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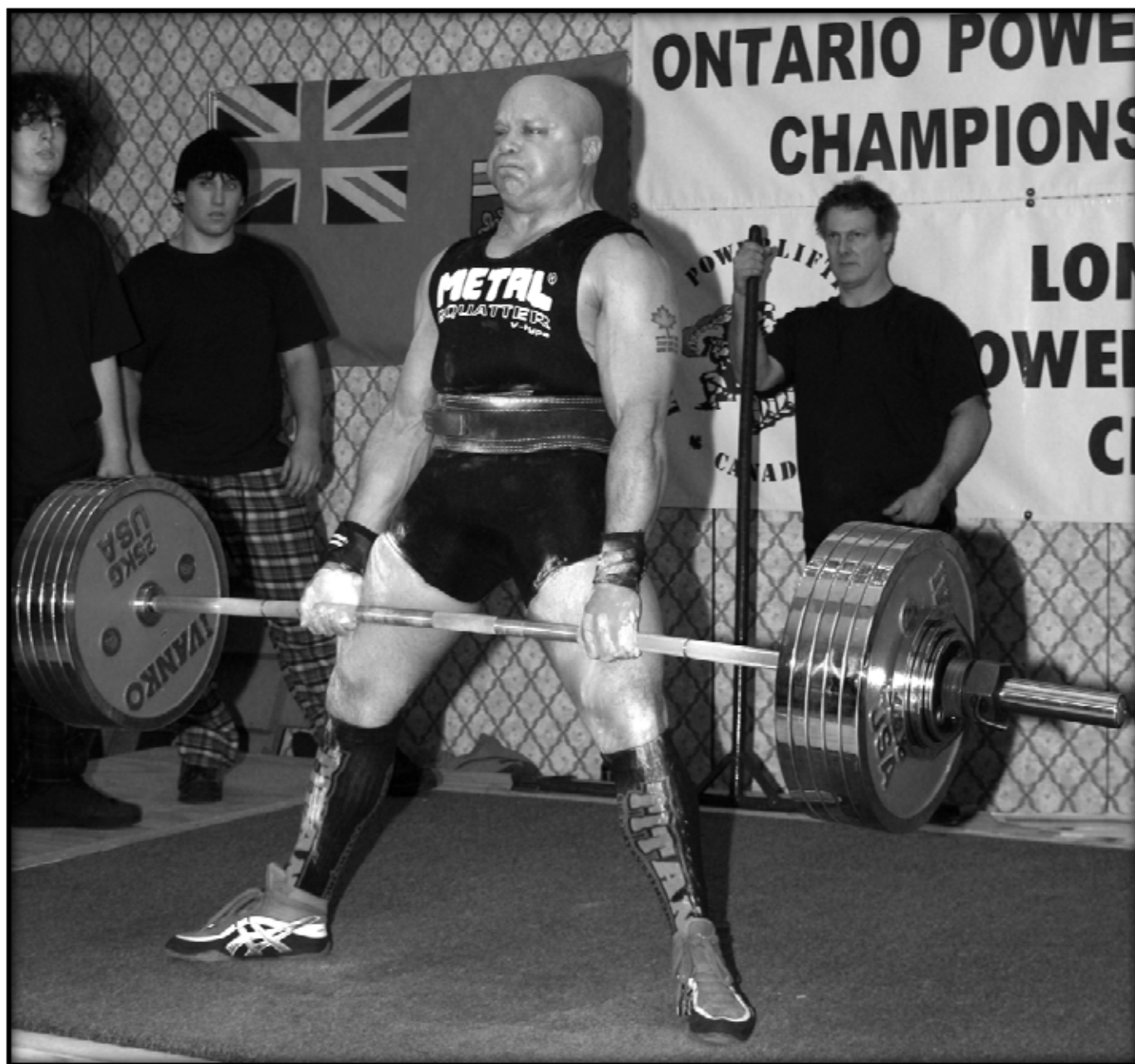


## Ontario Powerlifting News

Jan 2011, Volume 62, Issue 1

Official Newsletter of the Ontario Powerlifting Association

[www.ontariopowerlifting.org](http://www.ontariopowerlifting.org)



Ontario Championships – Best Lifter Master 1 - Jeff Becker

- photo H Rai

## Presidents Report

- Glyn Moore

### Time for a wake up call

The OPA had 250 members last year, yet the Executive is being run by mainly three people, the President, Registrar and the Referees Chairperson. The Treasurer is always prompt with her duties. The Records Chairperson has resigned; we have no one to do the OPA Newsletter and no one to do the Website. I am totally frustrated at the lack of participation by the membership and will be resigning at the end of my term which is at the end of this year. The Registrar who happens to be my wife Marlene is resigning as of July 1st 2011 because of the lack of interest to take positions by the membership. This means that the OPA Executive and the OPA organization is in jeopardy if some of the members don't step up and take some of these positions. Having said this, if a position is taken then it comes with responsibilities that have to be performed. No job by itself on the OPA Executive is very time consuming but when two three and four positions are dumped on one person because there is no one else to do them then it does become very time consuming and a perfect way to burn out dedicated Executive Members. We are all volunteers and we all have lives to live outside powerlifting so let's get together and get an Executive that can take this organization forward.

A perfect example of lack of participation and how it can affect us all is female referees. Over 25% of the membership is now female yet we have one active lifter who is progressing to become a National Referee and she is already a volunteer as the OPA Secretary. At the Provincial Championships we had a totally unacceptable situation occur because of the lack of National Class Referees. The Referees Chairperson informed me at the contest that we did not have any National Class Referees available to Referee the ladies flights as two of

our National Class Referees had cancelled out due to a death in the family so all the incredible lifting performed by our female lifters that should have been National Records had to be denied because Ontario did not have enough National Class Referees. This is not good enough for the Province with the largest number of powerlifters in the country.

Unless we have some volunteers prepared to take on some positions this will be the last issue of the OPA magazine as we have no one to perform this task. It has been undertaken for the last couple of years by myself, Marlene the Registrar and Ulrike Kruger who does the formatting. It is a constant thorn in the side as no one is prepared to offer any input for content.

## Applying for Records

Ontario Lifters applying for a Canadian and/or Ontario record, please use the online form on the OPA website as this goes to the CPU Records Chairperson and the Ontario Records Chairperson.

Print the form and send it along with your cheque as the instructions indicate.

## OPA Athlete of the year



Trish Boyle with Bill Jamison – Womens Athlete of the Year 2010 -photo H Rai

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## Ontario Powerlifting News

Ontario Powerlifting News is published several times per year. The Newsletter is included in the Ontario Powerlifting Association membership. Submissions are welcome from all members.

**Editor:** Ulrike Kruger

**Contributors:** Glyn Moore, Marlene Moore, Maggie Rafferty, Dave Hoffman, Mike Knott, Harnek Singh Rai, Ulrike Kruger, Lori Zozzolto

**Photo Front Cover:** H Rai

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

**Newsletter Deadline:**

**May 15, 2011**

**Submissions:**

**[rekapower@gmail.com](mailto:rekapower@gmail.com)**

## Profile: Ironworks Team

*Submitted By: Maggie Rafferty*

2010 has been a fantastic year for the Ironworks team. Its membership has grown to 9 lifters and Ironworks has hosted two events this year. The team has 6 national level lifters and 3 lifters that have competed at the world level. Over the past year our team has really come together and we have become family, supporting one another both in and out of our training sessions. We all agree that it is a sport of personal challenge with team accomplishments. Our mutual support has allowed Ironworks to achieve as a team and has given strength to individual lifters. As a team we have won Best Team Trophy at the London Open 2010 and Best Provincial Bench Team 2010.



Our two team vets, Art Chan and Sandro D'Angelo, have spent a great deal of time behind the scenes preparing for and running our two events this year. Their commitment to the sport has benefited the team greatly through training support and has brought the team to the level to host provincial level events. Art, an extremely accomplished lifter at both the national and world level, has spent the last year focusing on giving back to the sport through training his team mates and giving us constant encouragement and competition day support. Sandro has had an exciting year representing Canada at the IPF World Masters in October 2010.

Our bench specialist Serge Luduc has been lifting since he was 13 as hobby and his lifting has brought him to a silver medal at CPU Nationals in 2010. Lifting has become an integral part of his life, where focused training has resulted in continued improvements at each successive competition. He is currently gearing up to compete at the Bench only Nationals in PEI with fellow lifters. Fellow teammate Greg Page will also be competing at Nationals after having another successful year lifting with Ironworks. Our heavy weight lifter, Matt Wiens now a Class I lifter, has been a great Saturday morning training partner for our bench team.

## OPA Calendar

Date	Event
Feb 20	OPA College/University Challenge
Mar 29 -Apr 2	CPU Nationals, PEI
Aug 20	9 <sup>th</sup> Annual Niagara Open
Jun 4	Belle River Push Pull / Three lift
Nov 12	Bell River Open / Bench Only

**Go to Page: 9 for detailed contest information**

Maggie Rafferty, now a fulltime student, has been lifting for just over a year and is hooked. Art suggested she give the sport a try and now a year later she has achieved gold medals at both the provincial and national levels and was given an opportunity to compete at the World Bench Press Championships in 2010. Maggie loves powerlifting and was ecstatic when her coach (and fiancé) Chris Fudge decided to compete. Chris has seen great strides this year, placing first at the Ontario Provincial Intermediates in November and is looking forward to competing in Bench Press at Nationals in PEI, where his family will be to cheer him on. Both Maggie and Chris could not compete as competitively as they do without the support of their team mates.

Our two newest members Ashwin Juneja and Lesley Hammil have been hard at work training whenever they can find the time to fit it in their busy work schedules. Lesley was very successful in her first competition in the Ottawa Women's Open in November and has her sights set on one day competing at Nationals. Both Ashwin and Lesley enjoy the friendly atmosphere at competitions and the training support they get from teammates.

What keeps us all coming back to compete is the friendly and positive attitudes everyone has towards each other, rarely seen in other sports. We are all excited to see the successes 2011 will bring for Ironworks!



ONTARIO POWERLIFTING ASSOCIATION

**Referees Needed!!!**

The Ontario Powerlifting Association needs more referees.

Contact the Referee Chairperson:

Michael Knott (519) 317-6078

Email: [Mike\\_Knott@bell.net](mailto:Mike_Knott@bell.net)

## Review of 2010 AGM

There was a good turnout for the 2010 Annual General Meeting on Jan 22, 2011 night in London. It lasted three hours and there was good representation from most areas of the province with at least eight clubs in attendance. Some good decisions were made- the best being the implementation of Classic (Raw) Powerlifting in Ontario. An unfortunate revelation during the meeting was that we have one Executive member quit in a none election year and another who has been a remarkable executive addition giving notice due to the fact they are doing too much of the workload.

The OPA needs some of its members to step up to the plate and offer their services and give back to the sport we all enjoy and have made so many good friends and memories from, not to mention things like self esteem and confidence.

Some of the jobs are challenging but with approximately 250 members in 2010 there must be individuals out there who can contribute. It is time to give a little back people. OPA Board of Director roles are for a two year term, and the workload can be shared. Our newsletter is also in jeopardy.

The Clubs who were represented have been asked to canvas their members but there are also many individuals who are not members of a club. It does not matter if you have been around for a year, or since the beginning of OPA time. Your association needs help.

- Dave Hoffman, Golden Triangle Powerlifting Club

## OPA Awards

- Dave Hoffman

Each year at the AGM there are four awards that can be given out. Three of these are voted on by those present and another is done by looking at all the contests held in that particular year.

The most prestigious of these is the OPA Recognition Award. It is given to an individual who demonstrates on a consistent basis over a period of time his/her dedication to the OPA. This could take the form of being on the executive, being a meet director, a referee, or someone who helps out in any way they can but usually a combination of, but not limited to all the above. There have been exceptions to this but recently it has become an award that has not been given each year just for the sake of awarding it. It can only be awarded once to an individual. The award for 2010 was given to Jerry Marentette who is certainly a worthy recipient. The winner has sometimes but not always been the OPA's nominee for the Bill Jamison Award that is given at the CPU's AGM. The OPA's nominee for the Bill Jamison Award this year is Glyn Moore. Once again this nomination is only put forward to the CPU when an appropriate person is suggested and agreed upon at the AGM.

The athlete of the year awards both female and male are voted on by those in attendance at the meeting from a list of nominees received prior to the meeting or nominated by someone at the meeting. Nominations should list a lifter's accomplishments in the given year. It is extremely important to be thorough so those in attendance can vote objectively and not have it become a popularity contest. Nominees are judged solely on what takes place on the platform. It encompasses meets in Ontario as well as the Canadian and World Championships. Winners for 2010 are Trish Boyle and Ron Strong.

The last award is the team award which proved to be hard to figure out for 2010. It is extremely important for meet directors to list all clubs at their meet and the points they accumulate. Some years, a team is dominate and wins several meets so a winner is quite evident. Power Pit of Belle River has done this for the last several years. For 2010 we had eight different clubs win at eight different meets when we listed them so then it becomes crucial to look at all meets to see if one club was consistently or quite often near the top of the rankings in those individual contests. For that reason the team award for 2010 goes to Iron Works of Ottawa.

Ontario Bench Press				Nov 20, 2010		
Div	Wt	Name	Club	BWT	Bench	Wilks
<b>Women</b>						
O	60.0	Maggie Rafferty	Iron Works	58.9	75.0	84.8
O	82.5	Susan Abbott	Defining Strength	80.5		
MII	90+	Ellyne Dickson	Ultimate Fitness	108.3	87.5	71.4
MII	90+	Laurie Yade	London	94.5	85.5	72.5
<b>Men</b>						
Jr	75.0	Justin Van Schyndel	Iron Foundation	72.2	135.0	98.8
O	75.0	Chris Fudge	Iron Works	70.1	125.0	93.6
O	75.0	Jon Stewart		74.2	117.5	84.4
O	82.5	Art Chan	Iron Works	76.6	150.0	105.3
MIII	82.5	Laurie Greenidge		82.4	125.0	83.8
O	90.0	Greg Page	Iron Works	89.1	195.0	125.1
MII	90.0	Rosario Lattanzio	Iron Works	89.8	187.5	119.8
MI	90.0	Robert Truchon		86.1	90.0	58.8
MII	90.0	Herbert Greenidge	Ottawa Strong	89.7		
MII	100.0	Jerry Marentette	Power Pit	90.2	197.5	125.9
O	100.0	Frank Mayer		97.5	190.0	116.8
MII	100.0	Miroslav Kprnicky		99.0	172.5	105.4
MI	100.0	Barry McEvoy	Lakeside	93.5	147.5	92.4
O	110.0	Serge Leduc	Iron Works	106.0	75.0	44.7
MIII	125.0	George Flikas		122.5	187.5	107.3
MII	125.0	Fred English		116.1	185.0	107.2
O	125+	Stephen Jesso	Lakeside	162.5	265.0	144.9
MIII	125+	Dave Hoffman	Golden Triangle	162.0	165.0	90.3
O	125+	Ryan Silverson		128.1		



### **TITAN POWERLIFTING EQUIPMENT IN CANADA**

**Fury & F6 bench shirts:** \$105 Custom made: \$139 (All taxes incl.)  
**Katana bench shirts:** \$160 (Angle sleeve or straight sleeve) Custom made: \$195  
**Super Katana bench shirts:** \$185 (A/S or S/S) Custom made: \$220  
**Superior squat suit:** \$80 **Deadlift suit (Velocity):** \$160  
**Centurion suit :** \$160 **Custom Centurion :** \$195  
**Super Centurion suit:** \$185 **Custom Super Centurion :** \$220  
**Singlet :** Titan singlet with logo : \$55

**Knee wraps :** THP ,TITANIUM, MAX RPM Knee wraps : \$35  
**Wrist wraps :** THP, TITANIUM, MAX RPM 24 in. wrist wraps : \$26  
12 in. wrist wraps : \$22 50cm. wrist wraps : \$24  
**Deadlift slippers :** \$10 **Powerwash:** \$10.00 **Titan socks:** \$8.50 **Wrap roller:** \$50.00  
**T-shirts :** S-XL : \$15.00 2XL : \$16.00 3XL : \$17.00 4XL : \$25.00 5XL : \$29.00  
**Shipping :** In Ontario for a suit or a shirt : \$12 (3 or 4 days delivery) **COD:** \$8  
**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!**  
Send payment and details of order to : **LOUIS LÉVESQUE**

681 Avenue du Parc, Sherbrooke, QC J1N 3N5

**Phone :** 819-864-6810 (between 6 and 9 p.m. Eastern time only, or at lunch hour) **E-mail:** [llevsque@powerlifting.ca](mailto:llevsque@powerlifting.ca)

## **Ontario Championships**

Jan 22-23, 2011

*-Submitted by Mike Knott*

As this was the first competition under the new weight classes there were several new records attempted and broken as I suspect there will be in days to come. The number of lifters was less than expected but this did not take away from the quality of lifting.

I would like to thank all the volunteers and referees that, without them it would be impossible to run a competition. I would also like to thank Glyn Moore and Jerry Marrentette for supplying their rack equipment. It always makes it easier with similar equipment. Thanks also to Hoi Leung for the new wireless referee lights that he provided for us to try.

Mike Armstrong and Joe Marksteiner helped considerably in getting the Live Web Feed and Live results updates going. It was an effort with to get the program to work without problems. This was a challenge with the new weight classes and this will get better as we go.

It was a joy for the London Powerlifting Club to host this year's Provincial Championships and wish luck to all planning to attend the Nationals and Worlds this year.

## Ontario Championships - Women

Jan 22-23, 2011

Div	Wt	Name	Club	BWT	Squat	BP	DL	Total	Wilks
<b>Women</b>									
J	63.0	Stacey Jensen		62.2	160.0	82.5	167.5	410.0	444.604
J	63.0	Kristen Sweeney		61.6	117.5	60.0	132.5	310.0	338.675
M1	52.0	Jayne Major	Ultimate Fitness	50.6	107.5	65.0	130.0	302.5	385.083
M1	63.0	Julie Watkin	Niagara	59.0	140.0	75.0	165.0	380.0	429.210
M1	72.0	Lisa Nigh		70.8	132.5	85.0	155.0	372.5	367.695
M2	52.0	Susan Thomson		50.5	102.5	65.0	117.5	285.0	363.375
M2	63.0	Jane Lessard		60.5	107.5	65.0	110.0	282.5	312.954
M2	84.0	Ulrike Kruger	Toronto Rex	76.7	155.0	80.0	170.0	405.0	379.728
M3	63.0	Carol Brady	Niagara	62.3	92.5	50.0	97.5	240.0	259.944
M3	84+	Mary Lupton	Niagara	91.3	82.5	45.0	112.5	240.0	206.160
O	52.0	Trisha Boyle	Toronto Rex	51.0	142.5	77.5	140.5	360.5	456.177
O	57.0	Maggie Rafferty	Iron Works	57.0	130.0	80.0	155.0	365.0	423.546
O	57.0	Jazz Bansal	Titans of Mississauga	52.6	80.0	55.0	107.5	242.5	299.633
O	63.0	Lynn Wardle	Iron Foundation	60.3	0.0	0.0	0.0	0.0	0.000
O	63.0	Rebecca McKeen	Iron Works	61.2	0.0	0.0	0.0	0.0	0.000
O	63.0	Mary Ann Kaczor		61.9	0.0	0.0	0.0	0.0	0.000
O	72.0	Sarah Leighton	Ultimate Fitness	68.5	184.0	115.0	180.0	479.0	483.790



Sarah Leighton

-- Photo: L Zozzotto



Jane Lessard

-- Photo: L Zozzotto



John Bourgoine

-- Photo: H Rai

### Best Lifters

Best Lifters	Team	Div	Bwt (kg)	WtCls	PL Total	Wilks Pts
Stacey Jensen		F-J	62.2	63	410	444.604
Julie Watkin	Niagara	F-M1	59	63	380	429.210
Ulrike Kruger	Rex	F-M2	76.7	84	405	379.728
Carol Brady	Niagara	F-M3	62.3	63	240	259.944
Sarah Leighton	U. Fitness	F-O	68.5	72	479	483.790
Andrew Cameron	Steel C	M-J	108.6	120	787.5	465.334
Jeff Becker	Iron F	M-M1	82.4	83	775	519.560
Ron Strong	Pit	M-M2	118	120	785	453.102
Patrick Hartwick	Reach	M-M3	102.8	105	667.5	401.902
Jack Taylor	Niagara	M-M4	91	93	475	301.577
Mike Dickinson	Iron F	M-O	92.6	93	735	462.682

### A few points from the Annual General Meeting

There is growing interest in powerlifting without supportive equipment, Ontario now has guidelines. This will be known as "Classic Powerlifting" and will consist of High School rules, belt, non supportive singlet and wrist wraps. If a Classic Powerlifting contest is being held then it would hopefully be a separate contest but if there are not enough lifters then it has to be at least a separate flight regardless of gender. This way we can monitor the equipment weigh ins and should we decide to set up a records section for Classic Powerlifting, then it will be easier to monitor.

In 2011 there will be a \$5 charge made to every lifter entering a contest in Ontario for a drug testing fund. Harnek Rai gave an update on Out of Contest Testing and we want to be ready with a fund to implement this program as soon as it is available.



# Ontario Championships - Men

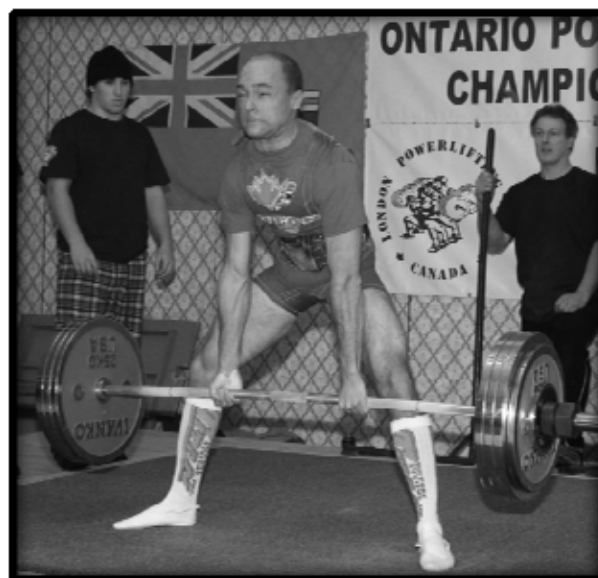
Jan 22-23, 2011

Div	Wt	Name	Club	BWT	Squat	Bench	DL	Total	Wilks
<b>Men</b>									
J	74.0	Justin Van Schyndel	Iron Foundation	71.4	205.0	147.5	195.0	547.5	404.219
J	83.0	Brian Whitworth	Steel City	82.0	227.5	147.5	210.0	585.0	393.354
J	83.0	Jake Wood	Niagara Powerlifting	81.1	182.5	135.0	250.0	567.5	384.141
M1	74.0	John McKittrick	Golden Triangle	73.2	192.5	130.0	210.0	532.5	386.009
M1	74.0	Donald Francis		70.4	182.5	142.5	192.5	517.5	386.107
M1	83.0	Jeff Becker	Iron Foundation	82.4	292.5	190.0	292.5	775.0	519.560
M1	83.0	Sandro D'Angelo	Iron Works	82.2	230.0	150.0	262.5	642.5	431.375
M2	74.0	Walter Urban	Iron Foundation	73.9	205.0	122.5	220.0	547.5	394.200
M2	74.0	Frank Nadeau	Niagara	74.0	0.0	0.0	0.0	0.0	0.000
M2	83.0	Barry Simms	London	75.6	160.0	125.0	200.0	485.0	343.671
M3	83.0	Laurie Greenidge		82.4	195.0	135.0	200.0	530.0	355.312
M3	83.0	John Bourgoïn	Golden Triangle	75.1	195.0	107.5	182.5	485.0	345.271
M4	83.0	Lynton Lam		81.5	150.0	90.0	182.5	422.5	285.145
O	59.0	Steve Earl	Ottawa Strong	58.8	165.0	102.5	190.0	457.5	397.522
O	74.0	Jamie Stephen		73.4	230.0	140.0	250.0	620.0	448.570
O	74.0	Art Chan	Iron Works	73.5	195.0	142.5	230.0	567.5	410.189
O	83.0	Mike Wood	Niagara	78.7	167.5	130.0	235.0	532.5	367.372
J	93.0	Kristin Fischer		91.2	260.0	155.0	247.5	662.5	420.157
J	105.0	David Droeske	Ultimate Fitness	102.8	227.5	165.0	297.5	690.0	415.449
J	120.0	Andrew Cameron	Steel City	108.6	300.0	227.5	260.0	787.5	465.334
J	120+	Chad Farquhar	Steel City	131.7	245.0	175.0	245.0	665.0	375.260
M1	93.0	Dave Walters	Phoenix Fitness	92.2	282.5	250.0	265.0	797.5	503.063
M1	93.0	Hoi Leung	Niagara	91.0	252.5	180.0	272.5	705.0	447.604
M1	93.0	Greg Platsko	Power Pit	91.4	190.0	172.5	225.0	587.5	372.181
M1	105.0	Stephen McKenzie	Iron Foundation	104.9	315.0	210.0	300.0	825.0	493.185
M1	120.0	Mark Giffin	Iron Foundation	109.1	260.0	195.0	270.0	725.0	427.750
M1	120.0	Craig Hirota	Toronto Rex	113.6	205.0	140.0	272.5	617.5	360.003
M2	93.0	Jerry Marentette	Power Pit	88.2	195.0	195.0	282.5	672.5	433.830
M2	105.0	Steve Chomitz	Golden Triangle	103.3	195.0	195.0	240.0	630.0	378.693
M2	105.0	Paul Francis		102.1	230.0	160.0	235.0	625.0	377.312
M2	105.0	Blake Giberson	Power Pit	103.9	160.0	140.0	205.0	505.0	302.899
M2	120.0	Ron Strong	Power Pit	118.0	275.0	205.0	305.0	785.0	453.102
M2	120+	Kari Suutari		124.8	245.0	230.0	272.5	747.5	426.075
M3	93.0	Marvin Kelso		87.0	205.5	140.0	185.0	530.5	344.772
M3	105.0	Patrick Hartwick	PoweReach	102.8	290.0	150.0	227.5	667.5	401.902
M4	93.0	Jack Taylor	Niagara	91.0	162.5	122.5	190.0	475.0	301.577
O	93.0	Mike Dickinson	Iron Foundation	92.6	282.5	182.5	270.0	735.0	462.682
O	93.0	Brandon Ward		90.9	250.0	182.5	290.0	722.5	458.932
O	93.0	Brandon Summers	Iron Foundation	87.5	245.0	165.0	252.5	662.5	429.234
O	93.0	Vincent Byrne	Power Pit	89.8	232.5	185.0	245.0	662.5	423.404
O	93.0	Philip Plato	Niagara	86.7	227.5	140.0	255.0	622.5	405.310
O	105.0	Dave Pigozzo	Iron Foundation	95.3	240.0	167.5	265.0	672.5	417.690
O	120+	Jason Byrne	Power Pit	124.8	272.5	197.5	315.0	785.0	447.450
O	120+	Matt Cuthbert	Niagara	130.6	250.0	220.0	230.0	700.0	395.570



Walter Urban

-- Photo: H Rai



Steve Earl

-- Photo: H Rai



Donald Francis

-- Photo: H Rai



**Canadian  
Powerlifting  
Union**

## **2011 CPU National Championships**

March 29-April 2, 2011

Charlottetown, PEI

[www.2011nationals.ca](http://www.2011nationals.ca)

**Entry form:** Contact your OPA President for the entry form, who must sign to certify qualification.

Glyn Moore Phone: (905) 646-8536 email: [gmoore82@cogeco.ca](mailto:gmoore82@cogeco.ca)



Sandro D'Angelo

-- Photo: H Rai

**Note:** Please confirm that you meet the qualification standards for Nationals. Refer to Page: 22 for minimum standards. Due to the recent changes in all weight class limits by the IPF, these special rules will apply:

1: Any person presently qualified to compete at nationals shall remain so for the 2011 nationals, or that qualifies between today and December 31, 2010 by the existing standards shall also be qualified for 2011 nationals.

2: All lifters must re-qualify for the 2012 Nationals at their new bodyweight category prior to the date of the 2012 nationals. After that event, the regular "within 24 months" rule will come back in to effect.

Tee Shirt Report		
Initial Order - 72 shirts approx cost (paid by OPA Treasury)		\$450
Re-Orders - 20 Shirts cost was		\$95
24 Shirts cost was		\$150
Both re-orders were purchased from proceeds		
Tee Shirts sold	St. Thomas	10
	London	7
	Essex High School	19
	Mississauga	12
	Ottawa	8
	Stoney Creek	12
	London Provincials	12
	Misc	8
Total sold to date 88 @ \$15		\$1320
Cost of shirts		\$ 695
Proceeds		\$625
Inventory is worth 28@ \$15		\$420
Money given to date to Marlene Moore		\$1050
Cash on hand		\$25

Thanks to the executive for funding this project. I will continue to get to as many meets as possible to offer them for sale. It had been many years since any clothing was available and it is nice to see them being worn at events. Would the members be willing to purchase tank tops for summer wear? I've had a couple of requests. Please let myself or Glyn know.

-Dave Hoffman



Kari Suutari and Bill Jamison – Kari is the first Master II lifter to total 800kg in Canada

-- Photo: H Rai



### OPA College/University Challenge

**Date:** Feb 20, 2011  
**Location:** Canadore College  
 60 Commerce Court Crescent  
 North Bay, ON  
**Meet Director:** Jeff Sivell  
**Cost:** \$40  
**Payable to:** Larry Sheppard  
**Send to:** Canadore College  
 c/o Larry Sheppard  
 PO Box 5007 North Bay, ON P1B 8K9  
**Contact:** Phone: (705) 474-7600 x5851  
 Email: jeffsivell@hotmail.com  
**Entry Deadline:** Feb 9, 2011  
**Weigh-in** 7:30am  
**Contest Type** Unequipped (High School Rules Apply) to  
 Any Registered College or University  
 Student

### 9th Annual Niagara Open

**Date:** Aug 20, 2011  
**Location:** Quality Inn  
 Ontario St, St Catharines, ON  
**Meet Director:** Glyn Moore  
**Cost:** \$65  
**Payable to:** Niagara Powerlifting Club  
**Send to:** Glyn Moore  
 9 Old Oxford Rd  
 St Catharines, ON L2M 2J7  
**Contact:** Phone: (905) 646-8536  
 Email: gmoore82@cogeco.ca  
 Website: www.niagarapowerlifting.org  
**Entry Deadline:** Aug 6, 2011  
**Weigh-in** 7:00am Lifting: 9:00am  
**Contest Type** 3-lift open  
 Capped at 36 lifters  
**NOTE** This contest is capped at 36 lifters

### Ontario Mens Intermediate Championships Nov 20, 2010

Div	Wt	Name	Club	BWT	Squat	Bench	DL	Total	Wilks
Jr	60.0	Steve Earl	Ottawa Strong	60.0	162.5	102.5	200.0	465.0	396.6
O	75.0	Chris Fudge	Iron Works	71.4	170.0	127.5	190.0	487.5	359.9
Jr	82.5	Kevin Cancian	Capital Barbell	78.6	215.0	117.5	235.0	567.5	391.8
Jr	82.5	Brian Whitworth	Steel City	82.0	215.0	142.5	205.0	562.5	378.2
MIII	82.5	Laurie Greenidge		82.5	202.5	125.0	200.0	527.5	353.4
MII	82.5	Stan Goss	London	81.9	185.0	122.5	187.5	495.0	333.1
O	82.5	Eytan Rip	Ottawa Strong	82.5					
Jr	90.0	Kristin Fischer		89.5	245.0	142.5	242.5	630.0	403.3
Jr	90.0	Alex Harris	Steel City	89.4	215.0	110.0	210.0	535.0	342.7
O	100.0	Dane Blinkie	Ultimate Fitness	97.8	222.5	127.5	260.0	610.0	374.6
MII	100.0	Miroslav Koprnický		100.0	195.0	172.5	205.0	572.5	348.4
O	125.0	Peter McGill	Steel City	123.4	250.0	195.0	182.5	627.5	358.5
MII	125.0	Doug Bloch-Hansen	London	117.3	217.5	145.0	230.0	592.5	342.5
O	125.0	Philippe Landry		121.4					
SJr	125+	Chad Farquhar	Steel City	136.0	260.0	182.5	232.5	675.0	378.9



Laurie Greenidge

- Photo H Rai

### Womens Open

Nov 20, 2010

Div	Wt	Name	Club	BWT	Squat	Bench	DL	Total	Wilks
MI	52	Jayne Major	Ultimate Fitness	49.9	110	60	125	295.0	379.54
SJr	52	Stephanie Reischl	Steel City	51.7	77.5	45	77.5	200.0	250.44
O	60	Maggie Rafferty	Iron Works	58.9	115	65	142.5	322.5	364.76
Jr	67.5	Rebecca McKeen	Iron Works	60.9	135	65	150	350.0	385.75
Jr	67.5	Stacy Jenson		63.6	167.5	92.5	155	415.0	442.52
O	67.5	Angela Burgess	Ultimate Fitness	65.2	127.5	62.5	140	330.0	345.42
O	67.5	Mary Ann Kaczor		65.8	157.5	90	167.5	415.0	431.47
O	67.5	Hilda Siegel	Ultimate Fitness	65.8	80	55	122.5	257.5	267.72
O	67.5	Sarah Leighton	Ultimate Fitness	67	187.5	115	175	477.5	489.96
Jr	67.5	Gracie Vanasse		67.5	90	67.5	117.5	275.0	280.67
SJr	75	Alyssa Smith		72.5	142.5	65	155	362.5	352.20
MI	90+	Lesley Hammil	Iron Works	97.3	95	70	110	275.0	230.90
MI	90+	Shelley Colter	Ultimate Fitness	112	75	57.5	117.5	250.0	202.41



Chad Farquhar

- Photo H Rai

# 2010 Phoenix Open – 3-lift

Oct 20, 2010

Div	Wt	Name	Club	BWT	Squat	BP	DL	Total	Wilks
<b>Women</b>									
O	52	Trisha Boyle	Toronto Rex	51.7	105.0	57.5	130.0	292.5	366.3
SJR	52	Stephanie Reischl	Steel City	50.7	70.0	40.0	75.0	185.0	235.2
M1	67.5	Glorianne Papolis	.	64.2	152.5	75.0	150.0	377.5	399.7
O	67.5	Frances Manias	Defining Edge	65.1	112.5	65.0	135.0	312.5	327.5
Jr	67.5	Jennifer Mulhall	Defining Edge	64.7	102.5	52.5	125.0	280.0	294.8
M1	67.5	Maria Commisso	.	60.3	97.5	45.0	115.0	257.5	286.0
O	67.5	Renee Willis	Defining Edge	66.5	72.5	57.5	115.0	245.0	252.8
M2	67.5	Lynn Lister	Titans of Mississauga	64.6	55.0	55.0	90.0	200.0	210.8
O	75	Sonja Bedic	Defining Edge	74.8	0.0	0.0	0.0		
O	75	Anita Santos	Defining Strength	70.0	152.5	80.0	147.5	380.0	378.0
O	75	Sarah Frankel	Toronto Rex	74.0	125.0	75.0	152.5	352.5	338.0
M2	90	Mary Lupton	Defining Edge	89.5	97.5	47.5	122.5	267.5	231.7
<b>Men</b>									
O	67.5	Chris Fudge	Iron Works	67.2	155.0	120.0	185.0	460.0	355.9
M2	75	Frank Nadeau	Niagara	75.0	220.0	167.5	212.5	600.0	427.5
O	75	Mark MacWilliams	.	74.9	200.0	137.5	185.0	522.5	372.7
Jr	75	Shane Nicholls	Capital Barbell	73.5	170.0	105.0	180.0	455.0	328.9
M1	75	Gary Lacoursiere	.	73.7	100.0	125.0	150.0	375.0	270.5
O	82.5	James Newton	.	78.8	192.5	0.0	0.0		
O	82.5	Jamie Desjardins	Western Gym Team	80.9	0.0	0.0	0.0		
Jr	82.5	Jake Wood	Niagara	79.7	232.5	152.5	277.5	662.5	453.4
O	82.5	Nello Miele	Niagara	81.0	220.0	155.0	225.0	600.0	406.5
O	82.5	Michael Whiting	Western Gym Team	78.3	195.0	127.5	207.5	530.0	366.9
O	82.5	David Blanchard	.	80.9	175.0	115.0	200.0	490.0	332.2
M3	82.5	Lynton Lam	.	81.1	150.0	80.0	190.0	420.0	284.3
O	90	Brandon Ward	Golden Triangle	89.4	255.0	180.0	297.5	732.5	469.2
Jr	90	Matt Shelvock	Western Gym Team	87.5	262.5	142.5	232.5	637.5	413.0
O	90	Chris Sousa	.	87.8	220.0	142.5	250.0	612.5	396.1
O	90	Paul Benincasa	.	87.1	230.0	140.0	240.0	610.0	396.2
O	90	Travis Graham	.	87.0	215.0	137.5	245.0	597.5	388.3
M2	90	Kevin Stirling	Power Pit	89.0	215.0	157.5	205.0	577.5	370.8
Jr	90	Matthew Giesa	.	82.7	215.0	140.0	190.0	545.0	364.6
O	90	David Oliver	Team Barbarian	90.0	195.0	132.5	185.0	512.5	327.2
Jr	90	Andrew Wilson	.	89.0	152.5	120.0	210.0	482.5	309.8
M2	90	Stan Goss	London	84.0	162.5	102.5	182.5	447.5	296.6
Jr	100	Thomas McCann	.	98.6	0.0	0.0	0.0		
O	100	Jamie Emberley	.	100.0	272.5	0.0	0.0		
M1	100	Dave Pigozzo	Iron Foundation	94.9	255.0	180.0	277.5	712.5	443.4
Jr	100	Dave Jastrubecki	Niagara	92.5	230.0	142.5	255.0	627.5	395.2
Jr	100	Jonathan Bailey	Western Gym Team	90.2	200.0	110.0	225.0	535.0	341.2
Jr	100	Matthew Jacobs	Western Gym Team	95.5	195.0	117.5	192.5	505.0	313.4
M2	125	Ron Strong	Power Pit	118.3	290.0	200.0	315.0	805.0	464.4
O	125	Steve Magistrale	Niagara	124.4	265.0	190.0	280.0	735.0	419.2
M1	125	Tony Bunce	Golden Triangle	118.9	190.0	135.0	200.0	525.0	302.4
M1	125+	Harry Macdonald	London	145.9	272.5	0	0		
O	125+	Matt Cuthbert	Niagara	128.2	250.0	215	200.0	665.0	377.1



Lynton Lam

- Photo U Kruger



Anita Santos

- Photo U Kruger



Trish Boyle

- Photo U Kruger

Belle River Push Pull / Three Lift		Belle River Open and Bench Only	
<b>Date:</b>	June 4, 2011 9:30am	<b>Date:</b>	Nov 12, 2011 9:30am
<b>Location:</b>	Power Pit Gym 1530 County Rd. 22 Belle River, ON N0R 1A0	<b>Location:</b>	Knights of Columbus Hall 1303 County Road 22 Emmeryville, ON
<b>Meet Director:</b>	Jerry Marentette	<b>Meet Director:</b>	Jerry Marentette
<b>Cost:</b>	\$65	<b>Cost:</b>	\$65
<b>Payable to:</b>	Power Pit	<b>Payable to:</b>	Power Pit
<b>Send to:</b>	Jerry Marentette 1530 County Rd. 22 Belle River, ON N0R 1A0	<b>Send to:</b>	Jerry Marentette 1530 County Rd. 22 Belle River, ON N0R 1A0
<b>Contact:</b>	Phone: (519) 727-6096	<b>Contact:</b>	Phone: (519) 727-6096
<b>Entry Deadline:</b>	May 30, 2011	<b>Entry Deadline:</b>	Nov 7, 2011
<b>Weigh-in</b>	7:30am	<b>Weigh-in</b>	7:30am
<b>Contest Type</b>	Push/Pull and Three lift	<b>Contest Type</b>	Powerlifting and Bench Only categories



## Club Affiliation Application Form (for Jan 1 – Dec 31, 2011)

### Benefits of being an affiliated club of the OPA

- Only registered clubs can enter as team in a contest.
- Only registered clubs can sanction and host a contest.
- Clubs can play a part in promoting powerlifting in their communities.
- Clubs are provided visibility on the website and newsletter.
- 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  
→ All Fees are Non-Refundable

**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:2010-11]

# Ontario Powerlifting Association – Annual General Meeting

Meeting Minutes, January 22, 2011

## OPENING:

The regular meeting of the Ontario Powerlifting Association was called to order at 7:38pm on Saturday January 22, 2011 in London by Glyn Moore.

## PRESENT:

<u>Board of Directors</u>			<u>Regional Chairperson(s)</u>		
Title	Name	Present	Title	Name	Present
President	Glyn Moore	Y	Northwest	Vacant	
Vice President	Stan Goss	Y	Northeast		
Secretary	Trisha Boyle	Y	Eastern	Sandro D'Angelo	Y
Treasurer	Jackie Pritchard	N	Southern	Jerry Marentette	Y
Registration	Marlene Moore	Y			
Referee	Michael Knott	Y			
News Letter	Ulrike Kruger	N			
Web/Records		N/A			

## Attendance

David Hoffman, Mark Boyle, Doug Bloch-Hansen, Harnek Rai, Bill Jamison, Jeff Becker, Blake Giberson

## Agenda

Roll Call	Glyn Moore	Proposer	Second
Introduction of Guests and Tributes			
Reading of Minutes of Previous AGM	Trisha Boyle	Mike Knott	Dave Hoffman
Presidents Report	Glyn Moore		
Secretary's Report	Trish Boyle		
Treasurer's Report	Jackie Prichard		
Registrar's Report	Marlene Moore		
Referee's Report	Michael Knott		
Proposals			
Male and Female Lifters of the Year			
2012 Provincial Championship Proposals			

## Roll Call

### Presidents Report

When I took up the position of OPA President I had a goal to take the OPA in the direction that I thought was best for it. Marlene and I eagerly helped any club holding a contest in the hope that it would enhance the quality of the contests. As many of you are aware I am not a fan of Gym held contests in general. The one exception being the Belle River Contest which is held in the summer and is great fun tied in with an outdoor BBQ. However by opening this door some of our other larger clubs also decided to jump on the bandwagon and demand contests inside gyms and my feeling now is that the quality of contests being held in Ontario is declining.

We have a membership of over 250 lifters and yet the OPA Executive is being mainly run by three members.....President, Referees Chairperson and Registrar. Obviously somewhere along the way I have been unable to reach the membership with my goals for the OPA so I am informing the OPA that I will not seek another term

as President from 2012 as I feel it is time to bring in someone with new direction and ideas.

### Points for discussion at AGM

1. Unequipped / Classic Powerlifting.  
The majority of membership accepts that powerlifting is with gear. Tying up calendar for minority of membership if not fair. Every lifter has the option to lift with any amount of gear they choose. We need to set Ontario's standards for unequipped and determine if we can run these competitions separately or in conjunction with regular powerlifting contests.
2. Ontario Intermediates  
Number of lifters have been 7,6,7,6,16,15 in last six years. Is it time to remove the Ontario Intermediates from the Calendar as it was introduced when there was no Masters or Junior Championships. Now it is causing conflict with your female membership as they class it as Male only contest and they now consist of 26% of the OPA Membership.

3. Any Proposals for Ontario Male, female athlete of year if so please send in your nomination and reasons why you believe the athlete is deserving of this award.
4. Any Proposals to host the 2012 Provincial Championship Weekend.

### **Secretary Report**

The Secretary's report this year is short due to this being my first year in the position of Secretary. It has been a year of learning for me; I have realized the responsibility involved with being on the Executive.

There was some work to be done that I hope has been completed to everyone's satisfaction. The Constitution had not been updated for a few years. It now reflects the changes proposed in prior AGMs and is up to date.

I only received a small handful of nominations for Athlete of the Year. Next year I hope there will be more. Ontario has a generous number of quality lifters who deserve to be recognized.

I look forward to another year as OPA Secretary.

Trisha Boyle

### **2010 REGISTRARS REPORT**

At the end of 2010 the OPA had 255 members in total plus 133 high school members. The exact breakdown is the attached Membership Breakdown.

There were 8 regional contests and 2 Provincial contests which in my opinion, was a great year for choice of meets for any powerlifters competing. Hopefully, next year will be just as good.

Marlene Moore, Registrar

### **New Business**

#### **TO THE MEMBERSHIP:**

When accepting a position in any organization, you need to realize that it takes time and effort to do a good job. If you are not willing to give the time it takes to do the job or put in the initiative to find out what the job involves, ask for guidance or help if you need it and give it your best efforts.....then don't take it on. You need to care about what you have accepted because the membership is depending on you as well as your fellow board members.

#### In the Position of Registrar:

Ontario membership has grown over these 5 years due to the effort of many people.

But it became apparent that 10 meets this year did not satisfy the members as there was continuous discussion and disagreements on the contests that were not sanctioned. Every year for the past 5 years, I have tried to encourage clubs to host a contest, and offer Glyn and I to help. I start asking near the end of each year in hopes that at the AGM I will have a temporary calendar for the

upcoming year. I have had 3 requests for meets. It becomes very time consuming to continuously follow up.

I have taken the registrars job seriously although the application says 4-6 weeks for processing, I can safely say that no one waits for their card more than 2-3 weeks. When they are received the week of the contest, Glyn or I deliver them to the meet as we often help anyway. We don't want anyone to miss out competing. In the 5 years, the OPA has only lost out on 1 NSF cheque. Glyn has helped me for the past 2-3 years by entering all the data.

I am giving notice that as of July 1, 2011 I am resigning as registrar, and any applications for memberships, clubs and contest for 2012 will be forwarded to the secretary to be delivered to the new Registration person.

#### In the position of Newsletter Assistant:

I say "assistant" because there are 3 people who do this job co-operatively to get this magazine out to the membership. After picking up this job a couple of years ago, along with Glyn, and Ulrike Kruger, I find that it is harder to get the membership to co-operate and contribute to the content. This content is not only for the hard copy of the magazine but also to the website. People say they will send photos, they don't. I have tried to collect different material to make the reading interesting, but once again I continuously have to follow up. The membership rarely has anything to offer on their own. Deadlines are ignored. It takes time to gather the information and just as much or more to get it ready for publication. The January newsletter will be the last one if the proposal I am submitting goes through. The money we save by not producing the magazine could perhaps be put towards drug testing.

#### In the position of Website/Records person:

This person has resigned. Now we have the Records job as Glyn has agreed to do this until someone can take it on. Mike Knott has agreed to take the Website job for the time being. He already has a job that requires time and organization.

Glyn is a passionate powerlifter who cared enough about the sport to put his time, effort and money into making contests the best they could be. I support him 100 % and contributed with my organizational skills and my business experience. I agree with Glyn that the OPA is not progressing in the direction we separately had envisioned, his with meets and mine with the duties of each board member. You cannot continuously run an organization by not putting effort into your accepted position and ignoring deadlines.

There are many talented people who belong to the OPA. Perhaps it is time for some fresh outlooks.

Glyn, myself, Jay Gemmell and Steve Magistrale wit the help of the Niagara Powerlifting Club, family and friends will hopefully be putting on the World Masters in October 2011. Our experience wit the OPA has encouraged us to believe that we can do this.

Thank you to those who have helped supported and guided me.

Marlene Moore, Registrar

### Referees Report

For the year 2010 we had many referees upgrade

National Certifications	Provincial I Lynda Squires	Provincial II Trisha Boyle
Jerry Marentette	Glyn Moore	Matt Cuthbert
Scot Seguin	Mark Giffin	Hoi Leung

A Referee seminar was held in January to keep the referees current. I plan to continue this in the future to ensure we keep up with changes. When a competition is set up the club supplies a referee. We must remember that this person must be available for whatever is required by the referee chairperson or the chief referee in the absence of the chairperson.

We will continue to look for new recruits as referees, and the current referees to improve. I am scheduled to try for my International this year and Stan Goss plans to go for his National referee.

We still need more referees in the other regions, and I am hoping the regional chairpersons in the other regions will attempt to recruit. If they do recruit I will try and make myself available for seminars and exams.

Michael Knott, Referee Chairperson

### Eastern Ontario Regional Powerlifting Report

2010 was a good year for the sport of powerlifting in Eastern Ontario.

The 4<sup>th</sup> annual Ottawa Open meet was held on Ottawa on July 17, 2010. The meet included a bench only and a three lift meet, with over 50 lifters participating. Once again the meet was successful with many new lifters participated in the meet. Thanks to all the members of the Ironworks Powerlifting club for all their help in organizing and running the Ottawa Open Meet.

The Ontario Bench Press and Intermediates Championships were also held in Ottawa on November 20<sup>th</sup>, 2010. Along with these two Ontario Championship meets a woman's only meet was also held on the same day in Ottawa. This meet was also a success with over 55 total lifters including a full flight of women lifters. Thanks once again to the Ironworks Powerlifting Club for all their hard work in organizing and running this meet.

I would have to say that the most noticeable improvement in the sport of powerlifting in Eastern Ontario would have to be the increased participation of women lifters. This was evident by a full flight of lifters in both the Ottawa open and Woman's only meets that were held in Ottawa on July 17 and November 20 respectively. Both the Ironworks and Ultimate Fitness clubs in Ottawa have made contributions to promoting women's powerlifting in Eastern Ontario. Thanks to both of these clubs for their contribution.

Eastern Ontario is looking forward to continued growth and exposure to the sport of powerlifting in Eastern Ontario in 2011.

Sandro D'Angelo, Eastern Ontario Rep.

### Treasurers Report

	Sheet1					
	January	February	March	April	May	June
Referee Claims		\$1,619.00			\$929.22	\$819.50
Worlds					\$400.00	
Administration		\$447.48			\$113.00	
Newsletter						
Website costs						
National records		\$150.00	\$225.00		\$675.00	
AGM 2010			\$360.83			
CPU cards/Membership	\$6,450.00					
Nationals						
Insurance						
	\$6,450.00	\$2,216.48	\$585.83	\$0.00	\$2,117.22	\$819.50
Income	\$9,380.00	\$2,550.00	\$1,260.00	\$1,258.00	\$1,633.00	\$1,955.00



Sheet1						
July	August	September	October	November	December	
			\$244.28		\$1,794.78	\$5,406.78
			\$600.00		\$400.00	\$1,400.00
\$18.45		\$141.55		\$1,195.82		\$1,916.30
\$883.24		\$719.03				\$1,402.27
				\$191.28		\$191.28
\$75.00		\$150.00			\$600.00	\$1,975.00
						\$360.83
						\$6,450.00
						0
		\$1,890.00				\$1,890.00
\$776.69	\$0.00	\$2,900.58	\$844.28	\$1,387.10	\$2,794.78	\$20,892.46
\$849.00	\$450.00	\$520.00	\$505.00	\$340.00	\$885.00	\$21,585.00

## Proposals

Proposal 1 – submitted by Marlene Moore

Discontinue the publication of the OPA magazine and put everything on the web site for viewing. Perhaps issue a one page sheet with contacts and clubs to those who do not use a computer. This money could be put towards out of contest drug testing. This is for discussion.

Proposal 2 – submitted by Marlene Moore, seconded by There is a variety of fees for entering a meet. I have not said anything as I was giving out sanctions but the amount charged to a lifter entering a contest ranges anywhere from \$55 to \$75, none of which goes to drug testing.

Perhaps we should have a common amount for a regional meet with \$5 going to drug testing and a Provincials a little more with \$5-10 for drug testing.

Proposal amended to:

No common fee but \$5 to OPA – seconded by Bill Jamison, passed

Proposal 3 – submitted by Marlene Moore (similar proposal made by Glyn Moore)

I would like to take out the 7 day rule between contests in different regions. It should remain 3 weeks between contests unless they are of different categories, e.g. Special Athletes, High School.

Seconded by Bill Jamison, passed

Proposal 4 – made by Mike Knott

Change “An O.P.A. general meeting will take place every year by the end of the December, and reflect the current year end.”

To “AGM will be held in conjunction with the Provincial Championships in January”

Seconded by Stan Goss, accepted

Proposal 5 – made by Mike Knott, no vote needed, already passed in prior AGM

Change “All items passed at the AGM will become effective January 1st with the exception of yearly fees (which will come in effect the following January 1st).”

to

“All items passed at the AGM will become effective the 1st day of the following month with the exception of yearly fees (which will come in effect the following January 1st)”

Proposal 6 – made by Mike Knott, seconded by Mark Boyle  
Take to CPU AGM that women’s qualifiers be set to match men’s Qualifiers.

Based on Nationals for last 4 years, women have been totalling Level 1 or higher.

The original qualifiers when there were not many women in the sport. The amount of lifters and quality of lifts performed shows that this should be addressed. I have attached a spreadsheet with the numbers for the last 4 years to show the level of competition and how high above the qualifiers they are.

Proposal 7 – made by Mark Boyle – withdrawn as already covered

Recognize “Best Raw/Unequipped/Classic” lifter at contests.

Use the USAPL definition of raw (belt and wrist wraps allowed, no suits, bench shirts or knee wraps). This could be optional for the first year as a trial, but basically have a “best raw lifter” similar to “best lifter” at each contest. There would be no weight classes since this would dilute the competition further but would be based on wilks.

Lifters who are raw would be noted at equipment check and have a \* or an R put next to their name in the score sheet or in a new column in the sheet. These would be included in the official results on the OPA site. Essentially this would be the same as Andy’s contest, which was a lot of fun, but with the OPA officially recognizing the results. Because there is only one award for men and one for women, it would not dilute the competition much.

Proposal 8 – made by Mark Boyle - withdrawn  
Make the provincial qualification standards for females the same as for males (i.e. Open lifters require class 1 etc.) and include female lifters who are between class 3 and class 1 in the intermediate championships. This would do the following:

1. Ensure that the quality of competition at Senior Provincials remains high.
2. Add some life into the Intermediate championships
3. Remove any tension that may arise from the Intermediates being male-only

Female lifters who qualify for Nationals by being class 3 or 2, would simply lift at Intermediates to fulfill their obligation to attend a provincial contest.

Proposal – made by Stan Goss, second by Mike Knott, passed  
Classic powerlifting – defined as belt, wrist wraps, singlet, unsupportive t-shirt, shoes, and socks. Knee Wraps/Sleeves, Squat/Deadlift Suit and Bench Shirts are not allowed.

Proposal - made by Glyn Moore, seconded by Harnek Rai, passed  
Separate flight or contest (separate contest sanction) classic for classic powerlifting.

Proposal – made by Stan Goss, seconded by Mark Boyle, passed  
To qualify for Canadian National Championships, you must participate in the Ontario Provincial Championships or the Ontario Bench Press Championships

3 person committee to be made to rewrite the Constitution (Mark Boyle, Trisha Boyle, Mike Knott)

#### **Male and Female Lifters of the Year**

Female: Maggie Rafferty, Trisha Boyle, Sarah Leighton

Male: Chad Farquhar, Ron Strong

Trisha Boyle – nominated by Mike Knott

Sarah Leighton – nominated by Trisha Boyle  
Sarah has the highest Wilks of all women in Ontario. She competed in the Arnold in March. She owns two gyms and introduced the sport of powerlifting to numerous lifters.

Ron Strong – nominated by Mike Knott  
He set 2 world records and has dominated his weight class for some time.

Chad Farquhar – nominated by Marlene Moore  
Chad has trained with Bill Jamison at the Steel City Powerlifting Club since he started powerlifting. In 2010 Chad competed in four contests, two being Provincial Championships, one National Championship and one World Junior Championship.

He is continually improving and is a very young and enthusiastic lifter who will hopefully have many lifting years ahead of him.

Vote determines Athlete of the Year 2010

Female – Trisha Boyle

Male – Ron Strong

#### **Discussion**

Drug testing – Harnek

Out of competition testing will be done this year, 15 lifters picked by each member of Anti-Doping committee. Actual number will be based on cost.

#### **Team of the Year**

Best Team. .... Iron Works

#### **Nomination – Bill Jamison Award**

Glyn Moore by Marlene Moore, second by Bill Jamison, passed

#### **OPA Recognition Award**

Jerry Marentette- nominated by Dave, Mike second, passed

**Banner** – motion to buy from London Powerlifting Club cost \$180

#### **2012 Provincial Championship Proposals**

Ottawa – Sandro – Bench only/Intermediates/Women's Open

No bids for Ontario Provincial Championships

Meeting concluded at 10:30pm on Saturday January 22<sup>nd</sup> 2011

The following regional report was received after the AGM to be included in the newsletter:

#### **Regional Report for 2010**

Looking back at competitions in 2010 we hosted seven competitions in our southern regional area. Most of the competitions were in the spring. I feel that they could have been more spread out throughout the year. I like to thank Andy Childs from Phoenix Fitness for hosting his first contest in last October. It was great to see another club hosting the meets. The high school powerlifting program has helped increase our membership as they are the future of our sport. I would like to see more school areas involved. Also looking ahead for 2011 we will see a trend of lifters competing in the new classic (unequipped, RAW) division. This means only wrist wraps and belts. No Knee Sleeves. Belle River will hosting meets Jun 4th, also Nov 19th 2011.

Jerry Marentette

## Top 10 Ontario - 2010

		Wt Cls	Name	Squat	Wilks	Wt Cls	Name	Bench	Wilks	Wt Cls	Name	D/L	Wilks	Wt Cls	Name	Total	Wilks
<b>Men Sub Jr Junior</b>	1	100.0	Marlon Obratoski	320.0	195.5	100	Marlon Obratoski	210	128.3	82.5	Jake Wood	277.5	189.9	100.0	Marlon Obratoski	812.5	496.5
	2	110.0	Andrew Cameron	290.0	174.9	110	Andrew Cameron	202.5	122.9	67.5	Dalton Major	227.5	180.4	82.5	Jake Wood	662.5	453.4
	3	82.5	Alex Benson	255.0	172.4	82.5	Mike Wood	167.5	115.8	82.5	Mike Wood	255.0	176.4	110.0	Andrew Cameron	742.5	447.7
	4	90.0	Matt Shelvock	262.5	170.1	125+	Chad Farquhar	190	106.8	82.5	Alex Benson	260.0	175.7	82.5	Mike Wood	645.0	446.1
	5	110.0	Dan Pinkney	285.0	169.6	75	Justin VanSchyndel	142.5	106.0	100.0	Marlon Obratoski	282.5	172.6	82.5	Alex Benson	650.0	439.3
	6	67.5	Dalton Major	212.5	167.1	82.5	Jake Wood	152.5	104.4	110.0	David Droeske	287.5	171.9	67.5	Dalton Major	550.0	436.2
	7	82.5	Jake Wood	232.5	159.1	67.5	Kyle Vineham	130.0	100.8	60.0	Steve Earl	200.0	170.6	110.0	Dan Pinkney	717.5	426.9
	8	90.0	Kristin Fischer	247.5	158.2	110.0	David Droeske	165.0	98.7	110.0	Dan Pinkney	280.0	166.6	110.0	David Droeske	702.5	420.1
	9	82.5	Mike Wood	222.5	153.9	67.5	Dalton Major	122.5	97.3	82.5	Kevin Cancian	235.0	162.3	90.0	Matt Shelvock	637.5	413.0
	10	75.0	Justin Van Schyndel	202.5	151.8	82.5	Brian Whitworth	142.5	95.8	82.5	Kevin Cancian	235.0	161.9	90.0	Kristin Fischer	630.0	403.3
<b>Men M1</b>	1	82.5	Jeff Becker	295.0	198.1	110.0	Mark Giffin	242.5	143.0	82.5	Jeff Becker	290.0	194.6	82.5	Jeff Becker	770.0	516.6
	2	110.0	Mark Giffin	320.0	188.6	125.0	Sheldon Duncan	217.5	127.6	90.0	Hoi Leung	295.0	189.0	110.0	Mark Giffin	860.0	507.0
	3	110.0	Andy Childs	305.0	181.6	100.0	Barry McEvoy	205.0	127.2	125.0	Sheldon Duncan	300.0	176.1	110.0	Andy Childs	800.0	476.3
	4	90.0	Hoi Leung	267.5	171.4	90.0	Jeff Becker	192.5	123.5	110.0	Mark Giffin	297.5	175.4	90.0	Hoi Leung	740.0	474.0
	5	125.0	Sheldon Duncan	290.0	170.2	110.0	Andy Childs	205.0	122.1	82.5	Sandro D'Angelo	255.0	173.1	125.0	Sheldon Duncan	807.5	473.9
	6	100.0	Barry McEvoy	260.0	161.3	90.0	Hoi Leung	185.0	118.2	100.0	Craig Hirota	282.5	172.8	100.0	Barry McEvoy	715.0	443.5
	7	82.5	Sandro D'Angelo	237.5	160.9	110.0	Craig Hirota	197.5	117.7	100.0	Dave Pigozzo	277.5	172.7	100.0	Dave Pigozzo	712.5	443.4
	8	100.0	Dave Pigozzo	255.0	158.7	82.5	Greg Platsko	170.0	114.0	110.0	Andy Childs	290.0	172.7	82.5	Sandro D'Angelo	635.0	430.2
	9	100.0	Steve Janik	252.5	154.5	100.0	Dave Pigozzo	180.0	112.0	100.0	Roberto Celio	277.5	169.9	110.0	Craig Hirota	720.0	429.1
	10	100.0	Roberto Celio	250.0	153.0	125.0	Peter McGill	182.5	104.0	82.5	Greg Platsko	247.5	165.9	100.0	Roberto Celio	692.5	423.9
<b>Men M2 M3</b>	1	110.0	Patrick Hartwick	290.0	174.6	75.0	Frank Nadeau	167.5	119.4	125.0	Ron Strong	320.5	185.5	125.0	Ron Strong	803.0	464.8
	2	125.0	Ron Strong	297.5	172.2	100.0	Steve Chomitz	194.0	118.2	100.0	Jerry Marentette	267.5	170.6	100.0	Jerry Marentette	715.0	455.9
	3	100.0	Jerry Marentette	265.0	169.0	100.0	Jerry Marentette	182.5	116.4	75.0	Walter Urban	230.0	164.2	75.0	Glyn Moore	610.0	435.9
	4	75.0	Glyn Moore	232.5	166.1	125.0	Ron Strong	200.0	115.4	75.0	Glyn Moore	222.5	159.0	75.0	Frank Nadeau	600.0	427.5
	5	75.0	Walter Urban	222.5	158.8	110.0	Adrian Ninaber	192.5	113.7	75.0	Walter Urban	222.5	158.7	100.0	Steve Chomitz	680.5	415.1
	6	75.0	Frank Nadeau	220.0	156.8	75.0	Glyn Moore	155.0	110.8	100.0	Steve Chomitz	260.0	158.4	75.0	Walter Urban	577.5	412.3
	7	90.0	Herb Greenidge	230.0	147.8	100.0	Miroslav Koprnicky	180.0	109.9	82.5	John Cahill	225.0	152.2	110.0	Patrick Hartwick	675.0	406.4
	8	100.0	Steve Chomitz	237.5	144.9	125+	Mike Knott	192.5	107.0	75.0	Frank Nadeau	212.5	151.4	110.0	Adrian Ninaber	683.5	403.5
	9	110.0	Adrian Ninaber	242.5	143.2	90.0	Kevin Stirling	157.5	101.1	110.0	Adrian Ninaber	256.0	151.1	110.0	Patrick Hartwick	632.5	379.6
	10	90.0	Kevin Stirling	215.0	138.0	100.0	Paul Francis	160.0	97.7	110.0	Patrick Hartwick	235.0	141.5	90.0	Herb Greenidge	582.5	374.4

**Top 10 Ontario – 2010** (continued)

		Wt Cls	Name	Squat	Wilks	Wt Cls	Name	Bench	Wilks	Wt Cls	Name	D/L	Wilks	Wt Cls	Name	Total	Wilks
<b>Men Open</b>	1	125.0	Kelly Branton	367.5	209.9	90.0	Dave Walters	240.0	153.7	82.5	Jeff Becker	290.0	194.6	125.0	Kelly Branton	937.5	535.6
	2	82.5	Jeff Becker	295.0	198.1	90.0	Barry Antoniow	235.0	151.2	67.5	Art Chan	250.0	193.4	82.5	Jeff Becker	770.0	516.6
	3	100.0	Marlon Obratoski	320.0	195.5	125.0	Kelly Branton	255.0	145.7	90.0	Brandon Ward	297.5	190.6	125.0	Steve Magistrale	905.0	516.5
	4	125.0	Jason Byrne	342.5	195.4	110.0	Mark Giffin	242.5	143.0	82.5	Jake Wood	277.5	189.9	125.0	Jason Byrne	900.0	513.4
	5	125.0	Steve Magistrale	335.0	191.2	67.5	Art Chan	182.5	141.2	90.0	Dave Bolton	295.0	189.6	110.0	Mark Giffin	860.0	507.0
	6	125+	Stephen Jesso	350.0	189.3	125.0	Steve Magistrale	245.0	139.8	67.5	Jamie Stephen	245.0	189.1	90.0	Dave Walters	785.0	502.9
	7	110.0	Mark Giffin	320.0	188.6	125.0	Jason Byrne	237.5	135.5	82.5	Jake Wood	275.5	189.0	67.5	Art Chan	647.5	501.0
	8	90.0	Dave Walters	287.5	183.7	125+	Stephen Jesso	245.0	132.5	90.0	Hoi Leung	295.0	189.0	100.0	Marlon Obratoski	812.5	496.5
	9	90.0	Mike Dickinson	285.0	182.7	100.0	Marlon Obratoski	210.0	128.3	125.0	Ron Strong	320.5	185.5	125+	Stephen Jesso	895.0	484.0
	10	90.0	Dave Walters	285.0	182.6	125.0	Sheldon Duncan	217.5	127.6	125.0	Steve Magistrale	325.0	185.5	110.0	Andy Childs	800.0	476.3
<b>Women M1 M2</b>	1	67.5	Glorianne Papolis	152.5	161.5	75.0	Jackie Pritchard	103.0	99.6	60.0	Julie Watkin	160.0	179.1	60.0	Julie Watkin	362.5	411.6
	2	60.0	Julie Watkin	140.0	159.0	48.0	Sue Thomson	70.0	93.1	56.0	Grace Bartel	137.5	166.7	67.5	Glorianne Papolis	377.5	399.7
	3	82.5	Ulrike Kruger	165.0	156.5	75.0	Lisa Nigh	85.0	83.4	75.0	Ulrike Kruger	167.5	161.0	75.0	Jackie Pritchard	403.0	389.8
	4	75.0	Jackie Pritchard	150.0	145.2	56.0	Grace Bartel	67.5	81.8	52.0	Jayne Major	125.0	160.8	75.0	Ulrike Kruger	400.0	384.5
	5	52.0	Jayne Major	110.0	141.5	60.0	Julie Watkin	70.0	79.5	67.5	Glorianne Papolis	150.0	158.8	52.0	Jayne Major	295.0	379.5
	6	67.5	Althea Flegg	125.0	139.0	67.5	Glorianne Papolis	75.0	79.4	48.0	Sue Thomson	112.5	150.1	48.0	Sue Thomson	282.5	375.9
	7	82.5	Karen Allison	147.5	135.2	52.0	Jayne Major	60.0	77.2	67.5	Lisa Nigh	145.0	148.0	56.0	Grace Bartel	300.0	363.7
	8	67.5	Lisa Nigh	132.5	135.2	90.0	Tracy Dunning	85.0	76.0	90.0	Tracy Dunning	162.5	145.3	67.5	Lisa Nigh	347.5	354.7
	9	48.0	Sue Thomson	100.0	133.1	60.0	Jane Lessard	67.5	75.7	75.0	Jackie Pritchard	150.0	145.1	67.5	Althea Flegg	305.0	339.2
	10	60.0	Jane Lessard	115.0	129.0	75.0	Ulrike Kruger	77.5	74.5	67.5	Althea Flegg	120.0	133.4	82.5	Karen Allison	367.5	337.0
<b>Women Open</b>	1	67.5	Sarah Leighton	187.5	192.4	67.5	Sarah Leighton	115.0	118.9	67.5	Sarah Leighton	175.0	179.6	67.5	Sarah Leighton	477.5	490.0
	2	52.0	Trisha Boyle	141.5	180.7	82.5	Susan Abbott	110.0	100.2	60.0	Julie Watkin	160.0	179.1	52.0	Trisha Boyle	356.5	455.2
	3	67.5	Stacy Jenson	167.5	178.6	75.0	Jackie Pritchard	103.0	99.6	52.0	Trisha Boyle	137.5	175.6	67.5	Stacy Jenson	415.0	442.5
	4	67.5	Mary Ann Kaczor	157.5	163.8	52.0	Trisha Boyle	77.5	99.0	67.5	Mary Ann Kaczor	167.5	174.1	67.5	Mary Ann Kaczor	415.0	431.5
	5	75.0	Sarah Frankel	167.5	162.7	67.5	Stacy Jenson	92.5	98.6	56.0	Grace Bartel	137.5	166.7	60.0	Julie Watkin	362.5	411.6
	6	67.5	Glorianne Papolis	152.5	161.5	67.5	Mary Ann Kaczor	92.5	96.3	67.5	Rebecca MeKeen	150.0	165.3	75.0	Sarah Frankel	415.0	403.2
	7	60.0	Julie Watkin	140.0	159.0	48.0	Sue Thomson	70.0	93.1	67.5	Stacy Jenson	155.0	165.3	67.5	Glorianne Papolis	377.5	399.7
	8	82.5	Ulrike Kruger	165.0	156.5	67.5	Stacey Jensen	87.5	92.5	60.0	Maggie Rafferty	142.5	164.9	60.0	Maggie Rafferty	342.5	396.3
	9	60.0	Maggie Rafferty	135.0	156.2	75.0	Sarah Frankel	95.0	92.3	52.0	Trisha Boyle	130.0	162.8	67.5	Ashley Werner	372.5	394.4
	10	75.0	Anita Santos	152.5	151.7	56.0	Maggie Rafferty	77.5	92.0	75.0	Ulrike Kruger	167.5	161.0	75.0	Jackie Pritchard	403.0	389.8



## 2011 Membership Application

for residents of Ontario

Required if competing Jan 1, 2011 - Dec 31, 2011 (Includes Newsletter)



Becoming an OPA member automatically entitles you to a CPU (Canadian Powerlifting Union) membership. The CPU is affiliated with the IPF (International Powerlifting Federation).

**--. PLEASE PRINT. Complete all areas.**

**Membership Fees are non-refundable.**

### Who can become an Ontario Powerlifting Association Member?

- Residents of Ontario can be full members of the Ontario Powerlifting Association. Lifters in other provinces must register with the association in their province
- Non-residents of Canada must register with the CPU Registration Chairperson directly
- Any person from anywhere can be an Associate member.

Are you a new Member? ☐ → **go to the OPA Website at: [Ontariopowerlifting.org](http://Ontariopowerlifting.org) to download Waiver forms**

Name: \_\_\_\_\_  
First Name Middle Initial Last Name

Address: \_\_\_\_\_ City: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Email: \_\_\_\_\_

*Insurance waiver form that MUST accompany the membership form. Note that there is a separate version of this form for Minors to be signed by the parent/guardian.*

**\*\*\* Both the Waiver and Membership form must be signed before a CPU card can be issued \*\*\***

### Type of Membership (Check only one)

☐ Regular: \$65.00/Regular Sub-Junior \$45.00 or ☐ Special Athlete: \$45.00 or ☐ Associate: \$30.00

**Note:** All members receive the OPA Newsletter several times per year. Regular and Special Athletes receive a CPU card which entitles entry into IPF affiliated contests.

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ ☐ M or ☐ F Level: ☐ Novice ☐ Intermediate ☐ Senior  
DD / MM / YYYY

Categories: ☐ Open ☐ Blind ☐ Special Athlete ☐ Other \_\_\_\_\_  
(check all that apply) ☐ Sub Junior ☐ Junior ☐ Master I ☐ Master II ☐ Master III

Affiliated OPA Club: \_\_\_\_\_ or ☐ Unattached

**Note:** 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.

As a member of the Ontario Powerlifting Association, I agree to follow and obey all rules, regulations, and drug testing procedures as specified in the Ontario Powerlifting Association Constitution and Bylaws (available on the OPA website and upon request). In order to have the right to a Provincial, National or International record, it will be required of me to undergo a drug screening test before I may be declared the record holder.

#### Privacy:

The Ontario Powerlifting Association collects and uses your personal information primarily for the purposes of: a. registration activities associated with the Ontario Powerlifting Association, the Canadian Powerlifting Union and affiliates; b. mailing of periodic newsletters; c. Posting contest results on the website and in the newsletter; d. insurance.

I understand that by joining the Ontario Powerlifting Association, I am granting permission to use my likeness, voice and words on television, radio, films, newspapers, newsletters, on the internet and any other media. As a competitor, I further understand that my age, bodyweight and competition results will be available for scrutiny and posting at competitions as well as in the above described media.

I consent to the information above being made available to our members for networking (e.g. membership lists, newsletters, etc). Only the information that is necessary (and nothing additional) will be shared. This information will not be given out to any other organization.

#### Medical:

Should there be an instance during a club practice or competition where I am not medically able to determine emergency medical care for myself, I authorize the Ontario Powerlifting Association or Ontario Powerlifting Club officials to take such measures and arrange for such medical and hospital treatment as they may deem advisable for my health and well-being.

Signature (Required): \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent/Guardian if under 18)

#### Send application & cheque/money order to:

Ontario Powerlifting Association  
c/o Marlene Moore, 9 Old Oxford Road  
St Catharines, ON L2M 2J7

#### Make Cheque or Money Order payable to:

Ontario Powerlifting Association

\*Allow 4-6 weeks for CPU Cards to be processed.

**Registration will not be accepted on the day of a contest.** Rev: 11/10

## How to enter an OPA Sanctioned Contest

Anyone entering an OPA sanction competition must send a completed and signed Contest Entry form along with payment to the Meet Director or specified individual.

You must be an OPA Member in order to compete in an Ontario Championship. Competitors from out of province must possess the appropriate IPF membership to compete in other contests. Example: A lifter from Quebec can compete in an open competition as a CPU member affiliated with the QPF (Quebec Powerlifting Federation).

Here are the steps to follow to enter a contest:

- Verify that all qualifications are met if this is an Ontario Championship.
- Become an OPA Member. Fill out and send in the Membership form which can always be found on the website
- Complete the Contest Entry form (below) and send to the Meet Director along with the appropriate fees.



### 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 Legibly

→ ALL ENTRY FEES ARE NON-REFUNDABLE

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) \_\_\_\_\_

### Required Information for Provincial or National Championships:

*(Note if this section is not filled out, you will not be considered qualified for Championships)*

Qualifying Total: \_\_\_\_\_ Date of Qualifying Total: \_\_\_\_/\_\_\_\_/\_\_\_\_

Where Qualifying Total was obtained: \_\_\_\_\_

**Note: All qualifying totals must be within 24 months of the competition applying for**

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 order to have the right to a Provincial, National or International record, it will be required of me to undergo a drug screening test before I may be declared the record holder.

Should there be an instance during competition where I am not medically able to determine emergency medical care for myself, I authorize the Ontario Powerlifting Association or Ontario Powerlifting Club officials to take such measures and arrange for such medical and hospital treatment as they may deem advisable for my health and well-being.

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: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent/Guardian if under 18)

[11/2005]



## 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 and fee of \$75.0 to the Ontario Registrar.
4. 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.
5. 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]*

 <small>ONTARIO POWERLIFTING ASSOCIATION</small>	<h3>National or Provincial Record Application Form</h3>																											
<b>Application for:</b> <table style="width: 100%;"><tr><td><input type="checkbox"/> National Men's Senior</td><td><input type="checkbox"/> National Women's Senior</td></tr><tr><td><input type="checkbox"/> National Men's Junior</td><td><input type="checkbox"/> National Women's Junior</td></tr><tr><td><input type="checkbox"/> National Men's Sub Junior</td><td><input type="checkbox"/> National Women's Sub Junior</td></tr><tr><td><input type="checkbox"/> National Men's Master 40-49</td><td><input type="checkbox"/> National Women's Master 40-49</td></tr><tr><td><input type="checkbox"/> National Men's Master 50-59</td><td><input type="checkbox"/> National Women's Master 50-59</td></tr><tr><td><input type="checkbox"/> National Men's Master 60+</td><td><input type="checkbox"/> National Women's Master 50+</td></tr><tr><td colspan="2"> </td></tr><tr><td><input type="checkbox"/> Provincial Men's Senior</td><td><input type="checkbox"/> Provincial Women's Senior</td></tr><tr><td><input type="checkbox"/> Provincial Men's Junior</td><td><input type="checkbox"/> Provincial Women's Junior</td></tr><tr><td><input type="checkbox"/> Provincial Men's Sub Junior</td><td><input type="checkbox"/> Provincial Women's Sub Junior</td></tr><tr><td><input type="checkbox"/> Provincial Men's Master 40-49</td><td><input type="checkbox"/> Provincial Women's Master 40-49</td></tr><tr><td><input type="checkbox"/> Provincial Men's Master 50-59</td><td><input type="checkbox"/> Provincial Women's Master 50-59</td></tr><tr><td><input type="checkbox"/> Provincial Men's Master 60+</td><td><input type="checkbox"/> Provincial Women's Master 60+</td></tr></table>		<input type="checkbox"/> National Men's Senior	<input type="checkbox"/> National Women's Senior	<input type="checkbox"/> National Men's Junior	<input type="checkbox"/> National Women's Junior	<input type="checkbox"/> National Men's Sub Junior	<input type="checkbox"/> National Women's Sub Junior	<input type="checkbox"/> National Men's Master 40-49	<input type="checkbox"/> National Women's Master 40-49	<input type="checkbox"/> National Men's Master 50-59	<input type="checkbox"/> National Women's Master 50-59	<input type="checkbox"/> National Men's Master 60+	<input type="checkbox"/> National Women's Master 50+			<input type="checkbox"/> Provincial Men's Senior	<input type="checkbox"/> Provincial Women's Senior	<input type="checkbox"/> Provincial Men's Junior	<input type="checkbox"/> Provincial Women's Junior	<input type="checkbox"/> Provincial Men's Sub Junior	<input type="checkbox"/> Provincial Women's Sub Junior	<input type="checkbox"/> Provincial Men's Master 40-49	<input type="checkbox"/> Provincial Women's Master 40-49	<input type="checkbox"/> Provincial Men's Master 50-59	<input type="checkbox"/> Provincial Women's Master 50-59	<input type="checkbox"/> Provincial Men's Master 60+	<input type="checkbox"/> Provincial Women's Master 60+	<b>Note:</b>  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  Provincial Records Mail to: Glyn Moore 9 Old Oxford Rd St Catharines, ON L2M 2J7  National Records Mail to: Mike Armstrong 4709 Fordham Cr. SE., Calgary AB T2A 2A5 *Or go to <a href="http://www.powerlifting.ca">www.powerlifting.ca</a> to use the online application
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<b>Lifter Information:</b>  Name: _____  Street: _____  City: _____ Prov: _____  Postal Cd: _____ Phone#: _____  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	<b>Competition Information:</b>  Name of Competition: _____  Location/Address: _____  City: _____ Prov: _____  Date of Competition: _____ <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"><thead><tr><th>Attempt</th><th>1<sup>st</sup></th><th>2<sup>nd</sup></th><th>3<sup>rd</sup></th></tr></thead><tbody><tr><td>Squat</td><td></td><td></td><td></td></tr><tr><td>Bench Press</td><td></td><td></td><td></td></tr><tr><td>Deadlift</td><td></td><td></td><td></td></tr><tr><td>Total</td><td></td><td></td><td></td></tr></tbody></table>		Attempt	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	Squat				Bench Press				Deadlift				Total									
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**NOTE:** Record applications can also be submitted online at: [www.ontariopowerlifting.org](http://www.ontariopowerlifting.org)

# 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:

Glyn Moore  
9 Old Oxford Rd  
St Catharines, ON L2M 2J7

## 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: \_\_\_\_\_

## Purpose of the Classification Awards Program:

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

CLASSIFICATION TOTALS:				MEN							
Wt Class	53 kg	59 kg	66 kg	74 kg	83 kg	93 kg	105 kg	120 kg	120+ kg	Badge Colours	
Elite	492.5	555	620	685	750	800	842.5	875	892.5	Black & Red	
Master	455	512.5	567.5	627.5	685	735	772.5	802.5	822.5	Red & White	
Class I	407.5	457.5	510	565	615	657.5	695	720	730	Blue & Whit	
Class II	360	402.5	447.5	495	542.5	580	610	635	642.5	Green White	
Class III	312.5	350	392.5	432.5	472.5	505	535	555	560	Orange White	
Class IV	272.5	307.5	342.5	375	412.5	440	465	485	490	Yellow &White	
CLASSIFICATION TOTALS:				WOMEN							
Wt. Class	43 kg	47 kg	52 kg	57 kg	63 kg	72 kg	84 kg	84+ kg	Badge Colours		
Elite	285	305	332.5	360	390	432.5	485	522.5	Black & Red		
Master	257.5	277.5	302.5	327.5	355	392.5	440	475	Red & White		
Class I	230	250	272.5	295	320	355	397.5	422.5	Blue & White		
Class II	207.5	220	242.5	262.5	285	315	352.5	370	Green & White		
Class III	180	195	212.5	227.5	250	277.5	307.5	322.5	Orange & White		
Class IV	155	167.5	182.5	195	215	237.5	265	275	Yellow & White		
Qualifying Totals		Women Provincial		Men Provincial		Women National			Men National		
Open		Class III		Class I		Class III			Class I		
Master 1 (40 - 49)		Class III		Class II		Class III			Class II		
Master 2 (50-59)		Class IV		Class III		Class IV			Class III		
Master 3 (60-69)		Class IV		Class IV		Class IV			Class IV		
Master 4 (70+)		(Not Applicable)		Class IV		(Not Applicable)			Class IV		
Sub-Junior		Class III		Class IV		Class IV			Class IV		
Junior		Class III		Class III		Class III			Class III		
Intermediates		(Not Applicable)		(Class 111+4%)<Class I		(Not Applicable)			(Not Applicable)		
Bench Press Open Qualifying Totals											
Weight Class		53	59	66	74	83	93	105	120	120+	
Men – Sub Jr		80.0	95	105	115	125	132.5	140	145	150	
Men – all others		57.5	62.5	70	77.5	82.5	87.5	92.5	95	97.5	
Weight Class		43	47	52	57	63	72	84	84+		
Women – Sub Jr		30	32.5	35	37.5	45	52.5	60	65		
Women – all others		40	42.5	47.5	50	55	60	65	70		



## 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:  
Jackie Pritchard  
581202 RR5,  
Dundalk, ON  
N0C 1B0

### Member Information

### Event Information

Name: \_\_\_\_\_

CPU Card #: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone #: \_\_\_\_\_

Email (optional): \_\_\_\_\_

Competition \_\_\_\_\_

Meeting \_\_\_\_\_

Referee \_\_\_\_\_

Administrative \_\_\_\_\_

Name of Event: \_\_\_\_\_

Location: \_\_\_\_\_

Date: \_\_\_\_\_

Contest Results: (how you placed etc): \_\_\_\_\_  
\_\_\_\_\_

**\*\* 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
<b>Total:</b>			<b>Total:</b>		

### 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. 01/ 08

# ONTARIO POWERLIFTING ASSOCIATION

www.ontariopowerlifting.org



## Board of Directors and Officials

President	Glyn Moore	(905) 646-8536	gmoore82@cogeco.ca
Vice President	Stan Goss		sgoss@live.ca
Secretary	Trisha Boyle		trisha.ross@rogers.com
Treasurer	Jackie Pritchard	(519) 925-2744	jackie.pritchard@gmail.com
Registration Chairperson	Marlene Moore	(905) 646-8536	marlene4opa@cogeco.ca
Records Chairperson	Glyn Moore	(905) 646-8536	gmoore82@cogeco.ca
Referee Chairperson	Michael Knott	(519) 317-6078	Mike_Knott@bell.net
Past President	Bill Jamison		

### Regional Chairpersons

Northwest (vacant)			
Northeast (vacant)			
Southern	Jerry Marentette		opa.southern@ontariopowerlifting.org
Eastern	Sandro D'Angelo		sandrodangelo@rogers.com
Website	Michael Knott	(519) 317-6078	Mike_Knott@bell.net
Newsletter	Ulrike Kruger		rekapower@gmail.com
CPU President	Jeff Butt	(306) 694-5262	jeff@powerlifting.ca

## Affiliated Clubs - 2011

Club Name	Club Contact	Phone Number	Email	Club Website
Canadore Panthers Powerlifting Club	Jeff Sivell	705-493-8940	jeffsivell@hotmail.com	
Fern's Gym	Fern Boucher	705-647-4279		
Golden Triangle	Dave Hoffman	519-894-5913		
Iron Foundation	Alex Drolc	519-757-3332	alex_drolc@gmail.com	
Iron Works	Sandro D'Angelo	613-769-7747	sandrodangelo@rogers.com	
K.W. Grizzlies	Adele Couchman	519-744-4881	acouchman@sympatico.ca	
London Powerlifting Club	Terry Stinchcombe	519-681-4766		londonpowerlifting.org
Monster Powerlifting Club	Harnek Singh Rai	416-569-1488	raiharnek@hotmail.com	
Niagara Powerlifting Club	Jay Gemmell/Glyn Moore	905-685-9828	jgemmell@cogeco.ca	niagarapowerlifting.org
Power Pit Gym	Jerry Marentette	519-727-6096		
PoweReacH	Ashley Hartwick	613-832-2906	powereach@sympatico.ca	
Steel City Powerlifting Club	William T. Jamison	905-765-5345	billjamison@sympatico.ca	
Toronto Rex Powerlifting Club	Mark Boyle	416-628-3577	mark.boyle@algorithmics.com	
Ultimate Fitness Gyms	Sarah Leighton	613-433-9775	sarah@ultimatefitnessgyms.com	www.ultimatefitnessgyms.com