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Ontario Powerlifting News

March 2005, Volume 56, Issue 1

Official Newsletter of the Ontario Powerlifting Association

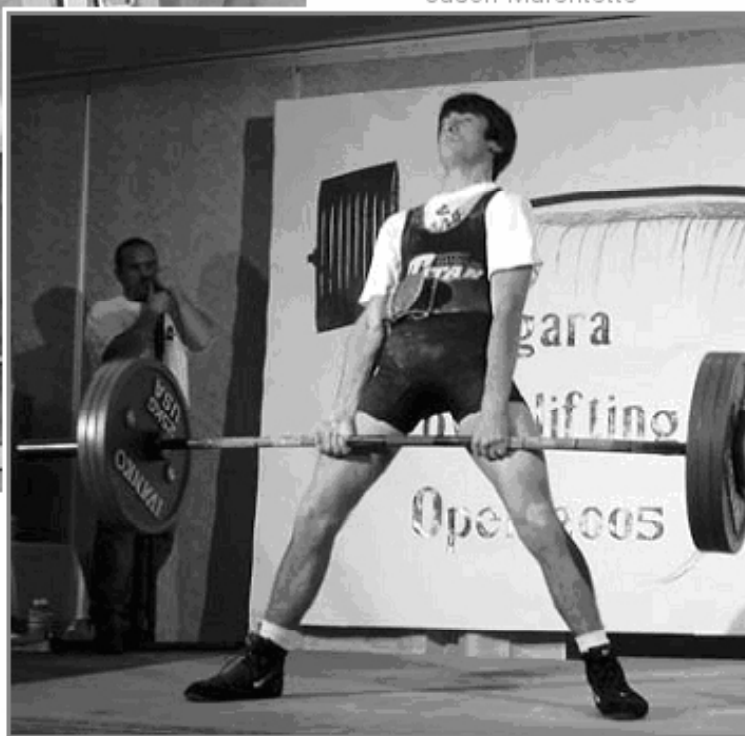
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Shawn O'Halloran



Jason Marentette



Photos: G Moore

Niagara Open
Results



Inside this Issue

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From the President

William T. Jamison

Our first contest of 2005, the Niagara Open, was held on January 22nd. This contest was once again very well organized with lifters entered from Nova Scotia, PEI and Ontario. Many records were broken, with the highlight of the day being Shawn O'Halloran's Masters 1 World Record Bench Press of 278kg.

Our first Provincial Championship of the year will be the Ontario Intermediate Championships, which will take place on April 23rd in Kitchener. This contest is for all male lifters that have not made a Class 1 total, but have made Class 3 +4% in a sanctioned contest. Competing in this Championship is a very good step for the development of upcoming lifters.

Looking at our high school program for 2005, there are two contests scheduled. The first will be held in the Waterloo region in March, as it was last year with more schools expected to enter. The second will be held in late May or early June. Last year, this contest was held in Dunnville with schools from Hamilton, Cayuga, Caledonia and Dunnville taking part. More schools are expected to compete in the contest this year.

The Canadian Championships are fast approaching. They are being held in Calgary from April 6-10. As usual, there will be good representation from Ontario.

The first Commonwealth Powerlifting Championships will take place in Wanbeck District Northumberland, England from September 5-12. There will be Men's and Women's teams taking part from each country. So far, Australia, South Africa, India, Scotland, England, Northern Ireland, Wales, Nigeria, Fiji, Jamaica, New Zealand, Canada and several others are planning to participate in this historic event. The team selection criteria and other details will be determined at the Nationals meeting in Calgary.

Newsletter Editor

Ulrike Kruger

This newsletter contains revised versions of the OPA Membership application, Contest Entry form, Club Affiliation form and the Contest Sanction application. Thanks to Marlene and Glyn Moore for input into these. Always refer to the OPA website for the latest forms whenever possible. There should not be any more changes until the end of the year.

Over the past couple of months, I have put a little more thought into the format of the OPA website. There is now a place for photos, profiles and frequently asked questions. Other than a few very helpful members, there has not been a lot of input into the site other than request for corrections. This is your website --- send along your ideas!

Registration Chairperson

Marlene Moore

Thank you to the members who elected and voted me in as Registration Chairperson for the 2005 year. I would also like to thank Linda Squires, Dave Hoffman, Ulrike Kruger and Bill Jamison for getting me started and on the right track

Many of the members may not recognize my name as I am not a lifter, but I have been around powerlifting for about nine years. Powerlifting became a part of my life when I married Glyn Moore, who has been lifting for about fifteen years now. I am also a member of the Niagara Powerlifting Club. I hope my previous knowledge and experience of holding positions on other boards will enable me to be efficient and helpful in my new role.

I would like to welcome the new lifters of 2005 and especially thank all others who have taken the time to renew their memberships early in the year. A steady flow of applications is easier to process than a huge influx one week prior to a contest. If you are thinking about entering a competition, please remember you need a valid (current year) CPU card. If you apply early in the year, then you can save yourself some added stress when you decide at the last minute to compete. The Nationals are coming up soon, so if you are planning to attend, please send your request for your card now. It is important to print clearly on your application so I may be as accurate as possible on your card. I will send your card as promptly as possible. I am going to try to have cards mailed out on a bi-weekly basis every other Friday. CPU Card numbers will not be given over the phone or via e-mail unless I have the application and payment in my possession.

So far, we have 104 members registered as of February 28, 2005. This is down compared to last year at the same time. Ten clubs are affiliated and registered with the OPA. Five competitions have been sanctioned so far this year. The 3rd Annual Niagara Open was held January 22, 2005 in St. Catharines, being the first meet for 2005. On behalf of the Niagara Powerlifting Club, I would like to thank all our members, lifters, referees and members of other clubs who came to help and support us in our efforts to run a good meet. Teamwork is what it's all about! The upcoming competitions can be found in this newsletter and also on the OPA website.

Don't forget to spread the word about Powerlifting! Invite friends and families to a competition so they can see what a great sport this is. Help us build our membership! Remember the Nationals will be held in Calgary this year in April. Help me do a good job for you by requesting your membership for 2005 now!

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★ Ontario Powerlifting News★

Next Deadline: June 11, 2005

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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.

Also check the OPA Web Site: Ontariopowerlifting.org

UPCOMING EVENTS – 2005

Regional and National

Apr 6-10	CPU Nationals Check the CPU website for updates: www.powerlifting.ca	Calgary
Apr 23	Ontario Mens Intermediate Dave Hoffman: (519) 894-5913	Waterloo
Apr 23	Ontario Deadlift Open & Bench Qualifier Dave Hoffman: (519) 894-5913	Waterloo
Apr 23	9th Annual Special Athletes-Friends in Steel Adele Couchman: (519) 744-4881	Waterloo
May 13	Referee Clinic Michael Knott (519) 317-6078 Email: mknott@sympatico.ca	London
May 14	London Open Terry Stinchcombe (519) 681-4766 Email: karnterr@sympatico.ca	London
Jun 11	Newsletter Submissions Deadline Email: ukruger@powerlifting.ca	
Jul 17	Toronto Open & Blind Powerlifting & Bench Press Harnek Singh Rai (416) 569-1488 Sean Brown (905) 979-8651 *Please call before 8:30pm	Waterloo
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/>

Toronto Open & Blind Powerlifting & Bench Press

Date:	July 17, 2005
Host:	Monster Powerlifting Club
Place:	Holiday Inn 30 Peel Centre Drive Brampton Ontario L6T 4G3 905-792-9900 or 1-800-359-6279 Room Rate \$99 - If we book one room \$94 - If we book 5 rooms \$89 - If we book 10 rooms *Try to book rooms before July 16, 2005
Lifts:	<u>There are two separate contests:</u> a. 3 Lift Contest - Open & Blind b. Bench Press Single Lift Open * Separate entry fee & separate awards for 3 Lift Contest & Bench Press Contest
Eligibility:	Open Contest, CPU or IPF affiliate members.
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:	10am Bench Press All lifters 8:00am 3 Lift Contest <u>*Times subject to change</u>
Awards:	1 st to 3 rd in each class, Champion of Champions, Best Novice, Best Team
Meet Director	Harnek Singh Rai (416) 569-1488 Sean Brown (905) 979-8651 <u>Please call before 8:30pm</u>
Entry Fee:	3 Lifts - \$50.00 Bench Press - \$50.00 Both for \$100.00 Fee must accompany Contest Entry Form on Page 19
Entry Deadline:	July 3, 2005
Payable To:	Monster Powerlifting Club
Send Entry To:	Harnek Singh Rai 17 Lynmont Road Etobicoke, Ontario M9V 3W7

Referee Chairperson

Michael Knott

This is my first report as the new Referee Chairperson. In Ontario there are currently 3 International Referees, 3 National Referees, 2 Category II Provincial and 12 Category I Provincial Referees.

I am planning to hold my first Referee Seminar Friday, May 13, 2005 7:00 PM. This is the night before the London Open. Anyone interested in attending, please let me know by May 1, 2005. You can contact me by phone or e-mail. This will give me an idea of the size of room I will need. The seminar will be held at the Lambeth Arena and Community Centre - 7112 Beattie St, London which is the same location as the London Open. Even if you never plan to be a referee, this would be a good opportunity for new lifters to get an understanding of what the referees are looking for during a competition.

There have been some updates to the IPF Rules which you can find on the IPF Website: www.powerlifting-ipf.com. The most notable of the rule changes is:

Page 11 - Socks

“Shin length socks compulsory to be worn while performing the deadlift must be of a normal commercial type and not in contact with knee wraps if worn.”

Referees Clinic

May 13, 2005 7:00 PM

Lambeth Arena and Community Centre 7112
Beattie St, London

Contact the Referee Chairperson (by May 1):

Michael Knott (519) 317-6078
Email: msknott@sympatico.ca

Ontario Powerlifting Association Website www.ontariopowerlifting.org

Submit to your newsletter and Website. Send photos, contest results, club profiles, lifter profiles, your powerlifting experiences ... and your ideas!

Send contributions and ideas to:

ukruger@powerlifting.ca

London Open

Date:	May 14, 2005
Host:	London Powerlifting Club
Place:	Lambeth Arena & 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: 1 st – 3 rd 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 19. 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

Powerlifting Evolution

- OPA Retired Records

Dave Hoffman – Registration Chairperson

Evolution - Any process for formation or growth, gradual development. (so says my World Book Encyclopedia dictionary)

Our sport has certainly seen its share of growth and development. In 1985, we held our first drug tested contest in Sault Ste-Marie, the Ontario Senior Mens Championships. Twenty years later, we can see that drug testing has been the best thing that has happened to our sport, even though it is cost prohibitive at times and lifters are getting billed for tests that they are reluctant to pay.

Then there is the equipment that most lifters wear. If it were up to me, we would be having a big bonfire. "Hey, I don't want to pay \$60 for my CPU card" or "The \$115 for that drug test"... "but Louis, can you send me two of those super duper heavy duty shirts that Mr. Titan or Mr. Inzer just put on the market – please courier them asap". Don't get me started. I shouldn't be so cynical since my article is supposed to be about Drug Testing, Records and Evolution.

In 1987, at the CPU AGM, it was decided by the majority to retire the current records at that time and start over. Most felt that a lot of records were tainted. So the current CPU records have all been drug tested. In Ontario, our president at the time was Kali Parsons (Bogias), who was a two time world champion. There were those that felt was unfair to lifters like Kali and others, who were all painted with the same brush and whose accomplishments were swept under the carpet. Ontario voted against the CPU proposal in 1987. In 1993, with our new executive in place, it was decided to retire the Ontario records unless they had been drug tested. At least today, we can say that all OPA records and CPU records have been drug tested.

In the end, whether the decisions made in 1987 and 1993 were right or wrong, they have become part of the evolution of our sport. My only concern is that they are not forgotten. Check out the OPA website to view the retired records and compare them to our current record holders.

*Refer also to Page 12 and 13 in this issue for the Retired Records

Club Updated Needed !!!

Please send Club Updates for the next newsletter by June 11, 2005 to:

ukruger@powerlifting.ca

Club Updates Needed !!!

Next Newsletter Deadline is June 11, 2005

Ontario Mens Intermediate

Date:	April 23, 2005
Host:	Golden Triangle Powerlifting Club
Place:	Albert McCormick Arena 550 Parkside Dr. Waterloo, ON
Lifts:	3 lift contest
Eligibility:	Open to any C.P.U. registered amateur powerlifter who meets the qualifications for an Ontario Intermediate Mens championship. (Class 111+4%)<Class I) 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:	11:00am *Times subject to change
Awards:	OPA medals 1 st - 3 rd Best lifter, OPA team award
Meet Director	Dave Hoffman
Information:	Dave Hoffman (519) 894-5913
Entry Fee:	\$50.00 - Include with Contest Entry Form on Page 19
Entry Deadline:	Apr 9, 2005
Payable To:	Golden Triangle Powerlifting Club
Send Entry To:	Dave Hoffman 278 Thaler Ave Kitchener, ON N2A 1R6

Photos Needed !!!

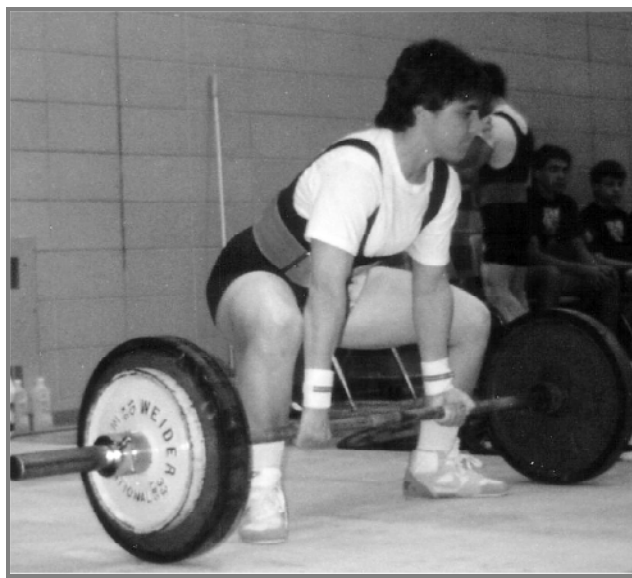
It would be great to have a few pictures. Send along your photos with the name of the person and contest name to:

ukruger@ontariopowerlifting.org

Please keep the photo resolution size at 1024x768 or higher if possible. If you have a lot of files to send, drop me a line and I can provide an alternate location to send multiple large files.

Ontario Deadlift Open & Bench Qualifier

Date:	April 23, 2005
Host:	Golden Triangle Powerlifting Club
Place:	Albert McCormick Arena 550 Parkside Dr. Waterloo, ON
Lifts:	Deadlift and Bench Press
Eligibility:	Open
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:	9:30am *Times subject to change
Awards:	*No awards for bench qualifier Deadlift 1 st - 3 rd , best lifter, best team. M1 and M2 1 st - 5 th
Meet Director	Dave Hoffman
Information:	Dave Hoffman: (519) 894-5913
Entry Fee:	\$40 for Deadlift \$20 for Bench Press Qualifier - Include with Contest Entry Form on Page 19
Entry Deadline:	Apr 9, 2005
Payable To:	Golden Triangle Powerlifting Club
Send Entry To:	Dave Hoffman 278 Thaler Ave Kitchener, ON N2A 1R6



U. Kruger - 1994 at a Kingston Contest

9th Annual Special Athletes – Friends in Steel

Date:	April 23, 2005 9:00am
Host:	K-W Grizzlies
Place:	Albert McCormick Arena 550 Parkside Dr. Waterloo, ON
Lifts:	2 lift contest with a separate squat contest preceding the 2 lift contest.
Type of Contest:	Open to all Developmentally Challenged lifters
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. C.P.U. card required
Weigh In:	7:00am *Times subject to change
Awards:	1st – 3rd in each class, Best Male, Best Female Best Male and Best Female in squat contest
Meet Director	Adele Couchman
Information:	Adele Couchman (519) 744-4881
Entry Fee:	\$25.00
Entry Deadline:	Apr 10, 2005
Payable To:	Sports for Special Athletes
Send Entry To:	Adele Couchman A4-199 Elm Ridge Dr. Kitchener ON N2N 2C7

Referees Needed!

The Ontario Powerlifting Association needs more referees

Why not attend a Referees Clinic?

May 13, 2005 7:00 PM

Lambeth Arena and Community Centre 7112
Beattie St, London

Contact the Referee Chairperson:

Michael Knott (519) 317-6078
Email: msknott@sympatico.ca

Ontario Bench Press Records

As of Dec 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 Sub Junior

90kg	140.0	S. Byrne	11/21/04	Brampton, ON
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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	180.0	J. Marentette	11/21/04	Brampton, ON
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	263.5	S. Brown	11/21/04	Brampton, 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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Niagara Open

Jan 22, 2005

Results: Glyn Moore

Lifter	Club	Age Class	Squat	Bench	DL	Total
Women						
75kg						
Sophia Ranieri	.	Jr	130.0	70.0	142.5	342.5
90+kg						
Inga Patton	.	Open	125.0	67.5	155.0	347.5
Men						
56kg						
Jason Marentette	Belle River	SubJr	=145.0	82.5	=177.5	=405.0
75kg						
Marlon Obratoski	Steel City	SubJr	205.0	!120.5	210.0	535.0
David Potvin	.	Open	180.0	92.5	215.0	487.5
Paul Behne	.	Jr	150.0	97.5	195.0	442.5
James Laureys	.	Jr	152.5	82.5	200.0	435.0
Kurtis Strong	Belle River	SubJr	135.0	85.0	165.0	385.0
82.5kg						
Chris Carpenter	Belle River	Open	165.0	=170	192.5	527.5
90kg						
Jerry Marentette	Belle River	M1	250.0	177.5	255.0	682.5
Robert McIntyre	.	Open	215.0	142.5	225.0	582.5
100kg						
Andy Childs	.	Open	-	-	-	-
Eric Gagnon	Ottawa Strong	Open	=340.0	195.0	270.0	805.0
Ted Hastings	.	Open	272.5	185.0	265.0	722.5
Paul Gidney	Twin Chambers	M1	250.0	182.5	260.0	692.5
Scot Seguin	Belle River	M2	240.0	!161.0	250.0	650.0
Darrel Beyer	.	M1	220.0	180.0	250.0	650.0
110kg						
Jamie Emberley	.	Open	340.0	225.0	305.0	870.0
John Macdonald	Island PL	Jr	262.5	202.5	280.0	745.0
Ron Strong	Belle River	M1	247.5	165.0	!287.5	700.0
Patrick Hartwick	Power Reach	M2	267.5	150.0	242.5	660.0
Matt Cuthbert	Niagara	Open	192.5	142.5	220.0	555.0
125kg						
Kerry LeBlond	Ottawa Strong	Open	-	-	-	-
Tom Nichols	Island PL	M1	335.0	247.5	330.0	=912.5
Cam Hawkshaw	.	Open	287.5	187.5	287.5	762.5
Shawn Brown	.	Open	177.5	157.5	222.5	557.5
125+kg						
Shawn O'Halloran	Belle River	M1	290.0	w278	260.0	827.5
Prime Ouellette	Belle River	M1	200.0	182.5	210.0	592.5
Mike Knott	London	M1	-	-	-	-

w World Masters Record

= Canadian Masters or Sub Junior Record

! Ontario Masters or Sub Junior Record

*Successful 4th: Bench Press: Chris Carpenter 175kg

The Niagara Open was a huge success, even though the weather did not cooperate, as we had one of our worst snowstorms of the winter. Our range of lifters spanned from Sub Junior novice to World Class and each lifter was there to offer support and encouragement to each other. We were lucky enough to have three International referees on hand for any records that were attempted. Louis Levesque was kind enough to drive to St. Catharines all the way from Quebec. Our thanks goes out to the London Club for not only sending us three referees and a spotter, they also brought along the "Howard Cossell" of powerlifting - Stan Goss. For the second year, Stan did an amazing job commentating for our local cable company COGECO and informing the public what our sport is all about.

In the female division we had two lifters. In the 75kg class, in her very first competition was Sophia Ranieri who had a fantastic day and only missed one lift. The second lifter at 90+kg was Inga Patton who did not have her best day but I am sure that she will do better in her next competition.

Best Lifters	
Women:	
Open	Sophia Ranieri
Junior	Sophia Ranieri
Men:	
Open	Tom Nichols
Sub Junior	Marlon Obratoski
Junior	John Macdonald
Master 1	Tom Nichols
Master 2	Scot SeGuin
Team Points	
Belle River	78 points
Island Powerlifting	21
Ottawa Strong	12
Steel City	12
Twin Chambers	8
Power Reach	7
Niagara	6

In the men's division at 56kg was Sub Junior, Jason Marentette, son of Jerry. Jason had a fantastic day breaking Canadian and Ontario Sub Junior records four times, twice in the squat and twice in the deadlift and then the total.

The 75kg class had five lifters including two Sub Junior lifters and two Junior lifters. Fourteen year old Kurtis Strong, son of Ron Strong, put a massive 80kg on his best previous total. This weight class was won by Sub Junior, Marlon Obratoski, son of Brian, who will now have to give serious thought into competing again so that we can have another father son lifting combo. Marlon had a great day breaking the Ontario Sub Junior bench record and then the Canadian Sub Junior Deadlift record and also winning the 75kg class. Marlon also put an incredible 130kg on his best previous total.

The 82.5kg class had only one lifter, Chris Carpenter from the very dominant Belle River

Club. In his first competition went nine for nine and broke the Canadian Junior bench record twice, and then again on a fourth attempt. It must be something about training with that O'Halloran guy that helps your bench.

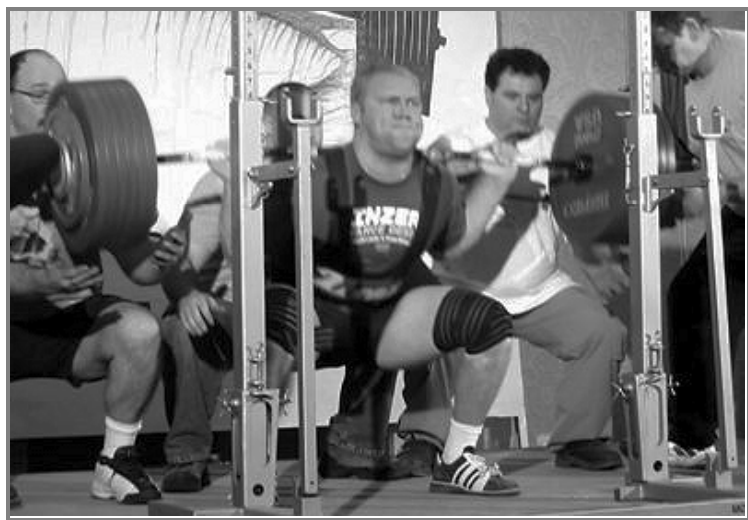


Niagara's Matt Cuthbert

Photo: G Moore

The 90kg class had two lifters, one of whom was a slightly heavier than normal Jerry Marentette due to his nine day all-inclusive cruise the previous week. Jerry won this weight class with Robert McIntyre in second place, improving his best total by 10kg.

The 100kg class had six lifters. In fourth place breaking a M2 Ontario bench record was Scot Seguin. Third place went to one of our three out of Province lifters, Paul Gidney who made the journey from Digby, Nova Scotia. Paul had a good day and benched an unofficial Provincial Bench record. Second place went to the rapidly improving Ted Hastings who put 20kg on his best total to end up with 722.5kg. First place went to the squatting machine from Ottawa Strong, Eric Gagnon. Eric broke the Canadian squat record with an incredible 340kg but unfortunately he was not tested on this day. Eric had a flare up of a previous injury, so it prevented him getting that elusive elite total that I know is just around the corner.



Jamie Emberley - 348kg record attempt

Photo: G Moore

In the 110kg class we had five lifters. Niagara's own Matt Cuthbert did his first competition and he showed good character coming back after two missed benches on technical problems to finally get it right. Young Patrick Hartwick did not have his best day by his very high standards but he will undoubtedly bounce back at the Nationals. In third place was Ron Strong who after a couple of hiccups in the squats bounced back for a good day and went on to break the Ontario Masters deadlift record twice. Second place went to John Macdonald, a Junior who came in from PEI to lift. He put 10kg on his best total and then went home and lifted in the Nova Scotia Provincials the following week. First place went to Jamie Emberley who came very close to breaking the Canadian squat record and also attained an amazing 515.7 wilks total.

The 125kg class had a novice Shawn Brown lifting and I am confident that he has gained a lot of experience for his next meet. Second place went to a rapidly improving Cam Hawkshaw who will, I am sure, soon be a force to be reckoned with in this weight class. Big Tom Nichols, who also came in from PEI, gave us all an exhibition in how to powerlift. His last squat for a National record just failed to satisfy the majority of the referees. Moving on to the deadlift, he opened with a National Masters record then pulled an easy 330kg for a second. A third attempt at 342.5kg and a new open total record slipped out of his hands just before lockout. His wilks was enough to nudge Jamie out of best lifter with a 530.2 wilks.



At the score table

Photo: M Goss

The super heavyweight class had three lifters. Unfortunately Mike Knott of the London club had difficulty with his squat depth. Second place was Prime Oullette in his first competition. In first place was Mr. Bench himself, Shawn O'Halloran. I was very impressed with the strength that Shawn showed in the squat and as soon as the depth issue is dealt with I think that this lift will go through the roof. In his second bench attempt, our three International referees moved into position for a World Masters record attempt and it went up for three white lights. A third attempt proved to be just a little too much on the day.

The Best Team was easily won by the Belle River Power Pit Club



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

Lifter Profile

Steve Chomitz

I went to Waterloo Oxford high school in Baden Ontario. My high school athletics included football, wrestling and some soccer. I also liked cross country running and track events. The cross country running stuck with me and I ran a bit in college. I graduated from Conestoga College as an Electrical Technologist. Several jobs later, I ended up working for KW Hydro.

I joined the YMCA in 1977, intent on staying in shape by jogging. I trained hard and earned the unwritten right to run with some of the premier runners that frequented the Waterloo YMCA back then.

My goal was to run marathon distance races and I set off training year round to accomplish this. I ran a lot of short distance races 10 km, 15 km and up to the around the bay race which is 30km (19 miles). We ran in all weather conditions – in snow, freezing rain, at night, minus 20. I have three years of logs showing my weekly mileages. The average weekly mileage is 50 miles with a high of 100 miles for one week in February 1980.

I was 24 years old and I weighed 145 lbs. at that point. There is a euphoric state referred to as "runner's high" that you actually go in to. It is a feeling that you could run forever. I was there and it was a great time in my life.

I ran the New York marathon. I don't remember my time. I then ran the Toronto Marathon with a time of 3hr, 30s. for the 26 miles. (6.9 min / mile pace) I finished dehydrated and sick. I continued to run out of the Waterloo YMCA.

There were a few weightlifters at the Y that lifted amazing weight. I would go down to the weight room to do sit ups and stretch a little. It was truly unbelievable watching their feats of strength. Little did I know at the time that this was the training ground for the Golden Triangle Powerlifting Club. Paul Summers, Larry Kuhn, Bob Wilson and Lynton Lam trained there regularly. Paul Summers approached me and asked if I was interested in trying lifting. I was really beaten up from running. My arches were flat and I had bad shin splints. Attempting to lift with these ailments kind of scared me, but I started to work out a little with Paul after my regular daily run.

There was a welded up bar made from old car flywheels. It weighed 370 lbs. or so. One night Paul challenged me to pick it up. I laughed it off and said that it was impossible. He said that I was quite capable of lifting it. Chalked up and borrowed belt cinched, I pulled it up round back style, grip too wide and all. The whole gang was surprised that I could do it - me even more so.



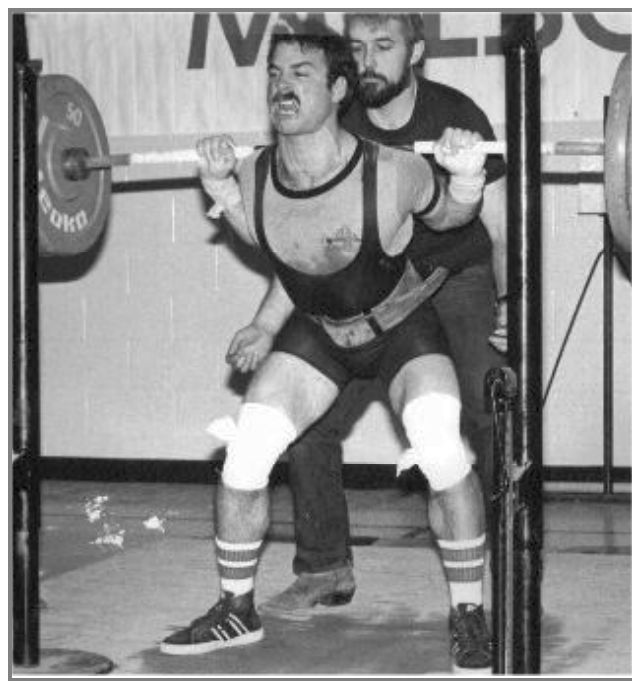
Powerlifter in the Making

I started to train more frequently with the group. I was invited to work out in Paul's basement. He had "the good weights" stored there and we worked out heavy at his place. Mike Farquhar joined the group and man could he squat! We would load the bar and he would squat it without knowing the weight. Mike was the best little workout partner I can remember. We had so many good times that it is impossible to begin to describe how good it was. These initial years were the defining moments that got me hooked on this great sport.

I attribute all of my powerlifting achievements to Paul Summers, Larry Kuhn, Dave Gardener and Mike Farquhar. These guys are motivators that taught me how to do it right. Paul Summers is the man that we as a club are forever indebted to. He was the driving force that pushed us. His continued on-going presence has stuck with me for 23 years. He designed our logo, he started our club, he introduced many lifters to the sport. He has sacrificed most of his life for the sport.

Dave Hoffman took over where Paul left off and Dave is now the glue that holds our club together. Paul "Dr. Squat" Summers motivated us to be the best we could. His quick wit and determined attitude are forever engrained in my mind.

A bunch of us joined Popeye's Gym in 1982. My long time Powerlifting career came in to high gear from then on. I competed in the Brantford Open in 1982. This was my first contest. I weighed 152 lbs (165 lb weight class) and I squatted 275 lbs. in a wrestling singlet. Guys like Gerry Wells squatted 551 lbs. and Dave Warriner deadlifted near 600 lbs. in the 181 lb. class. I was in awe with Wells. He let me try on one of his suits that was too small for him. It fit loose, but I still wanted to buy it from him. He gave it to me and he told me that I had the best deadlift potential he had ever seen in a 165 class guy.



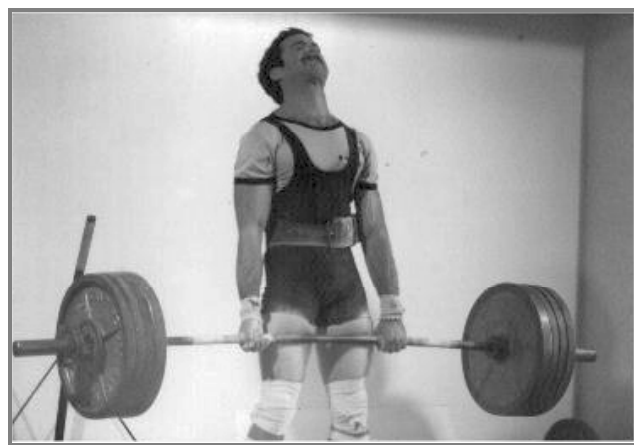
1983

This was an innocent time in my powerlifting career and his words were profound. I went back home and started to deadlift twice a week. I killed my back and my hip dislocated to the point that I could hardly get out of bed in the morning.

It took years to rehab myself because I kept on lifting without therapy of any kind. I learned the hard way that the body will not grow and develop if you hit it too hard, too often. If only I could buy some of those years back. I progressed very slowly. My deadlifting ability dwarfed my squat. I now know that the squat dictates your deadlift. I hated squatting. My single biggest hurdle was to learn to "love to squat". I started to tell myself that "I love to squat". It took several years to get there, but when I did, things started to happen. I finally went class 1. I won the Ontario Senior championship.

I struggled through my whole career with injuries and my knees are at times extremely painful. The past harbours several funny and defining moments:

- A long ride in the back of a green Bell van to Lansing Michigan to deadlift. We swim in the lake afterwards with our suits on.
- Highland Games Open. Overloaded van, set up contest, compete, teardown, finished at 2:30 am.
- London Open, I was the final deadlifter. Set up. Looked out, no one in the audience. Clock on the wall said 12:00 midnight. Got the 600 lb. final attempt and achieved class 1 at 198 class.
- Climbing stairs with 5 gallon pails of water in each hand from the basement, 6 stories up and down again, screaming all the way.
- Winnebago trip to the Limestone Open in Kingston, Breakdowns, cold weather and unforgettable times with Les & Jim Kiss and Mike Piskorski.
- Judging an open contest the day after too much to drink. Zoned out and left a guy straining with the weight on his chest waiting for my signal.
- Attended the 1992 Power & Strength Symposium in Florida. Met Ed Coan, Anthony Clark, Vince Anello, Mike Bridges, Lamar Gant, Ted Arcidi, Mauro DiPasquali and many other greats.



1983

It took me a long time to get to be a Canadian Champion. In fact, I had to get old. I have been Master 1 Ontario and Canadian Champion. In fact I started to eat better a couple of years ago, lost some weight and my lifts went up. I am now in the 100kg weight class and my lifts are as good as they have ever been. The new equipment has made a difference as has the knowledge I have gained from relatively recent training partners like Shaun Roach, Bruce McIntyre, Jane Lessard and Les Kiss. We are a good team and I trust that we will continue to compete to the best of our abilities. ---Yours in Sport, Stay Strong !!

RETIRED (1993) – Ontario Powerlifting Lifting Records - Men

Lift	kg	Lifter	Date	Contest
52kg				
Squat	205.0	D. MacVicar	Nov 81	World Championships, Calcutta
Bench	127.5	D. MacVicar	Jul 92	Canadians, Vancouver, BC
Deadlift	187.5	W. Osborne	Aug 80	Canadians, London, ON
Total	485.0	D. MacVicar	Aug 80	Canadians, London, ON
56kg				
Squat	212.5	D. MacVicar	Jan 82	Ontario Open, Hamilton, ON
Bench	132.5	D. MacVicar	Mar 82	Ontarios, London, ON
Deadlift	210.0	S. Finateri	Nov 80	
Total	527.5	D. MacVicar	Jan 82	Ontario Open, Hamilton, ON
60kg				
Squat	220.0	G. Catterson	Nov 80	Worlds, Arlington, Texas
Bench	137.5	G. Catterson	Aug 80	Canadians, London, ON
Deadlift	240.0	J. Marentette	Mar 78	Ontarios, Grimsby, ON
Total	575.0	G. Catterson	Nov 80	Worlds, Arlington, Texas
67.5kg				
Squat	275.0	J. Moir	Nov 80	Worlds, Arlington, Texas
Bench	177.5	J. Moir	Nov 80	Worlds, Arlington, Texas
Deadlift	277.5	M. Dipasquale	Aug 77	Canadians, Hamilton, ON
Total	727.5	J. Moir	Nov 80	Worlds, Arlington, Texas
75kg				
Squat	297.5	J. Moir	Apr 81	Great Lakes Open, London, ON
Bench	187.5	J. Moir	Apr 81	Great Lakes Open, London, ON
Deadlift	305.0	M. Dipasquale	Nov 80	Worlds, Arlington, Texas
Total	765.0	M. Dipasquale	Nov 80	Worlds, Arlington, Texas

Lift	kg	Lifter	Date	Contest
82.5kg				
Squat	300.0	T. Campbell	Aug 75	
Bench	205.0	T. Campbell	Aug 77	Canadians, Hamilton, ON
Deadlift	300.0	T. Campbell	May 79	North American Ch. Hamilton, ON
Total	797.5	T. Campbell	May 79	North American Ch. Hamilton, ON
90kg				
Squat	335.0	T. Campbell	Nov 79	Worlds, Dayton, Ohio
Bench	215.0	T. Campbell	Nov 79	Worlds, Dayton, Ohio
Deadlift	320.0	T. Campbell	Nov 79	Worlds, Dayton, Ohio
Total	870.0	T. Campbell	Nov 79	Worlds, Dayton, Ohio
100kg				
Squat	320.0	P. Perry	Nov 80	Worlds, Arlington, Texas
Bench	217.5	G. Wells	Mar 82	Ontarios, London, ON
Deadlift	322.5	P. Perry	Mar 85	Ontarios, S.S. Marie, ON
Total	825.0	P. Perry	Oct 80	Central Canada Open, S.S. Marie
110kg				
Squat	300.0	K. Hult	Mar 79	Ontarios, North Bay, ON
Bench	212.5	K. Hult	Mar 79	Ontarios, North Bay, ON
Deadlift	307.5	Earl Jack	Nov 75	World Championships
Total	775.0	K. Hult	Mar 79	Ontarios, North Bay, ON
125kg				
Squat	305.0	Mike Mercer	Aug 80	Canadians, London, ON
Bench	230.0	Mike Mercer	May 80	North Americans, Kent, Ohio
Deadlift	327.5	Mike Mercer	Aug 80	Canadians, London, ON
Total	847.5	Mike Mercer	Aug 80	Canadians, London, ON
125+kg				
Squat	320.0	M. Catalano	May 80	North Americans, Kent, Ohio
Bench	190.0	M. Catalano	May 80	North Americans, Kent, Ohio
Deadlift	317.5	F. Sontag	Mar 67	Toronto, ON
Total	772.5	M. Catalano	May 80	North Americans, Kent, Ohio



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: _____

Club Contact must be a registered member of the Ontario Powerlifting Association

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 2J7

***Application must include a copy of all emblems and logos that the club will be using and a list of all of club members**

[Rev:2005-02]

RETIRED (1993) – Ontario Powerlifting Lifting Records - Women

Lift	kg	Lifter	Date	Contest
44kg				
Squat	100.0	J. Pattyn	Jan 86	Canadians, Kitchener, ON
Bench	55.0	J. Bowler	Jan 83	Canadians, Cambridge, ON
Deadlift	122.5	B. Kelly	May 82	Worlds, Birmingham, England
Total	262.5	J. Pattyn	Jan 84	Canadians, Montreal, Quebec
48kg				
Squat	132.5	D. Perez	Jan 82	Canadians, London, ON
Bench	60.0	J. Bowler	Nov 83	Ontarios, Toronto, ON
Deadlift	137.5	D. Perez	May 81	Worlds, Hawaii, USA
Total	320.0	D. Perez	Jan 82	Canadians, London, ON
52kg				
Squat	150.0	K. Bogias	May 84	Worlds, Los Angeles, California
Bench	86.5	K. Bogias	Jan 85	Canadians, Vancouver, BC
Deadlift	160.0	K. Bogias	May 84	Worlds, Los Angeles, California
Total	392.5	K. Bogias	May 84	Worlds, Los Angeles, California
56kg				
Squat	160.0	J. Avon	Nov 85	Ontarios, Ottawa, ON
Bench	82.5	K. Bogias	Nov 83	Canadians, Kitchener, ON
Deadlift	160.0	K. Bogias	Nov 83	Canadians, Kitchener, ON
Total	387.5	K. Bogias	Nov 83	Canadians, Kitchener, ON
60kg				
Squat	160.0	C. Lahey	Feb 92	Canadians, Kitchener, ON
Bench	85.0	C. Lahey	Feb 92	Canadians, Kitchener, ON
Deadlift	167.5	S. Stockall	Jan 84	Canadians, Montreal, Quebec
Total	395.0	C. Lahey	Feb 92	Canadians, Kitchener, ON

Lift	kg	Lifter	Date	Contest
67.5kg				
Squat	182.5	S. Goudreau	Jan 91	Canadians, Winnipeg, MB
Bench	95.0	S. Goudreau	Jan 91	Canadians, Winnipeg, MB
Deadlift	177.5	D. Key	Mar 89	Ontarios, North Bay, ON
Total	437.5	S. Goudreau	Jan 91	Canadians, Winnipeg, MB
75kg				
Squat	155.0	V. Goss	Nov 84	Ontarios, Cambridge, ON
Bench	95.0	N. Turner	Nov 86	Ontarios, Cambridge, ON
Deadlift	185.5	N. Turner	Jan 83	Canadians, Cambridge, ON
Total	415.0	N. Turner	Nov 86	Ontarios, Cambridge, ON
82.5kg				
Squat	170.0	N. Turner	May 88	Worlds, Brussels, Belgium
Bench	107.5	N. Turner	May 88	Worlds, Brussels, Belgium
Deadlift	182.5	N. Turner	May 88	Worlds, Brussels, Belgium
Total	460.0	N. Turner	May 88	Worlds, Brussels, Belgium
90kg				
		n/a		
90+kg				
Squat	205.0	J. Marshall	May 82	Worlds, Birmingham, England
Bench	95.0	R. Hauch	Jan 83	Canadians, Cambridge, ON
Deadlift	195.0	J. Marshall	Jan 83	Canadians, Cambridge, ON
Total	477.5	R. Hauch	Jan 82	Canadians, Vancouver, BC

OPA – Records

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	Nov-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	Nov-89	Womens Worlds, Sydney, NS

56kg

Squat	120.0	D. D'Angelo	May-89	NE Ontario Open, North Bay, ON
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60kg

Squat	137.5	A. Gilchrist	Jan-88	Canadian Womens, Kitchener, 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

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

Women's Master 50-59 Records

60 kg

Squat	117.5	J. Lessard	Nov-04	Ontario Masters, Brampton, ON
Bench	77.5	J. Lessard	Nov-04	Ontario Masters, Brampton, ON
Deadlift	145.0	J. Lessard	Mar-03	Canadian Masters, Winnipeg, MB
Total	325.0	J. Lessard	Nov-04	Ontario Masters, Brampton, ON

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	172.5	J. Marentette	Nov-04	Ontario Juniors, Brampton, 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	212.5	D. Young	Nov-04	Ontario Juniors, Brampton, ON
Bench	120.0	D. Young	Aug-04	Ontario Intermediate, Waterloo, ON
Deadlift	207.5	D. Young	Nov-04	Ontario Juniors, Brampton, ON
Total	540.0	D. Young	Nov-04	Ontario Juniors, Brampton, ON

82.5 kg

Squat	232.5	D. Shea	Nov-04	Ontario Juniors, Brampton, ON
Bench	155.0	D. Shea	Nov-04	Ontario Juniors, Brampton, ON
Deadlift	250.0	D. Shea	Nov-04	Ontario Juniors, Brampton, ON
Total	637.5	D. Shea	Nov-04	Ontario Juniors, Brampton, 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. 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

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

100kg

Squat	265.5	S. Hastings	Nov-04	Ontario Juniors, Brampton, ON
Bench	193.5	S. Hastings	Nov-04	Ontario Juniors, Brampton, 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	172.5	C. Hawkshaw	Nov-04	Ontario Juniors, Brampton, ON
Deadlift	282.5	C. Hawkshaw	Nov-04	Ontario Juniors, Brampton, ON
Total	725.0	C. Hawkshaw	Nov-04	Ontario Juniors, Brampton, 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	290.0	P. Hartwick	Nov-04	Ontario Masters, Brampton, ON
Bench	162.5	P. Hartwick	Nov-04	Ontario Masters, Brampton, ON
Deadlift	255.0	P. Hartwick	Dec-03	Ontario Masters, Kitchener, ON
Total	687.5	P. Hartwick	Nov-04	Ontario Masters, Brampton, 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. Boulерice	Feb-92	Canadian Juniors, Kitchener, ON
Deadlift	185.0	S. Boulерice	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	172.5	J. Marentette	Nov-04	Ontario Junior, Brampton, 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	292.5	J. Becker	Nov-04	Ontario Masters, Brampton, ON
Bench	190.0	A. Drolc	Sep-04	Ontario Seniors, Brantford, ON
Deadlift	322.5	P. Perry	Mar-85	Ontario Seniors, Sault Ste. Marie
Total	777.5	J. Becker	Nov-04	Ontario Masters, Brampton, 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	290.0	S. O'Halloran	Sep-04	Ontario Seniors, Brantford, 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	292.5	J. Becker	Nov-04	Ontario Masters, Brampton, ON
Bench	187.5	J. Becker	Nov-04	Ontario Masters, Brampton, ON
Deadlift	302.5	P. Perry	May-91	Canadian Master, Kitchener, ON
Total	777.5	J. Becker	Nov-04	Ontario Masters, Brampton, 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



Contest Entry Form

- 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.

>>> Complete all areas of the form – Please Print

Name of Contest: _____

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

Address: _____

Email : _____

Club Representing: _____ **or** ☐ **Unattached**

CPU Card#: _____ **Weight Class:** _____ **kg** ☐ **Male** ☐ **Female** **Date of Birth:** _____
dd/mm/yyyy

Contest Category Entered: (check all that applied)

☐ 3-Lift ☐ Deadlift only ☐ Bench only ☐ Special Athlete ☐ Intermediate ☐ Blind ☐ Novice
☐ Sub-Junior ☐ Junior ☐ Master I ☐ Master II ☐ Master III ☐ Open

T-Shirt size: (if applicable) _____

Other Information:

Titles, Championships won: _____

Best Official Total: _____ **kg** **Squat** _____ **kg** **Bench:** _____ **kg** **Deadlift** _____ **kg**

in Weight Class: _____ **kg** **Competing since:** _____

When/Where: _____

Other Interests: _____

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)

[02/2005]



OPA Contest Sanction Application Form

Please ensure the following conditions are met:

1. A sanction application must be received by the Registration Chairperson 3 months prior to the proposed date or the sanction will be denied. A sanction application will include a completed application form and payment for all fees.
2. Competition application forms must accompany the sanction request.
3. Any club proposing a sanction for a meet shall provide one referee. This official must be an active referee, Level II Provincial or higher. The designated referee must be present at the meet to function in whatever capacity deemed necessary by the Referee Chairperson. The host club must provide one meal per day for each referee officiating.
4. Competitions within Ontario will not be sanctioned within 21 days of each other unless the majority of the executive votes to allow an exception. Sanctions will be allowed on a first come first serve basis.
5. The O.P.A. Executive at its discretion may organise special contests for the purpose of introducing new lifters to the sport of Powerlifting (i.e. Students, Police and Fire personnel). Lifters must be Ontario residents but do not have to have a CPU card. These contests must be approved by applying to the O.P.A. Executive, (attention O.P.A. Secretary).
6. Any Contest Details or special Contest Entry forms must be included before a sanction can be granted.
7. \$5 of the entry fee for each competitor is to be returned to the Ontario Powerlifting Association to cover drug testing costs.
8. Unregistered athletes may not compete in a sanctioned competition.
9. Only affiliated and good standing clubs will be granted sanctions.
10. A competition cannot be advertised prior to the OPA granting a sanction and approving the application forms.
11. The Meet Director must be a full member of the Ontario Powerlifting Association in the year the sanctioned contest is held.
12. The Meet Director must be a member of a registered Club.
13. The person applying for a contest sanction must be a full member of the Ontario Powerlifting Association at the time the contest sanction application is made.
14. The person applying for a contest sanction must be a full member of a registered Club.
15. The member applying for the sanction may designate another Meet Director who is a member of a registered Club.
16. The Club associated with the Meet Director is the point contact with the OPA Board of Directors.

Contest Sanction Fee: \$40.00

Complete the next page and return with payment to:

Make cheque or money order 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 2J7

Note:

Complete the next page with as much detail as possible.

The information provided will be used to provide contest details in the Newsletter and on the Website. If there are any other details to be included in the newsletter, please attach to this application.

**Complete and Submit Contest Sanction
Application on next page...**



Ontario Powerlifting Association Contest Sanction Application

Sanction Applicant Information:

Host Club: _____

Meet Director: _____ CPU Card#: _____

Address: _____ City: _____

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

Email: _____ Website: _____

Contest Information:

Contest Name: _____

Contest Date: _____ (dd/mm/yyyy) Contest Time: _____

Weigh-In Info/Time: _____

Designated Referee: _____

Contest Location: _____

Type of Contest: (i.e. Open, Blind, Men's, Women's, Novice, Master, 3 Lift, Bench Press only, Special Athletes, etc)

Eligibility – Include Standards: (e.g. Class I or above) _____

Awards: _____

Competitor Contest Application Requirements:

Entry Deadline: _____ Entry Fee: _____ Fee Payable to: _____
(dd/mm/yyyy)

Send Entry to: _____



It is hereby agreed, that we should receive the sanction applied herewith, it will be accepted with the distinct understanding that the executive of the Ontario Powerlifting Association reserves the right to cancel it at any time.

Signature _____ Date _____

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>																										
Application for: <table style="width: 100%;"><tr><td style="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+ <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="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+ <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"/> 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"/> 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 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+	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																							
<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"/> 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"/> 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 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+																										
Lifter Information: Name: _____ City: _____ Prov: _____ Phone: _____ Postal: _____ CPU# _____ Wt Class: _____ Precise Body Wt. _____ Doping Control Sample#: _____ 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: _____ <table border="1" style="width: 100%; border-collapse: collapse;"><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> Send completed form to: Dave Hoffman 278 Thaler Ave, Kitchener, ON N2A 1R6		Attempt	1 st	2 nd	3 rd	4 th	Squat					Bench Press					Deadlift					Total				
Attempt	1 st	2 nd	3 rd	4 th																							
Squat																											
Bench Press																											
Deadlift																											
Total																											



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 1	400.0	432.5	465.0	522.5	570.0	612.5	645.0	682.5	705.0	725.0	757.5	Blue & White
Class 11	352.5	380.0	410.0	457.5	500.0	540.0	570.0	600.0	620.0	640.0	667.5	Green White
Class 111	305.0	332.5	357.5	402.5	437.5	470.0	497.5	525.0	542.5	557.5	580.0	Orange White
Class IV	267.5	290.0	312.5	350.0	380.0	410.0	432.5	455.0	475.0	487.5	507.5	Yellow & White

CLASSIFICATION TOTALS: WOMEN											
Wt Class	44kg	48	52	56	60	67.5	75	82.5	90	90+	Badge Colours
Elite	290.0	310.0	332.5	355.0	375.0	412.5	445.0	477.5	512.5	540.0	Black & Red
Master	262.5	282.5	302.5	322.5	340.0	375.0	405.0	435.0	465.0	490.0	Red & White
Class 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	



Website: ontariopowerlifting.org

2005 OPA Affiliated Clubs

Fern's Gym

Fern Boucher (705) 647-4279
571 Bolger Ave, Box 2858
New Liskeard, ON P0J 1P0

Golden Triangle Powerlifting Club

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

K-W Grizzlies

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



London Powerlifting Club

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

Monster Powerlifting Club

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

Niagara Powerlifting Club

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

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 N0R 1A0

PoweReach Powerlifting Club

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



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Email: rjmattice@sympatico.ca

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Records Chairperson:

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

Referee Chairperson:

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Email: msknott@sympatico.ca

Regional Chairpersons:

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Ramimo Paananen (contact) (807) 577-1994

Northeast:

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Email: fr.electrol@sympatico.ca

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Email: ukruger@powerlifting.ca

OPA Website: ontariopowerlifting.org

CPU Referee Chair /

I.P.F Technical Committee

Bill Jamison (contact information above)

