheskie (705) 474-6779
128-1 Fourth Ave
North Bay, ON P1B 1N1
Email: markglofcheskie@hotmail.com

Southern:

Rick Gazdig (519) 652-1104
4232 Campbell St.N
London, ON N6P 1S7
Email: fr.electro1@sympatico.ca

Eastern (vacant):

Other Officials:

CPU President:

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1110 Main Street N
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Email: jeff@powerlifting.ca

Newsletter Editor/Website:

Ulrike Kruger (416) 508-6446
39 Richview Rd #703
Etobicoke, ON M9A 4M7
Email: ukruger@powerlifting.ca

OPA Website: ontariopowerlifting.org

CPU Referee Chair /

I.P.F Technical Committee

Bill Jamison (contact information above):