



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:
Mark Boyle, 17 Stephen Drive. Toronto ON M8Y 3M7

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.

MEN'S NATIONAL COMPETITION STANDARDS

Wt. Class	53 kg	59 kg	66 kg	74 kg	83 kg	93 kg	105 kg	120 kg	120+ kg
Elite	515	570	630	687.5	740	787.5	827.5	860	875
Master	472.5	525	577.5	632.5	680	722.5	760	790	802.5
Class I	407.5	457.5	510	565	615	657.5	695	720	730
Class II	360	402.5	447.5	495	542.5	580	610	635	642.5
Class III	312.5	350	392.5	432.5	472.5	505	535	555	560
Class IV	272.5	307.5	342.5	375	412.5	440	465	485	490

Open: Class I, Master 40-49: Class II, Master 50-59: Class III, Master 60+: Class IV, Junior: Class III, Sub-Junior: Class IV

WOMEN'S NATIONAL COMPETITION STANDARDS

Wt. Class	43 kg	47 kg	52 kg	57 kg	63 kg	72 kg	84 kg	84+ kg
Elite	297.5	315	340	365	395	435	475	497.5
Master	270	285	307.5	332.5	357.5	395	432.5	452.5
Class I	230	250	272.5	295	320	355	397.5	422.5
Class II	207.5	220	242.5	262.5	285	315	352.5	370
Class III	180	195	212.5	227.5	250	277.5	307.5	322.5
Class IV	155	167.5	182.5	195	215	237.5	265	275

Junior, Open, Master 1: Class III | Master 50+: Class IV | Sub-Junior: Class IV