

Ontario Powerlifting News



OFFICIAL NEWSLETTER OF THE
ONTARIO POWERLIFTING ASSOCIATION

February 2013, Volume 63, Issue 3

www.ontariopowerlifting.org



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Also in this issue:

Congratulations to the 2012 male and female athletes of the year,
Dave Walters and Sarah Leighton

*2012 Ontario Classic Championships and Bench Only Championships - by Craig Hirota and
2012 Open World Championships—by Mary Ann Kacsor*

Ontario Powerlifting News and the Future

As mentioned in the last issue of this newsletter, in January 2012, it was voted upon at the Annual General Meeting to make the Ontario Powerlifting News available in electronic format.

After this issue, the Ontario Powerlifting News will only be available in printed format for those individuals who specifically request it. All others will receive their copy via email or they can access on the OPA website at Ontariopowerlifting.org.

When you register for your 2013 and subsequent memberships, please ensure that the registrar receives a current email address.

For those who prefer to continue to receive a printed copy, you must contact Julie Watkin at j_watkin@cogeco.ca or (905)529-7097. If you do not contact her, it is assumed you prefer to receive an electronic copy.

Calendar

Date	Event
March 16, 2013	OPA & Canadore College Classic Challenge, North Bay
March 18-23, 2013	Canadian National Championships, Vancouver
May 4, 2013	Belle River Open
June 1-2, 2013	Toronto Super Show Three Lift and Bench Only
June 15, 2013	UTM Special Athlete and Open Three Lift Powerlifting Competition
July 6, 2013	South Huron Open Three Lift Powerlifting Competition
July 20, 2013	Ottawa Open Three Lift and Bench Only
August 17, 2013	Niagara Open
September 14, 2013	Belle River Three Lift and Bench Only



In Memory Melisande Gagné

Ontario Powerlifting News

The Ontario Powerlifting News is published several times per year and is included in the OPA membership fees. **This is the final printed issue.** All subsequent issues will be primarily issued via electronics.

Submissions and articles are welcome from all members.

Editor: Julie Watkin

Contributors: Craig Hirota, Mary Ann Kaczor, Sandro D'Angelo

Photos—Bruck Millward, Julie Watkin, Sue Thompson, John Clayton, Mary Ann Kaczor

Photo Front Cover: Bruce Millward, Mary Ann Kaczor

Advertising: 1 page- \$75, 1/2 page \$50, 1/4 page \$25, Business Card \$10

Newsletter Deadline: April 15, 2013

Submissions:

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Northern Regional Chairperson	Ron Dillig	705-499-2867	rondillig@yahoo.com

2013 AGM Minutes and Reports—January 25, 2013

Agenda

Roll Call	Dave Hoffman
Reading of Minutes of Previous AGM	
President Report	Dave Hoffman
Vice President Report	Sandro D'Angelo
Treasurer Report	
Registrar Report	Blake Giberson
Referee Report	Michael Knott
Records Report	Mark Boyle
Website/Newsletter Report	Julie Watkin
Northern Region Report	Ron Dillig
Eastern Region Report	Art Chan
Central Region Report	Frank Nadeau
Southwest Region Report	Jerry Marentette
Proposals	
Discussion	
2012 Male and Female Lifters of the Year	
2012 OPA Team of the Year	
Nomination for Bill Jamison Award	
OPA Recognition Award	
Club with Most New Members	
2014 Provincial Championship Proposals	

Board of Directors

Title	Name	Present Y/N
President	Dave Hoffman	Y
Vice President	Sandro D'Angelo	Y
Secretary	Trisha Boyle	Y
Treasurer	Vacant	
Registrar	Blake Giberson	Y
Referee	Michael Knott	Y
Newsletter/ Web	Julie Watkin	Y
Records	Mark Boyle	Y

Regional Chairperson(s)

Title	Name	Present Y/N
Northern	Ron Dillig	Y
Central	Frank Nadeau	Y
Eastern	Art Chan	N
Southwest	Jerry Marentette	Y



2013 AGM Minutes and Reports Cont'd

Roll Call

President's Report

This year will certainly be remembered as a year of transition for the OPA. I had made it known to several people within our organization that this was a portfolio that I would like to take on some day and with Glyn stepping down and no apparent successor and with some encouragement I made my decision to throw my hat into the ring. . Having said that, it has been a rewarding experience, and I have had the help of a great supporting executive from Sandro on down. We lost our treasurer along the way and I have been filling in but we will leave here today with a new treasurer in place. My thanks to Sandro who prepared our yearend statement. This is not an election year so I hope the other executive members will remain in place.

This year saw the explosion of classic lifting. We have had more lifters as OPA members than ever before because of the decision to implement classic lifting. We have attracted lifters from other organizations because of it. Our biggest challenge now is to have enough meets to satisfy all the new members we have attracted. Special thanks to the Iron Works club of Ottawa who decided to put on a meet in October which attracted over 50 lifters. We have seen the emergence of several new clubs in 2012 so I am hopeful that some will soon take that next step and apply for a sanction to host a meet. It's a big undertaking but you will get help to get you through it. There are many of us out there who will step up and lend a hand.

We are all volunteers and for the most part our executive worked well together. We certainly didn't agree on everything but the

Treasurer Report

Ontario Powerlifting Association Comparative Statement of Income and Operations For the years ended December 31, 2012 and 2011

	<u>2012</u>	<u>2011</u>
<u>Revenues</u>		
Membership Fees and other revenues (note 1)	\$28,323	\$27,369
<u>Operating Expenses</u>		
Canadian Powerlifting Union Membership costs	10,600	6,825
Referee Expense	8,916	5,089
Travel Expense Athletes	2,155	3,200
Insurance Expense	2,781	2,777
Advertising and Promotional Costs	2,209	2,167
Office and Administration Expenses	2,387	2,751
Bank Charges	202	0
Medals and Trophies Expense	<u>1,422</u>	<u>1,766</u>
Total Operating Expenses	<u>30,672</u>	<u>24,575</u>
Surplus (Deficit)	<u>\$(2,349)</u>	<u>\$2,794</u>

2/3rds majority works well. Our decision to change the date for our classic provincials and bench press championships which was a decision I initiated was certainly controversial to say the least. It proved to be the right move and Jerry and the Power Pit team were up for the task over the 2 days. We make decisions and hope they are the right ones. But as they say if you don't like the decisions your executive is making then come to the AGM and cast your ballot and next year when the elections take place throw your hat in the ring.

All the best to everyone in 2013 starting with tomorrows meet. My time, computer, and phone are at your disposal. Please don't hesitate to contact me about anything.

Dave Hoffman

2013 AGM Minutes and Reports Cont'd

Vice President's Report

My first year of VP of the OPA is now complete and it has flown by very quickly. I definitely think that overall 2012 has been a successful year in Ontario powerlifting. Both memberships and the number of meets in Ontario were up from previous years in 2012. The year started off with a very big and combined Classic and Equipped OPA Provincial Championships in Ottawa, which included some great lifting, and featured local TV coverage of some of the lifting flights in the Ottawa area. The remainder of 2012 included a record number of OPA meets that were held throughout Ontario. These additional meet throughout Ontario attracted many new and hopefully long term OPA members.

As the VP of the OPA and also a meet director I have had the opportunity to meet most of the lifters in Ontario. I have received many comments, concerns, questions and likes and also dislikes with respect to all aspects of the OPA organization. While not all comments or suggestions can be acted on I know that the OPA and all its executives are all striving to make the OPA the standard in Ontario powerlifting and I welcome any OPA member to bring forward any ideas / suggestion that they think will be a positive improvement in Ontario powerlifting.

I am very pleased with the new number of lifters in Ontario and especially the number of world class lifters that we have seen at the CPU Nationals and also the number of Ontario lifters that represented Canada in 2012 at international competitions. These lifters have definitely have made the OPA proud. This, along with the additional coverage of powerlifting in the Canadian Strength Magazine and in social media forms will certainly help lifters and the OPA obtain more exposure. I am hopeful that this additional expose along will help both lifters and the OPA attract sponsors.

Overall I would say that 2012 has certainly been a good year in Ontario powerlifting and I am somewhat satisfied with what has been accomplished although there still remain many challenges ahead. Some of these challenges include striving to make the Toronto Super Show the premier event that it can be, working with some local high schools on Eastern and Northern Ontario and ensuring that the OPA remains the standard in powerlifting.

I am looking forward to a bigger and better 2013 in Ontario powerlifting. If anyone has any ideas, suggestions comments or concerns please let me know.

Sandro D'Angelo

VP Ontario Powerlifting Association



Belle River Open

Date	May 4, 2013	Contact	Jerry Marentette 519-727-6096
Location	Knights of Columbus Hall - 1303 County Road 22, Emeryville, Ontario	Entry Deadline	April 20, 2013
Meet Director	Jerry Marentette	Bench Press	Bench Press: Weigh In - Starts at 730 am --- Lifting at: 930 am
Cost	\$65 per contest including drug test fee	Three Lift	Weigh In - 8:30 am - 10:00 a.m. --- Lifting at: 10:30 a.m.
Payable to	Jerry Marentette	Contest Type	Three Lift and Bench only Open
Send to	1530 County Road 22, Belle River, Ont. N0R 1A0	Note:	Three lift capped at 36 lifters



2013 AGM Minutes and Reports Cont'd

Registrar's Report

Greetings,

2012 proved to be a banner year for the Ontario Powerlifting Association. We registered 413 lifters, including 88 High School students. In the regular membership of 325, there were 137 new members and of course we are hoping they all come back for 2013 and bring a friend. Classic powerlifting has obviously given us a boost and has proven to be very exciting and popular. Having watched the Classic Provincials, it is clear, there are, some just very strong people walking amongst us. I believe in 2013 we will get on track with classic lifting taking its' rightful place as an alternative to equipped for those who have that preference.

Here is a look back at membership records from 2006 to 2011. We've had increases each year, except for 2009 when there was a small dip.

Year

2006 - 159 members – SJR – 10 --- Junior – 16— Totals-New- 36 ---Renewals-123

2007 – 192 members – SJR- 15 --- Junior – 22--- Totals – New – 73--- Renewals- 119

2008 – 237 members- SJR – 13---Junior – 37 --- Totals – New - 75 --- Renewals – 161

2009 – 218 Members – SJR – 10 ---Junior – 39 --- Totals – New – 73 --- Renewals – 145

2010 – 233 Members – SJR – 9 ---Junior – 39 --- Totals - New – 55 ---Renewals – 178

2011 – 273 Members - SJR - 10--- Junior – 55 --- Totals – New – 92 --- Renewals – 181

2012 – 325 Members – SJR – 13--- Junior – 67 --- Totals – New – 137--- Renewals – 188

As you can see, the Sub-Junior ranks haven't changed much, but over the last two years we have had good increases in the Junior lifting ranks. Of course, a continued interest and increases in Junior lifters is what powerlifting needs for the future.

This is a recap of the High School lifting in 2012 which I posted in the May 2012 Newsletter. The Kitchener/Waterloo contest, hosted by President Dave Hoffman and volunteers, had 34 lifters. Bluevale High School won the team trophy. Bill Jamison and volunteers hosted Hamilton region on April 3rd with 45 lifters; Mike Knott and volunteers hosted 9 lifters in Huron-Middlesex on April 21st. Southwest High School meet hosted by Jerry Marentette and volunteers on April 26th had I think about 22 lifters.

The OPA Clubs have remained fairly steady, give or take a couple.

A reminder to all club leaders for the new year: If you want your club points to count, you have to register **before** the contest. Also for lifters; plan your calendar and get your registrations in ahead of the contests to avoid last minute confusion.

Overall the Association is moving forward with our membership. You will notice on the contest calendar we have a new contest location in 2013. Lynton Lam is hosting a meet on July 6th in Vanastra. Check it out on the map and you might want to spend a nice summers' weekend near Lake Huron, go lift in Vanastra then head for the beach. Sound good?

Also attached are some membership records/breakdowns of years gone by back to 2005.

Happy New Year to all and to good lifting.

Blake, OPA Registrar

2013 AGM Minutes and Reports Cont'd

Referee's Report

2012 was a good year for refereeing.

We had:

4 new Provincial Level 2 referees pass their exams.

Doug Bloch-Hansen, Blake Giberson, Sandro D'Angelo, and Phillip Bjerring.

1 new Provincial Level 1 Referee

Matt Cuthbert

2 New National Level Referees

Mark Giffin and Glyn Moore.

I have had several requests for people wanting to test to become a referee.

With changes to the IPF Rules it will be harder for the International Referees to maintain their certifications as now they are required to do 2 International and 2 National championships in a 4 year period. This puts more of a financial strain on the referees that go even if they are not competing and the cost is all on them. We are holding referee seminars that help keep up with the new rules and regulations. I am trying to co-ordinate having one before the Provincials every January in order to keep referees up to date for new rules for the year.

Anyone wishing to attend the seminar is welcome even if they do not plan to become a referee as this is a good chance for lifters to understand the rules and what the referees are looking for. Any Provincial Level 1 referee that wishes to test for their National Certification please let me know to confirm their qualifications and get them on the list to be tested. All Provincial Referee requirements are in the OPA Constitution, as all National Referee requirements and qualifications are in the CPU Constitution.

Records Report

As with last year, there were a large number of records set due to the new weight classes. We're steadily filling out the various weight and age categories. There have been no major complications; however I think we should clarify in the constitution what our policy is regarding age category and classic/equipped crossover. I believe the intent should be to align with the CPU in this. Currently, I've been applying records as though a lifter qualifies in his/her age category, the open category and any category in between (so a M2 lifter can take the M1 and Open records as well). Also, I've allowed classic records to count as equipped records (since the classic lifter attire is also legal in the equipped category) but not the other way around.

Newsletter/Website

Since taking over the OPA website and changing the format in March 2011, we have had over 231,000 gross site visits. Leading up to meets, when lists of lifters are posted, site visits spike. In addition, immediately following meets, when results are expected, the same happens. The site has become the expected means of communication and we will continue to push for new ways to make it simpler for our members to receive their information and register for meets and membership.

Due to the new site structure, we have the option of implementing forums. At the moment there is a private forum for executive members and this is something that we should begin to use.



2013 AGM Minutes and Reports Cont'd

Northern Region Report

After an absence for a number of years, Northern Ontario held 2 meets in 2012. With the work and effort from long time coach and mentor, Larry Sheppard, both meets, Canadore College Challenge on March 18 and the North Bay Open on September 30 exceeded expectation in participation and received excellent exposure from the local newspaper and radio stations.

From this, we are looking to expand our lifter base in 2013. The flyers provided by the OPA have been distributed to the phys. Ed. Departments in the local high schools and we are preparing to host novice meets to bring out the high school lifters.

In March the College/ University meet will be held and should have an excellent turnout with the early promotion on the OPA website. As well, the Northern Open will be arranged for the end of the summer.

Looking forward to a continued growth in Northern Ontario through 2013

Regards, Ron Dillig

Eastern Region Report

2012 was a very good and exciting year for the development and growth of powerlifting in eastern Ontario. The popularity of powerlifting has been steadily growing in Canada, Ontario and eastern Ontario is no exception. 2012 was a busy year with Ottawa hosting three powerlifting meets – the 2012 OPA Classic / Equipped Provincial Championships in January 2012, the annual Ottawa Open meet in July 2012 and an additional Last Chance Ottawa Open meet in October 2012. All meets were very popular and all exceeded our expectations with respect to the number and quality of lifters. This is also evidenced by the number of quality lifters from Eastern Ontario who have developed in world class powerlifters.

We also achieved a few milestones in 2012 with the televising of the 2012 OPA Provincial Powerlifting Championships on Rogers cable 22 in the Ottawa area. Many thanks to Rogers Cable 22 in the Ottawa area and Sam Dubé for volunteering his time and knowledge in providing the colour commentating for the airing of the broadcast. We believe this is a positive step in promoting the sport of powerlifting to the mainstream public and are working on similar broadcasts for 2013.

2012 also saw another first in the Ottawa region with the team from Ironworks running a demo / fun powerlifting meet at the National Capital Fit day event in June 2012 at the CE centre. The event proved to be very successful, popular and was very well received. Many of the lifters at this fun meet went on to become OPA members and have since competed at several OPA sanctioned meets.

The Ottawa team will also be looking to host several meets in 2013 as well, such as the annual Ottawa Open and the 2013 OPA Classic Provincial Championships. We are also working on several other initiatives in Eastern Ontario in 2013. Things such as hosting some high school meets and running educational seminars.

I would like to thank the members from Ironworks and all the other volunteers who have been an integral part of the success of powerlifting in Eastern Ontario. I am very much looking forward to a big year in 2013 with respect to powerlifting in Eastern Ontario.

Art Chan, Eastern Ontario Chairperson

Central Region Report

In the Central Region, we had a total of five events for the year.

We had the Toronto SuperShow, the 10th annual Niagara Open, UTM special and Classic. The Hamilton Regional High School meet, and the Provincial High School Championships, which were held in Caledonia.

Almost all events were well attended, and there was quite a high level of lifting achieved by all who attended.

Hopefully the Central Region and the OPA will continue to grow as we start off 2013.

Sincerely

Frank Nadeau, Central Regional Chairperson

2013 AGM Minutes and Reports Cont'd

Proposals

- 1) Revise the qualifying standards for a provincial meet, so that they match the CPU regional qualifying standards, rather than the current national standards.

Proposal submitted by John Noguera **Result**— Motion to discuss. Failed. No motion to vote on.

- 2.) Article VII General Provincial Meetings add #9-all communication between the executive must be at a formal meeting or by email

Proposal submitted by “Executive” **Result**— Passed

- 3.) Article XXX Contest Sanctions Add #9-changes to sanctions can happen no later than 60 days out-lifters already entered must be notified by phone and email if both options are available.

Proposal submitted by “Executive” **Result**— Passed

- 4.) Article XXII Levels of Competition-delete #4 and replace with all competitions other than the Provincial championships must allow both classic and equipped lifters. Awards are at the meet director's discretion.

Proposal submitted by “Executive” **Result**— Passed

- 5.) Article XXII Levels of Competition- High School #1 (f) add knee sleeves to equipment allowed.

Proposal submitted by “Executive” **Result**— No second to vote. Article remains unchanged

- 6.) Article XIX Provincial Records #11 (f)-all awards won at the meet where the lifter tests positive will also be returned to the meet director and awarded to the proper lifter.

Proposal submitted by “Executive” **Result**— Passed

- 7.) Article XIX Provincial Records #11-provincial records can be set at any contest held by an IPF affiliate/member country.

The onus is on the lifter to show evidence that the referees are officially recognized by the IPF affiliate. As long as the referee is officially recognized, it is assumed that he/she is qualified. The lifter must provide a hard copy of the results with referees' signatures.

Proposal submitted by “Executive” **Result**— Passed

- 8.) Article XXIV Fees-change to current levels

Proposal submitted by “Executive” **Result**— Passed

- 9.) Article XXII Levels of Competition-awards #9 delete Intermediates.

Proposal submitted by “Executive” **Result**— Passed

- 10.) Proposal to add to CPU Bylaws for Bylaw 3, part 3:03 and add to the OPA:

Add the following 3 lines in 3:03 in the appropriate section.

Any unequipped Record made that also qualifies for an equipped record will be accepted. No equipped lift can be used to set an unequipped record. For Sub-Junior and Junior age categories, any record set by the lower age can stand as a record in higher age up to and including Open category For All Masters Categories any record set by a higher age level will also stand for lower age levels down to and including Open category.

RECORDS, AWARDS, AND CLASSIFICATIONS

3:03 All of the above categories of records shall be maintained for both equipped and unequipped competition. A lifter's status as “unequipped” must be clearly identified on the contest scoresheet. Lifters CANNOT “cross-over” from equipped to unequipped, or from unequipped to equipped, they can only be in one division at a time in regards to records. If not so identified as unequipped, they will be assumed to be equipped.

“Unequipped” is defined as normal shoes, socks, under-garments, non-supportive singlet, T-shirt, wrist-wraps, neoprene knee-sleeves and belt. All items must conform to standard IPF Rules specifications. No other items are allowed.

Proposal submitted by Mike Knott—**Result** - Not passed but will investigate IPF position



2013 AGM Minutes and Reports Cont'd

11.) Until PayPal is implemented for membership payment, we suggest the use of e-transfers for payment of memberships. Meet directors may also want to consider this option. With scanning technology for submitting memberships, e-payments can eliminate the necessity of typical mail.

Proposal submitted by Julie Watkin (similar proposal by Mike Knott)

12.) Online CPU/ OPA membership renewal – ability to pay via PayPal

We should implement an online OPA/CPU membership renewal system utilizing PayPal or ebank transfers. This could also be used for members and /or meet directors wishing to pay for OPA sanction fees, drug fee money, medals, OPA records etc.

Proposed by Sandro D'Angelo—**Result** Sandro to investigate details. Executive given permission to go ahead with electronic payments (including PayPal) Includes part 12 as well

13.) Online member database – for OPA refs / meet directors.

Maintain an online member database where referees could access / verify that the lifter is a member in good standing. This would alleviate the problem of making sure that lifters actually have to have the hard copy CPU card with them.

Proposed by Sandro D'Angelo. **Result**—No motion to vote

14.) Annual Financial report to be made available to all members / on the OPA site

The annual OPA Financial statements should be made available to all members on a regular basis (minimal annual statements) and preferably posted on the OPA site.

Proposed by Sandro D'Angelo. **Result**—motion to vote

15.) The CPU increased the annual membership that the OPA pays the CPU from \$25 to \$30 in 2012. At that point the OPA did not increase the OPA membership fee to OPA members and decided to wait until 2013 to increase the OPA membership fees. The CPU has now increased this amount by an additional \$5 to \$35 effective January 1, 2013. In order to recover this additional increase we should consider increasing the OPA membership by \$5 effective 2014.
Proposed by Sandro D'Angelo—**Result**—withdrawn

16.) OPA branding and/or co-branding of more OPA attire – pants / gym bags track suits etc and this should be made available on-line for members to purchase. This would generate additional revenues for the OPA. Or at the very minimal OPA shirts and other attire should be available at all OPA meets.

Proposed by Sandro D'Angelo. **Result**—Maggie to take on. She will leverage off of her Ironworks investigation. She will report findings to the executive who will decide on a course of action.

Belle River Three Lift Open and Bench Only

Date	September 14, 2013	Contact	Jerry Marentette, Telephone: 519-727-6096
Location	Power Pit Gym - 1530 County Road 22, Belle River, Ontario	Entry Deadline	TBC
Meet Director	Jerry Marentette	Contest Type	Three Lift and Bench only
Cost	TBC	Note	This meet is capped at 24 - 3-lift lifters. Not including Benchers.
Registration	Jerry Marentette, 1530 County Road 22, Belle River, Ont. N0R 1A0		

2013 AGM Minutes and Reports Cont'd

Discussions

For discussion as per Dave Hoffman

1. Should a lifter who has registered a positive test have retired records wiped out as well? It might be hard to determine previous record holder. **Result**—No. These don't get changed.

2. Should we change the equipped bench provincials to coincide with the equipped three lift provincials?
Result—Voted to pass the change

3. Article XXII-discuss #8 (ii) Vote to change the number of days from 60 to 30. **Result**—passed

4. Should we change the phrase "Mentally Challenged to a more politically correct term? **Result**— change to student, special athlete, parasport.

For discussion as per Mike Knott

FEDNOR is specific to Northern Ontario. My uncle in Sudbury mentioned it to me and that there may be other funding available in Ontario. He is involved with some sports in Sudbury and will see what else is available.

FEDNOR may be good for our Northern Region in North Bay to apply for to get equipment and such.

These others show funding for local and provincial groups in Ontario. I noted on the map in one link that not for profit organizations in London such as YMCA received funding so we may be able to apply. Suggest we create a committee to look into such possibilities for funding other than Trillium.

Community Infrastructure Improvement Fund <http://actionplan.gc.ca/en/initiative/community-infrastructure-improvement-fund>

Community Infrastructure Improvement Fund http://www.feddevontario.gc.ca/eic/site/723.nsf/eng/h_00826.html

Community Infrastructure Improvement Fund http://fednor.gc.ca/eic/site/fednor-fednor.nsf/eng/h_fn03737.html

Result—Sandro to put a proposal together to ask for help on the web.

For discussion as per Maggie Rafferty:

1. An awards protocol: so awards at completions are given out the same way at each competition. Championships should have a podium, a referee should present the awards to the lifters with the meet director reading the results.
2. Better organization tools for meet directors: in creating a more positive experience for the lifters among other things, the events should start on time. This would mean ensuring that each of the referees and technical committee knew their exact roles, timing etc. A short handbook could be developed that helps meet directors with organization and ensure every aspect of the event is taken care of.
3. Sponsorship: it would be within the best interest of the lifters and association to generate more revenue - to help lifters at world championships, meet directors with equipment etc. A general sponsorship letter could be created and the exec (or new exec position) would be responsible for requesting sponsorship for the OPA.

Treasurer Election: Nominated Phil Plato and Lesley Hammil. **Vote Result**—Phil Plato elected treasurer



2013 AGM Minutes and Reports Cont'd

Awards

Male and Female Lifters of the Year

Female:

Nominated: Sarah Leighton

Male

Nominated: Michael Sinclair

Nominated: Dave Walters

Sarah Leighton – nominated by Trisha Boyle. Sarah had a great year in 2012. She competed in 3 contests equipped, including IPF Open Worlds, and one classic. She had an over 500 Wilks in all three equipped contests and an over 400 Wilks in the classic contest. Sarah also had the highest Ontario Wilks among women in 2012.

Mike Sinclair – nominated by Sandro D'Angelo. He has put up some very impressive numbers in 2012:

1. 2012 OPA Championship best Classic lifter
2. 2012 CPU Championship best overall Classic Lifter
3. A 515 raw Wilks and highest raw Wilks in Canada

Dave Walters – nominated by Julie Watkin. Dave has been competing with the OPA since 2007. In the two World's Masters that he's competed in, he has achieved gold in both. He is both a solid and consistent lifter.

Result: Sarah wins female Athlete of the Year and Dave wins male Athlete of the Year.

OPA Team of the Year: Ironworks

Nomination for Bill Jamison Award : None

OPA Recognition Award : None

Club with Most New Members: Ultimate Fitness

2013/2014 Provincial Championship Proposals

Re: Proposal Bid for 2013 Ontario Provincials November 16 and 17, 2013.

Myself, Art Chan, and the Ironworks powerlifting team from Ottawa will be looking to host the 2013 Ontario Provincial Classic Championships in Ottawa. We have secured the Travelodge Hotel at 1376 Carling Avenue in Ottawa for Saturday November 16 and Sunday November 17.

The venue features a 1300 square foot warm up room (Rotary Room), a 5,600 square foot lifting area (Beachcomber room) and separate weigh in room. The seating capacity of the lifting area is approximately 400 spectators. The hotel has offered a rate of \$115 for all guests staying at the hotel.

Both myself and Art Chan have run several successful meets in the Ottawa area.

Thanks You

Sandro D'Angelo

Art Chan

Meet Director

Meet Director

Mike Suggests sound system that goes into the warm up room.

Motion to adjourn Tim, Second Doug

Belle River Bench Press and Three Lift Open September 15, 2012

Bench Only

Lifter Name	Div	Bwt	Wt Class	BP-1	BP-2	BP-3	Total	Wilks Pts
Susan Abbott	F-O	71.6	72.0	92.5	102.5	105.0	105.0	102.869
Kevin Stirling	M-O	88.7	93.0	140.0	150.0	157.5	157.5	101.304
Mike Mistruzzi	M-O	91.2	93.0	130.0	130.0	140.0	140.0	88.788
Jason Knott	M-O	103.9	105.0	167.5	180.0	187.5	180.0	107.964
Gerry Frenette	M-O	115.3	120.0	185.0	190.0	200.0	200.0	116.120
Darren Pres Klassan	M-O	116.3	120.0	150.0	152.5	152.5	0.0	0.000
Michael Peral	M-O-U	73.5	74.0	150.0	160.0	165.0	160.0	115.648
Bilal Khan	M-O-U	74.0	74.0	127.5	132.5	137.5	132.5	95.307
Michael Whiting	M-O-U	78.9	83.0	130.0	137.5	142.5	142.5	98.154
Chris Juryn	M-O-U	80.8	83.0	135.0	145.0	145.0	135.0	91.597
Mike Mistruzzi	M-O-U	91.2	93.0	105.0	112.5	117.5	117.5	74.518
Jason Knott	M-O-U	103.9	105.0	142.5	152.5		152.5	91.469
Rick Freeman	M-O-U	121.5	120+	160.0	167.5	175.0	175.0	100.328



Referees Needed!

The Ontario Powerlifting Association
always needs more referees.

Contact the Referee Chairperson:

Michael Knott (519) 317-6078

Email: Mike_Knott@bell.net

Three Lift

Lifter Name	Div	Bwt	Wt Class	Best SQ	Best BP	Best DL	Total	Wilks Pts
Mike Page	M-O-U	80.5	83.0	127.5	112.5	185.0	425.0	289.000
John O'Keefe	M-O-U	108.5	120.0	235.0	155.0	272.5	662.5	391.538
Kyle Hendricks	M-O-U	132.4	120+	215.0	160.0	255.0	630.0	355.194

Northern Ontario Open, September 30, 2012

Name	Team	Div	Bwt	WtCls	Best SQ	Best BP	Best DL	Total	Wilks
Mary Lupton	Defining Strength	F-O	89.7	84+	105.0	65.0	105.0	275.0	237.957
Kinsey Maxwell	Ultimate Fitness	F-O-U	53.6	57	67.5	32.5	80.0	180.0	219.168
Karen Maxwell	Ultimate Fitness	F-O-U	62.9	63	57.5	40.0	90.0	187.5	201.619
Jennifer Dorr		F-O-U	69.5	72	107.5	45.0	142.5	295.0	294.941
Linda Rousseau	Defining Strength	F-O-U	70.9	72	100.0	60.0	115.0	275.0	271.205
Jennifer Hunt	Ultimate Fitness	F-O-U	77.8	84	115.0	52.5	147.5	315.0	292.856
Shannon Thompson		F-O-U	103.7	84+	105.0	85.0	145.0	335.0	276.140
Cassie Dionne		F-O-U	116.9	84+	120.0	65.0	145.0	330.0	265.122
Christine Campbell		F-O-U	89.1	84+	120.0	70.0	135.0	325.0	282.002
Shelley Colter	Ultimate Fitness	F-O-U	115.1	84+	100.0	70.0	137.5	307.5	247.784
Leslie Moon	Ultimate Fitness	F-O-U	86.9	84+	85.0	50.0	112.5	247.5	217.156
Chris Fudge	Iron Works	M-O	79.1	83	227.5	152.5	215.0	595.0	409.122
Andrew Irons	Highland Powerlifting	M-O	87.9	93	162.5	115.0	177.5	455.0	294.067
Tim Jones	London Powerlifting	M-O	100.1	105	227.5	162.5	210.0	600.0	364.980
Harman Singh		M-O-U	72.2	74	142.5	102.5	192.5	437.5	320.338
Kinnon Ross MacKinnon		M-O-U	71	74	130.0	90.0	177.5	397.5	294.707
Ferando Serrano		M-O-U	78.3	83	212.5	130.0	245.0	587.5	406.668
Stephen Holden	London Powerlifting	M-O-U	80.9	83	182.5	115.0	200.0	497.5	337.255
Scott Shulman		M-O-U	81.5	83	145.0	102.5	215.0	462.5	312.141
Stan Goss	London Powerlifting	M-O-U	82.1	83	150.0	97.5	192.5	440.0	295.636
Kevin Ferris		M-O-U	82.3	83	127.5	117.5	175.0	420.0	281.778
Trent Blanchard	Candore Panthers	M-O-U	79.7	83	182.5	87.5	0.0	0.0	0.000
Chad Patrick		M-O-U	90.9	93	227.5	107.5	277.5	612.5	389.060
Ron Dillig		M-O-U	91.2	93	175.0	130.0	210.0	515.0	326.613
Ron Ammar		M-O-U	87.7	93	175.0	125.0	172.5	472.5	305.755
Ajaypaul Shota		M-O-U	92.6	93	192.5	0.0	0.0	0.0	0.000
Kyle Leech		M-O-U	97	105	230.0	175.0	250.0	655.0	403.676
Bill Dunn		M-O-U	97.4	105	167.5	130.0	215.0	512.5	315.290
Paul Francis	London Powerlifting	M-O-U	103.1	105	162.5	140.0	202.5	505.0	303.757
Tyler Wareham	Candore Panthers	M-O-U	107.1	120	200.0	145.0	250.0	595.0	353.133
Rob Burton	Muskoka Barbell Club	M-O-U	129	120+	190.0	105.0	215.0	510.0	288.864

Ottawa Last Chance Three Lift and Bench Press Open

Bench Only

Name	Team	Div	Bwt (kg)	WtCls (kg)	Age	BP-1	BP-2	BP-3	Best BP	Wilks Pts
Donald Carrieres	Iron Works	M-O	81.3	83	M III	137.5	145.0	150.0	145.0	98.005
Fred English		M-O	116.4	120	M II	182.5	187.5	195.0	195.0	112.944
Patrick Farkas	Limestone	M-O-U	116.5	120	Jr	165.0	180.0	180.0	0.0	0.000
Jordan D'Souza		M-O-U	130.7	120+	SJr	155.0	155.0	155.0	0.0	0.000

The Last Chance Ottawa Open and Bench powerlifting meet was held on October 13, 2012 at the Travelodge Hotel in Ottawa. The meet was truly a "Last Chance Open" as it gave lifters in Ontario one last opportunity to obtain their Provincial qualifying totals. Ottawa typically hosts the popular Ottawa Open meet in July and with the ever increasing popularity of powerlifting in Ontario we decided to host an October meet. The meet proved to be very popular as well attracting a total of 47 lifters with 43 of those in the three lift. As in previous meets it was nice to see so many new and also experienced lifters from all



around Ontario and even a few lifters from the USAPL.

This is truly an indication of the ever increasing popularity of powerlifting.



These meets are never easy to run but they certainly could not be done without the help of all the volunteers (too many to name). Thanks to all the volunteers for their help. I would also like to thank the sponsors – Louis Levesque from Titan Canada and Bruce Millward from RescindX for providing the meet T-shirts.

Congratulations to the best female Classic lifter Amy Welcome with a three lift total of 352.5 kilos and a 355 wilks and the best male and overall Classic lifter of the day Frank Butty with a three lift total of 715 kilos and a 449.5 wilks.

Best of luck to all the Ontario lifters who will be competing at the CPU Nationals in Vancouver in March 2013.

We hope to see both existing and new OPA members back lifting in 2013



and a reminder that the OPA will be hosting several meets throughout Ontario in

2013 and as soon as the final dates and details are finalized they will be posted on the OPA website. If anyone has any questions, suggestions, ideas or concerns please let me, Dave Hoffman or your Regional OPA representative know.

Sandro D'Angelo, OPA Vice President

Art Chan, OPA Eastern Ontario Representative



Ottawa Last Chance Three Lift and Bench Press OpenThree Lift

Name	Team	Div	Bwt	WtCls	Age	Best SQ	Best BP	Best DL	Total	Wilks Pts
Leicy Ditmar	Ultimate Fitness	F-O-U	45.9	47.0	SJr	60.0	37.5	72.5	170.0	232.526
Jayne Major	Ultimate Fitness	F-O	51.0	52.0	M I	122.5	70.0	140.0	332.5	420.746
Kinsey Maxwell	Ultimate Fitness	F-O-U	53.5	57.0	SJr	60.0	32.5	75.0	167.5	204.250
Tali Cahill		F-O-U	55.9	57.0	O	67.5	37.5	95.0	200.0	235.660
Jessica Chard		F-O-U	60.2	63.0	Jr	100.0	47.5	120.0	267.5	297.460
Karen Maxwell	Ultimate Fitness	F-O-U	62.5	63.0	M I	62.5	45.0	95.0	202.5	218.801
Philippe Bjerring	Iron Works	M-O-U	65.6	66.0	O	142.5	110.0	195.0	447.5	353.122
Ryan Behnia		M-O-U	65.6	66.0	Jr	150.0	97.5	175.0	422.5	333.395
Jeffrey Muise		M-O-U	66.0	66.0	SJr	150.0	100.0	140.0	390.0	306.228
Amy Welcome		F-O-U	68.7	72.0	O	122.5	65.0	165.0	352.5	355.285
Christine Campbell		F-O-U	89.2	84+	O	125.0	75.0	132.5	332.5	288.377
Nicole Gervais		F-O-U	112.7	84+	O	122.5	82.5	120.0	325.0	262.925
Cassandra Dionne		F-O-U	115.9	84+	O	0.0	0.0	0.0	0.0	0.000
Stephan Lajoie		M-O-U	70.0	74.0	O	152.5	127.5	215.0	495.0	370.953
Tyler Crawford	Niagara Powerlifting	M-O	71.1	74.0	O	210.0	135.0	205.0	550.0	407.330
Gary Lacoursiere		M-O-U	73.1	74.0	M I	130.0	120.0	205.0	455.0	330.148
Benjamin Butty		M-O-U	74.0	74.0	O	205.0	115.0	252.5	572.5	411.799
Jamie Stephen		M-O-U	74.5	83.0	O	200.0	125.0	230.0	555.0	397.325
Nello Miele	Niagara Powerlifting	M-O	80.4	83.0	O	230.0	147.5	245.0	622.5	423.673
Tomasz Deren		M-O-U	82.1	83.0	O	160.0	130.0	215.0	505.0	339.309
Adrien Stotesbury		M-O-U	82.7	83.0	O	215.0	112.5	227.5	555.0	371.240
Stathis Theofilopoulos		M-O	82.8	83.0	O	197.5	157.5	227.5	582.5	389.401
Eytan Rip		M-O-U	83.0	83.0	O	170.0	120.0	225.0	515.0	343.763
Vito Francone		M-O-U	83.0	83.0	O	170.0	117.5	195.0	482.5	322.069
Brendan Wood	Ultimate Fitness	M-O-U	80.2	83.0	SJr	152.5	80.0	182.5	415.0	282.864
Noah Wiles		M-O-U	80.5	83.0	O	130.0	112.5	185.0	427.5	290.700
Brian Whitworth	Steel City	M-O-U	88.7	93.0	O	200.0	132.5	200.0	532.5	342.504
Daniel Laporte		M-O-U	90.9	93.0	O	205.0	127.5	190.0	522.5	331.892
Jake Warrington		M-O-U	91.4	93.0	O	222.5	145.0	275.0	642.5	407.024
Erik Willis		M-O-U	91.4	93.0	Jr	182.5	115.0	215.0	512.5	324.669
Frank Butty		M-O-U	92.8	93.0	O	265.0	150.0	300.0	715.0	449.592
Jason Platts		M-O-U	92.9	93.0	O	205.0	160.0	270.0	635.0	399.097
Charles Albert Asselin		M-O-U	91.2	93.0	SJr	150.0	82.5	177.5	410.0	260.022
Mark Razon		M-O-U	95.9	105.0	O	195.0	135.0	200.0	530.0	328.282
Ashwin Juneja	Iron Works	M-O-U	101.5	105.0	O	150.0	0.0	0.0	0.0	0.000
Patrick Hartwick	PoweReach	M-O	102.4	105.0	M III	272.5	145.0	227.5	645.0	388.935
Nick Doelman	Iron Works	M-O-U	103.6	105.0	M I	135.0	90.0	182.5	407.5	244.663
Coleman Thomas		M-O-U	105.4	120.0	Jr	182.5	120.0	227.5	530.0	316.304
Sebastien Robert	Iron Works	M-O-U	105.6	120.0	SJr	80.0	62.5	117.5	260.0	155.064
Donnie Snyder		M-O-U	107.5	120.0	O	182.5	122.5	215.0	520.0	308.256
Kevin O'Brien	Limestone	M-O-U	113.6	120.0	Jr	200.0	125.0	275.0	600.0	349.800
Philippe Landry		M-O-U	118.2	120.0	O	215.0	175.0	265.0	655.0	377.935
Matt Cuthbert	Niagara Powerlifting	M-O	135.1	120+	O	280.0	215.0	247.5	742.5	417.211

TITAN POWERLIFTING EQUIPMENT IN CANADA



Titan-Canada.ca

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Katana bench shirts: Made out of the new NXG Super+ fabric	\$170	\$225
Super Katana bench shirts:	\$200	\$260
Superior squat suit:	\$89	\$135
Deadlift suit (Velocity): Specify for conventional or sumo stance.	\$175	\$225
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Super Centurion suit: Made out of the new NXG Super+ fabrics. Specify for regular stance or wide stance	\$200	\$260

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Equipment	Price
Titan Toro Bravo Belt: (S, M, L, XL) About 10 mm. thick	\$89
Titan Toro Bravo Lever Belt: (S, M, L, XL) 10 mm thick	\$109
Titan Brahma Buckle Belt: (S, M, L, XL) 13 mm thick	\$125
Titan Brahma Lever Belt: (S, M, L, XL) 13 mm thick	\$145
Singlet : Titan singlet with logo	\$55
Triumph singlet Canada logo (Blue centre/green side or black centre/ purple side)	\$80
Knee wraps : THP ,TITANIUM, MAX RPM	\$37
Wrist wraps : THP, TITANIUM, MAX RPM :	24" - \$28 12" - \$24 50 cm-\$26
Deadlift slippers :	\$10
Powerwash:	\$10
Titan socks:	\$10
T-shirts : S-XL :	\$20
T-shirts : 2XL :	\$25
Ram:	\$55
Super Ram:	\$70
Beanie:	\$16

**card payment.
Sorry!**



Ontario Provincial Classic Championships & Classic/Equipped Bench Only December 15-16

Bench Only

Name	Team	Div	Bwt	WtCls	Age	BP-1	BP-2	BP-3	Best BP	Wilks Pts
Sue Thomson		F-O	49.8	52.0	M II	72.5	77.5	80.0	80.0	103.080
Susan Abbott	Defining Strength	F-O	70.8	72.0	O	95.0	-105.0	-105.0	95.0	93.775
Lynn Lister		F-O-U	55.5	57.0	M II	55.0	60.0	-65.0	60.0	71.094
Art Chan	Iron Works	M-O	77.0	83.0	O	175.0	185.0	192.5	192.5	134.731
Chris Fudge	Iron Works	M-O	81.9	83.0	O	142.5	145.0		145.0	97.571
Kevin Stirling	Power Pit	M-O	86.0	93.0	M II	140.0	-150.0	-160.0	140.0	91.560
Jason Knott	Power Pit	M-O	103.8	105.0	O	170.0	182.5	200.0	200.0	120.000
Steve Chomitiz		M-O	104.6	105.0	M II	-192.5	-192.5	-198.5	0.0	0.000
Sheldon Duncan	Power Pit	M-O	111.0	120.0	O	-212.5	212.5	-230.0	212.5	124.716
Gerry Frenette	Niagara	M-O	116.8	120.0	M I	190.0	197.5	-207.5	197.5	114.293
Phillip Bjerring	Iron Works	M-O-U	71.1	74.0	O	110.0	115.0	-117.5	115.0	85.169
Gary LeCoursiere	Iron Works	M-O-U	73.5	74.0	M I	110.0	-120.0	-122.5	110.0	79.508
Art Chan	Iron Works	M-O-U	77.0	83.0	O	150.0	160.0		160.0	111.984
Mike Whiting	Power Strength System	M-O-U	81.0	83.0	O	135.0	142.5	147.5	147.5	99.916
Bilal Khan	Power Strength System	M-O-U	74.3	83.0	O	130.0	137.5		137.5	98.629
Donald Carrieres		M-O-U	81.3	83.0	M III	125.0	132.5	-135.0	132.5	89.557
Chris Fudge	Iron Works	M-O-U	81.9	83.0	O	110.0	115.0	120.0	120.0	80.748
Leon Brown		M-O-U	89.7	93.0	O	-192.5	192.5	-200.0	192.5	123.104
Mike Page		M-O-U	83.1	93.0	Jr	110.0	115.0	120.0	120.0	80.040
Jason Knott	Power Pit	M-O-U	103.8	105.0	O	147.5	155.0	162.5	162.5	97.500
John Clayton	Golden Triangle	M-O-U	98.8	105.0	M II	145.0	152.5	160.0	160.0	97.856
Rick Freeman		M-O-U	116.7	120.0	M I	-175.0	175.0	-182.5	175.0	101.290
Tim Eckert	Power Pit	M-O-U	131.7	120+	O	190.0	205.0	210.0	210.0	118.503
George Flikas		M-O-U	120.8	120+	M III	170.0	185.0	-188.0	185.0	106.190
Dave Hoffman	Golden Triangle	M-O-U	161.4	120+	M III	145.0	152.5	155.0	155.0	84.863

Three Lift Women

Name	Team	Div	Bwt	WtCls	Age	Best SQ	Best BP	Best DL	Total	Wilks Pts
Jennifer Dorr		F-J-U	69.6	72.0	Jr	122.5	55.0	152.5	330.0	329.604
Jessica Chard	Iron Works	F-J-U	64.0	72.0	Jr	107.5	47.5	122.5	277.5	294.511
Lesley Hammil	Iron Works	F-M1-U	110.4	84+	M I	135.0	75.0	152.5	362.5	294.495
Shelley Colter	Ultimate Fitness	F-M1-U	114.6	84+	M I	107.5	70.0	140.0	317.5	256.032
Lynn Lister		F-M2-U	55.8	57.0	M II	70.0	60.0	100.0	230.0	271.377
Linda Rousseau	Defining Strength	F-M2-U	70.7	72.0	M II	105.0	57.5	117.5	280.0	276.668
Linda McFeeters		F-M2-U	80.6	84.0	M II	77.5	60.0	117.5	255.0	232.356
Jazz Kaur	UTM	F-O-U	51.6	52.0	O	87.5	60.0	130.0	277.5	348.013
Maggie Rafferty	Iron Works	F-O-U	59.2	63.0	O	147.5	72.5	157.5	377.5	425.292
Frances Manias		F-O-U	61.8	63.0	O	125.0	70.0	157.5	352.5	384.155
Jennifer Hunt	Ultimate Fitness	F-O-U	77.4	84.0	O	120.0	57.5	152.5	330.0	307.758
Erin Denton	Steel City	F-O-U	95.9	84+	O	147.5	92.5	142.5	382.5	322.715
Nicole Gervais	Iron Works	F-O-U	114.0	84+	O	117.5	75.0	125.0	317.5	256.286
Melissande Gagne	Iron Works	F-SJ-U	75.5	84.0	SJr	115.0	60.0	127.5	302.5	286.377
Jena Devine		F-SJ-U	98.4	84+	SJr	120.0	57.5	147.5	325.0	271.895





Ontario Provincial Classic Championships & Classic/Equipped Bench Only December 15-16

Three Lift Men

Name	Team	Bwt	WtCls	Age	Best SQ	Best BP	Best DL	Total	Wilks Pts
Mike Page	Power Pit	82.2	83.0	Jr	182.5	117.5	220.0	520.0	349.128
Johnathan Kuhlman		79.6	83.0	Jr	175.0	115.0	215.0	505.0	345.874
Chad Patrick		90.3	93.0	Jr	235.0	115.0	287.5	637.5	406.279
Patrick Hammond		102.8	105.0	Jr	170.0	110.0	225.0	505.0	304.061
Kyle Hendricks		129.0	120+	Jr	225.0	165.0	250.0	640.0	362.496
Gary Lecoursiere	Iron Works	73.9	74.0	M I	147.5	120.0	200.0	467.5	336.600
Brian Lawrence		82.3	83.0	M I	205.0	110.0	237.5	552.5	370.672
David Pigozzo		95.7	105.0	M I	202.5	125.0	250.0	577.5	358.050
Craig Hirota	Toronto Rex	112.9	120.0	M I	215.0	150.0	280.0	645.0	376.680
Gerry Frenette	Niagara	117.5	120.0	M I	205.0	175.0	185.0	565.0	326.457
John Beres	Iron Works	137.1	120+	M I	230.0	165.0	250.0	645.0	361.587
Greg Platsko	Power Pit	73.4	74.0	M II	132.5	120.0	210.0	462.5	334.619
Steve Holden	London	81.1	83.0	M II	187.5	110.0	215.0	512.5	346.911
Paul Frances	London	102.5	105.0	M II	170.0	142.5	217.5	530.0	319.484
Mark Giffen		115.2	120.0	M II	265.0	217.5	285.0	767.5	445.764
Ron Strong	Power Pit	118.5	120.0	M II	240.0	150.0	303.0	693.0	399.584
Donald Carrieres	Iron Works	82.0	83.0	M III	182.5	125.0	200.0	507.5	341.243
Jeremiah Villaneuva		65.8	66.0	O	155.0	105.0	187.5	447.5	352.272
Michael Anthony Clement		74.0	74.0	Jr	220.0	140.0	240.0	600.0	431.580
Benjamin Butty		73.7	74.0	O	215.0	120.0	260.0	595.0	429.233
Kin Fung Leung		73.4	74.0	O	207.5	110.0	260.0	577.5	417.821
Jamie Stephen		73.8	74.0	O	212.5	127.5	237.5	577.5	416.204
Bilal Khan	Power Strength System	73.8	74.0	O	170.0	140.0	205.0	515.0	371.161
Phillip Bjerring	Iron Works	72.3	74.0	O	165.0	115.0	195.0	475.0	347.463
Art Chan	Iron Works	78.3	83.0	O	210.0	160.0	230.0	600.0	415.320
Sandro D'Angelo	Iron Works	81.3	83.0	M I	202.5	132.5	250.0	585.0	395.401
Mike Whiting	Power Strength System	80.5	83.0	O	192.5	150.0	237.5	580.0	394.400
Adrien Stotesbury		82.4	83.0	O	222.5	122.5	230.0	575.0	385.480
James Newton	Highland	81.6	83.0	O	200.0	125.0	237.5	562.5	379.350
Chris Fudge	Iron Works	81.6	83.0	O	202.5	125.0	212.5	540.0	364.176
Frank Butty		92.4	93.0	O	260.0	157.5	300.0	717.5	452.097
Leon Brown		90.6	93.0	M I	225.0	185.0	260.0	670.0	426.321
Vince Byrne	Power Pit	87.7	93.0	O	225.0	170.0	265.0	660.0	427.086
Jake Warrington		90.4	93.0	O	225.0	145.0	280.0	650.0	414.050
Mike Dickinson		101.2	105.0	O	275.0	165.0	272.5	712.5	431.561
Kyle Leech		96.8	105.0	O	242.5	182.5	265.0	690.0	425.661
Eric Gagnon		104.9	105.0	O	285.0	125.0	240.0	650.0	388.570
Frank Mayer		100.6	105.0	O	205.0	155.0	250.0	610.0	370.331
Jamie Johnson	Golden Triangle	118.6	120.0	O	207.5	170.0	290.0	667.5	384.814
Phillip Landry		119.7	120.0	O	217.5	177.5	272.5	667.5	384.013
Jason Byrne	Power Pit	123.5	120+	O	260.0	182.5	302.5	745.0	425.619
Michael Zivanovich	Steel City	135.1	120+	O	265.0	197.5	260.0	722.5	405.973
Adam McInroy		122.6	120+	O	235.0	167.5	277.5	680.0	389.096
Jeffrey Muise		71.9	74.0	SJr	175.0	95.0	185.0	455.0	334.197
Jimmy Lekkas	Golden Triangle	72.0	74.0	SJr	140.0	97.5	200.0	437.5	320.994
Charles Abert Asselin		92.8	93.0	SJr	165.0	90.0	185.0	440.0	276.672

Classic Powerlifting Holds the Championship Stage Alone For the First Time

2012 Ontario Classic Championships and Bench Only Championships

After initial scheduling hiccups, the 2012 Ontario Classic Championships and Bench Only Championships were contested on December 15th and 16th in Emeryville, hosted by Jerry Marentette. Originally scheduled for one day in late November, it quickly became apparent that the growth of classic powerlifting had outgrown the capacity for a one-day event. After some emergency planning, the meet was rescheduled as a two-day event but with a date perilously close to the Christmas holidays and during a week typically reserved for school final exams.

Despite the new date, there was no lack of numbers, either in the quantity of lifters or quality of the lifting that took place. In a change from the previous Classic Championships, the qualifying standards for these 2012 Ontario Classic Championships were raised one and sometimes two levels to follow new bylaws adopted at the most recent C.P.U. AGM. This combined with the revised date could have conspired to create low participation levels but in fact, participation at these Championships grew from the previous event in January 2012. In January when the Classic and Equipped Provincial Championships were held on the same weekend, there were 11 women's entries and 35 men's entries. Of those, 6 were Junior or Sub Jr.

In its inaugural, standalone event, the Provincial Classic Championships drew 15 women's entries and 46 men's entries. Of those, 12 entries were in the Junior or Sub Junior age categories. In addition, the C.P.U.'s decision to raise qualifying standards led to the high quality of lifting befitting a Provincial Championships.

While there were veteran lifters crossing over from equipped lifting to compete "classic", it was extremely encouraging to see lifters new to the Ontario Powerlifting Association either returning to competition or seeking the Championship platform for the first time. By my count, there were medal winning performances in the Open divisions by at least 11 lifters lifting in their O.P.A. Championship debut. In addition there were excellent performances at the Junior and Sub Junior levels that bode well for the growth of the O.P.A.

There were many notable individual performances over an exciting two days of lifting. In her last meet as a junior and only her second meet overall, Jennifer Dorr broke National Open records in the Squat, Deadlift and Total.



Maggie Rafferty continued to perform like the Top 3 Canadian lifter that she is by holding off surging newcomer Frances Manias. Art Chan generated more energy than the myriad windmills dotting the Essex county plains. He lifted in both the classic and equipped bench only meet, coached and cheered his Iron Works teammates, and then lifted himself in the 83 kg class. He ended up with a bucketful of medals winning both bench press competitions including Best Lifter Equipped, first place in the 83 kg 3-lift division, and his team Iron Works finished first in the Classic Championships team competition. Art is a great example of a lifter that thrives on the energy of his teammates' successes.

The battle in the Men's 74 kg weight class was one for the ages. The fourth place lifter, Jamie Stephen posted a 577.5 kg total that ranks him as the 7th best lifter on the C.P.U.'s Classic database. The lifters that placed 1,2, and 3 in the class, Michael Anthony Clements, Benjamin Butty, and Kin Fung Leung, were all competing in their first Championships. Each had a third deadlift attempt for the win but only Michael was successful. Their performances rank them as the 2nd, 3rd, and 6th best lifters by total in the C.P.U. Classic database.

Sandro D'Angelo conceded nothing to his experienced M1 status and competed in the Open division. He gutted out a third deadlift to slide into second place with an outstanding 585 kg total just behind his Iron Works teammate Art Chan's 600 kgs.

OPA & Canadore Classic Challenge

Date	March 16, 2013	Meet Director/Contact	Larry Sheppard 705 471 0634
Location	Commerce Campus of Canadore College 60 Commerce Court, North Bay Ont.	Note:	All Full Time Ontario College & University Students (Must be both post secondary student and OPA members)

Classic Powerlifting Holds the Championship Stage Alone For the First Time

Continuing the high standard of lifting, the Men's 93 kg class did not disappoint. Frank Butty, always an unequipped lifter, made his return to the Championship platform to stake his claim on a title where he could compete on an equal footing with his fellow lifters. He ran away with first place, sealing the deal with a huge 300 kg deadlift. His Men's Open Best Lifter winning 717.5 kg total is the biggest 93 kg total to date in the C.P.U. Classic database. Like Sandro, newcomer and M1 lifter Leon Brown also competed in the Open class and with an epic jump on his third deadlift, pulled his way into second place with a 670 kg total. Brown's 426 wilks is the second highest M1 wilks in the entire C.P.U. classic database behind only Lewis Noppers. Leon also took first place in the 93 kg classic bench only competition the day before. Vince Bryne rounded out the top 3 with 4th place finisher Jake Warrington in his first Championship meet hitting a very competitive 414 wilks. It should also be mentioned that Men's Junior Best Lifter Chad Patrick totalled 637.5kgs/406 wilks and pulled the 5th biggest deadlift of the entire meet with a solid 287.5 kg yank.



When I last saw Mike Dickinson on the platform, I was following him in the deadlift at the 2011 Toronto Pro Supershow. At that meet, Mike pulled a competition best 272.5 kg deadlift but tore his biceps in the process. While taking time to rehab after surgery, Mike also found the time to put 65 kgs on his total, 55 kgs on the squat alone. After 15 months, his return to the platform was dominant as he not only improved his total from 647.5 kgs to 712.5 kgs, he again pulled 272.5 kgs, this time without incident. Newcomer Kyle Leech also showed impressive improvement from his first meet in the O.P.A. only a few months ago as he totalled 690 kgs as a light 105'er.

Newcomer Jamie Johnson won a bodyweight battle in the Open 120's against Phillip Landry as both recorded 667.5 kg totals. Newcomer Michael Zivanovich took second in the 120+ category behind podium regular Jason Byrne. Jason put an exclamation point on his first place medal with the second biggest pull of the meet, 302.5 kgs.

The biggest pull of the meet was saved for an epic competition between two World Champions. Both Mark Giffen and Ron Strong competed in the M2 120 kg weight class. It was a real treat to watch them work. Mark hit the biggest bench of the entire two days with a 217.5 kg press that looked like a warm up. His third attempt at 227.5 kgs stalled tantalizingly close to the top. After Mark hit a 285 kg deadlift to set a National Open Total standard of 767.5 kgs, the stage was set for Ron's big pull. With a showman's sense of timing, Ron brought down the house with the last lift of the meet, a new National Masters record-setting 303 kg deadlift.

From my point of view, the inaugural stand alone Classic Championships was a great success. Worthy champions were crowned and the standards of the competition were top notch. 15 men, and 1 woman exceeded the 400 wilks mark with their performances. Many lifts and totals exceeding current National and Provincial standards were performed. While there are still opportunities for growth in participation on the women's side of the platform, the quality and enthusiasm shown by the lifters participating should inspire others to take the steps necessary to lift at a Championship venue. Watching the great head to head battles in the highly competitive Men's weight classes was great fun as a spectator and even more fun for the lifters. Being driven to achieve the improbable by one's fellow competitors is a thrill unmatched by any found in a gym training session. I look forward to next year's Classic Championships in its more appropriate November time slot. Based on this year's event, I'm optimistic it may even someday grow to need three days to accommodate all the lifters. A great thanks to Jerry Marentette and all of the judges and volunteers that came together to hold a most excellent Classic Championships!

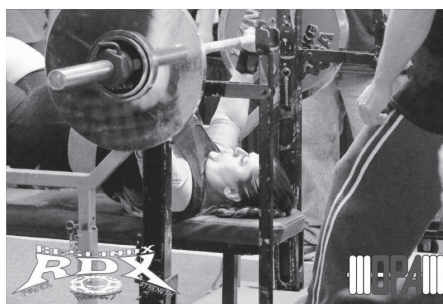
Craig Hirota

Canadian National Equipped and Classic Championships

Date	March 18-23, 2013	Meet Director/ Contact	Joe Oliveira, 604-734-293
Location	Richmond Olympic Oval, Richmond BC	Note:	See OPA website for eligibility requirements and application procedure at www.ontariopowerlifting.org

Ontario Provincial Equipped Championships January 26, 2013

Name	Team	Div	Bwt (kg)	WtCls (kg)	Age	Best SQ	Best BP	Best DL	Total	Wilks Pts
Carolyn Savage	IW	F-J	72.6	84.0	Jr	110.0	65.0	150.0	325.0	315.478
Maria Commisso		F-M1	56.5	57.0	M I	95.0	47.5	107.5	250.0	292.100
Julie Watkin	NP	F-M1	60.6	63.0	M I	0.0	0.0	0.0	0.0	0.000
Lisa Nigh	NP	F-M1	77.8	84.0	M I	150.0	95.5	172.5	418.0	388.615
Mimi McRae	NP	F-M1	97.5	84+	M I	152.5	82.5	165.0	400.0	335.640
Erin Denton	SC	F-M1	97.6	84+	M I	125.0	110.0	150.0	385.0	322.938
Sue Thomson		F-M2	49.7	52.0	M II	107.5	67.5	125.0	300.0	387.150
Joanne Swing	DS	F-M2	81.1	84.0	M II	110.0	62.5	125.0	297.5	270.190
Carol Brady	NP	F-M3	62.5	63.0	M III	112.5	65.0	107.5	285.0	307.943
Linda Rousseau	DS	F-M3	71.2	72.0	M III	112.5	72.5	120.0	305.0	299.937
Lynda Squires	LPC	F-M3	71.3	72.0	M III	95.0	55.0	107.5	257.5	252.968
Mary Lupton	DS	F-M3	89.8	84+	M III	100.0	0.0	0.0	0.0	0.000
Mary Ann Kaczor		F-O	63.0	63.0	Open	160.0	97.5	172.5	430.0	461.820
Susan Abbott	DS	F-O	76.0	84.0	Open	92.5	72.5	112.5	277.5	261.655
Jake Wood	NP	M-J	79.0	83.0	Jr	182.5	137.5	280.0	600.0	412.920
Andrew Wilson		M-J	93.0	93.0	Jr	245.0	160.0	250.0	655.0	411.471
Bhojkumar Jagarine		M-M1	81.7	83.0	M I	235.0	110.0	255.0	600.0	404.340
Dave Walters		M-M1	91.8	93.0	M I	285.0	245.0	265.0	795.0	502.519
Hoi Leung	NP	M-M1	92.9	93.0	M I	185.0	145.0	205.0	535.0	336.247
Roberto Celio		M-M1	99.7	105.0	M I	282.5	170.0	265.0	717.5	437.173
Sheldon Duncan	PP	M-M1	111.5	120.0	M I	217.5	155.0	272.5	645.0	378.034
Steve Magistrale	NP	M-M1	125.9	120+	M I	255.0	175.0	255.0	685.0	389.765
Greg Platsko	PP	M-M2	73.6	74.0	M II	185.0	160.0	237.5	582.5	420.623
Frank Nadeau	NP	M-M2	72.3	74.0	M II	182.5	160.0	200.0	542.5	396.839
James Abraham		M-M2	82.7	83.0	M II	222.5	150.0	250.0	622.5	416.390
Jerry Marentette	PP	M-M2	92.5	93.0	M II	270.0	205.0	272.5	747.5	470.776
Ron Strong	PP	M-M2	119.1	120.0	M II	292.5	185.0	300.0	777.5	447.762
Peter McGill	SC	M-M2	133.4	120+	M II	240.0	227.5	200.0	667.5	375.869
Stan Goss	LPC	M-M3	82.1	83.0	M III	147.5	100.0	195.0	442.5	297.316
Miroslav Koprnicky		M-M3	92.6	93.0	M III	200.0	157.5	220.0	577.5	363.536
Lynton Lam	SH	M-M4	82.1	83.0	M IV	151.0	95.0	193.0	439.0	294.964
Jack Taylor	NP	M-M4	89.9	93.0	M IV	130.0	100.0	165.0	395.0	252.326
Chris Fudge	IW	M-O	73.5	74.0	Open	215.0	147.5	227.5	590.0	426.452
Sandro D'Angelo	IW	M-O	81.2	83.0	M I	242.5	160.0	262.5	665.0	449.806
Nello Miele	NP	M-O	79.4	83.0	Open	235.0	150.0	235.0	620.0	425.320
Brandon Ward	GT	M-O	93.2	105.0	Open	272.5	170.0	270.0	712.5	447.165
Jason Byrne	PP	M-O	120.7	120+	Open	275.0	205.0	322.5	802.5	460.795
Tim Ekert	PP	M-O	129.9	120+	Open	210.0	205.0	207.5	622.5	352.148
Matt Cuthbert	NP	M-O	135.1	120+	Open	200.0	160.0	227.5	587.5	330.116



2012 World Championships—Aguadillo, Puerto Rico

My training leading up to this past year's Open World Championships was going well until it took a turn for the worst when an old injury to my S.I. joint reared its ugly head once again. I should be getting used to this scenario since, like most lifters, it seems that once you start ramping up the weights and intensity, something in the body inevitably seems to want to break down. I had a treatment of Prolotherapy which helped this tremendously and for eight weeks after, I worked with my coach, Mike Tuchscherer from Reactive Training Systems (RTS), focusing on unilateral exercises to keep strength up...oh how I hate split squats! At seven weeks before the meet, I was given the green-light to start squatting and deadlifting once again but not a minute too soon. My mind was always ready to go; I just needed my body to catch up.



The 2012 Open World Powerlifting Championships were held in Aguadilla, Puerto Rico. We left for San Juan on October 28th, just as Hurricane Sandy was making its way up the Atlantic Ocean. Fortunately, this did not affect our travel as our flight was able to circumvent the storm and at a lower altitude to avoid the heavy turbulence. We arrived in San Juan that Sunday evening, our luggage however, was not there to meet us. One of the first things we noticed upon our arrival, aside from balmy temperatures and the crazy Puerto-Rican driving was the powerful waves slamming the coastline. The locals noted that this was very unusual and was associated with Hurricane Sandy which, at that point, was just about to make landfall in the New Jersey area. This served as a sobering reminder of the incredible power of Mother Nature, as we watched these waves crash into shore as rippling effects from a storm thousands of miles away.

We spent that night in San Juan and went out for dinner where I was able to watch Brandon indulge himself with a hearty portion of authentic Puerto-Rican cuisine as I sipped on some water.

Once we were reunited with our lost luggage late the next morning, we left for the cross-island drive to Aguadilla. There seemed to be a Wendy's and Burger King/Church's Chicken on every street corner. These proved to be very useful for the many washroom breaks that were necessitated along the way by my pre-meet hydration tactics in my weight-making efforts.

The City of Aquadilla was not an overly prosperous town and was well off the tourist path. People seemed very friendly and laid-back. Due to some over-booking conflicts with the official meet hotel, our team, along with a few other countries, were bumped to a "secondary" meet hotel. This "secondary" hotel happened to be the "Hotel El Pedregal", otherwise known as "the best kept secret". This hotel truly lived up to its tag-line in the sense that it did not seem to

be heavily patronized in many years. Although the hotel grounds were pretty immaculate and had a small resort-like atmosphere, the accommodations themselves were questionable. In fact, we had some extra guests in the form of a few little insect-critters which we handled with the purchase of a few cans of bug-spray from the local supermarket. Despite this, the hotel staff were very friendly and did everything they could within their capabilities to accommodate us.

I had a chance to get a very short and light training session in prior to the meet at a local facility. I found this helped keep me feeling fresh and ready for the competition and seemed to get rid of that rust one may feel has accumulated with travel. This local gym served as the formal "training facility" assigned for the competition by the organizing committee. It was a local "hole-in-the-wall" gym located within a suburban area of Aguadilla with barely a breath worth of air-conditioning. The place was packed and resembled that Gold's Gym atmosphere. Everyone in the gym was very accommodating and I did not even have to lift a single plate the whole time I was there. My bar was loaded and even unloaded as I needed. This was a stark contrast to the commercial-gym atmosphere I'm all too familiar with back at home.



Our team coach for this year's Open World's was Joel Boulianne. I was very excited to be able to work with Joel, as I had the pleasure of sharing a warm-up room with the MOFO lifters at Nationals and knew his style of coaching would be a good match. Joel brings a lot of motivational enthusiasm and an excellent knowledge-base cultivated by years of experience competing amongst many great lifters. We had a meeting the night before to come up with a refined game-plan, based on my goals for the meet as well as my planned warm-ups and attempts for the day. This seemed to be Joel's customary approach with the other team members as well and I found this to be very helpful and a relief to have such a structured plan for the day. This structure and organization would prove to be invaluable.



The competition was held at the Coliseo Municipal Luis T. Diaz, in downtown Aguadilla which was an auditorium style venue located right across the street from the ocean. The venue was about a 20-minute drive from the meet hotel(s) and despite the regular shuttle service provided; we had a rental-car which made the commuting to and from the venue much more convenient. On the day of the competition, we arrived a few minutes before weigh-ins, as I wanted to squeeze in a last-minute weight-check before officially jumping on the scale since I'm still learning how to make weight at 63kg. I weighed 0.3kg over-weight. Fortunately, I was dead-last on the weigh-in list and although typically I would find this to be excruciating, this delay was a welcomed relief. Since the venue was right on the coast, outside I went in my jacket and sweats for what ended up being a 30 minute cardio session in the sauna-like Puerto-Rican sun to try and shed those last few-hundred grams. About half-way through my little pre-competition cardio session, my partner Brandon came outside in his shorts and t-shirt to keep me company, but after about eight seconds, he decided that it was just too hot and returned to the air-conditioned venue. Once my time had come, I stepped on the scale and watched that little number slowly creep-up to where it finally settled at 62.91 - I had made it! Now it was time to finally drink liquids and get to work!

There were only 14 lifters in the 63kg weight class this year. This meant that there was only one group and one flight for our session. Although this made for longer periods in between the attempts themselves, the warm ups went really fast since the time between events was limited. This was unlike anything I have ever experienced at a meet before and fortunately, Joel and Brandon kept me on track and focused. My training with RTS also proved to be beneficial for these circumstances from a conditioning standpoint since quite often, I would be training different events in the same session. I made 8 of 9 attempts on the day, missing only my second squat from being slightly out of position coming out of the bottom. I finished with a PR deadlift 170kg and totalled 442.5 kilos which gave me a wilks of 475.76.



The next day we were able to kick-back in the audience and watch two of our best female lifters; Sarah Leighton and Rhaea Stinn in the 72 kg class. Both Sarah and Rhaea had good days as they went 8 for 9 and 7 for 9 respectively. Rhaea lived up to her usual standards of high-level performance and Sarah showed her consistent progress and continues to impress with her prowess as an elite lifter. Both of these ladies took this world stage to demonstrate why they are among the best female lifters of all time in Canada. I hope to be considered amongst this elite group some day.

I walked away from this championship with a refreshing reminder that no matter what the level of competition; be it a local meet or an international championship half-way around the world and

despite the challenges one may face along the road to get there; be they lost luggage, shabby host hotels, language barriers, strange foods, the weights and lifts themselves will always remain the same.

Mary Ann Kaczor



Kilo to Pound Conversion Chart

Kilos	Pounds	Kilos	Pounds	Kilos	Pounds	Kilos	Pounds
25	55.1	122.5	270.1	220	485	317.5	700
27.5	60.6	125	275.6	222.5	490.5	320	705.5
30	66.1	127.5	281.1	225	496	322.5	711
32.5	71.6	130	286.6	227.5	501.5	325	716.5
35	77.2	132.5	292.1	230	507.1	327.5	722
37.5	82.7	135	297.6	232.5	512.6	330	727.5
40	88.2	137.5	303.1	235	518.1	332.5	733
42.5	93.7	140	308.6	237.5	523.6	335	738.5
45	99.2	142.5	314.2	240	529.1	337.5	744.1
47.5	104.7	145	319.7	242.5	534.6	340	749.6
50	110.2	147.5	325.2	245	540.1	342.5	755.1
52.5	115.7	150	330.7	247.5	545.6	345	760.6
55	121.3	152.5	336.2	250	551.2	347.5	766.1
57.5	126.8	155	341.7	252.5	556.7	350	771.6
60	132.3	157.5	347.2	255	562.2	352.5	777.1
62.5	137.8	160	352.7	257.5	567.7	355	782.6
65	143.3	162.5	358.2	260	573.2	357.5	788.1
67.5	148.8	165	363.8	262.5	578.7	360	793.7
70	154.3	167.5	369.3	265	584.2	362.5	799.2
72.5	159.8	170	374.8	267.5	589.7	365	804.7
75	165.3	172.5	380.3	270	595.2	367.5	810.2
77.5	170.9	175	385.8	272.5	600.8	370	815.7
80	176.4	177.5	391.3	275	606.3	372.5	821.2
82.5	181.9	180	396.8	277.5	611.8	375	826.7
85	187.4	182.5	402.3	280	617.3	377.5	832.2
87.5	192.9	185	407.9	282.5	622.8	380	837.7
90	198.4	187.5	413.4	285	628.3	382.5	843.3
92.5	203.9	190	418.9	287.5	633.8	385	848.8
95	209.4	192.5	424.4	290	639.3	387.5	854.3
97.5	214.9	195	429.9	292.5	644.8	390	859.8
100	220.5	197.5	435.4	295	650.4	392.5	865.3
102.5	226	200	440.9	297.5	655.9	395	870.8
105	231.5	202.5	446.4	300	661.4	397.5	876.3
107.5	237	205	451.9	302.5	666.9	400	881.8
110	242.5	207.5	457.5	305	672.4	402.5	887.4
112.5	248	210	463	307.5	677.9	405	892.9
115	253.5	212.5	468.5	310	683.4	407.5	898.4
117.5	259	215	474	312.5	688.9	410	903.9
120	264.6	217.5	479.5	315	694.4	412.5	909.4

Ontario Men's Equipped Powerlifting Records

MENS SUB-JUNIOR				
53 Kg	Weight	Name	Date	Meet
Squat	132.5	Minimum Standard		
Bench	90	Minimum Standard		
D/L	130	Minimum Standard		
Total	300	Minimum Standard		
59 Kg	Weight	Name	Date	Meet
Squat	150	Minimum Standard		
Bench	100	Minimum Standard		
D/L	145	Minimum Standard		
Total	332.5	Minimum Standard		
66 Kg	Weight	Name	Date	Meet
Squat	160	Minimum Standard		
Bench	110	Minimum Standard		
D/L	160	Minimum Standard		
Total	370	Minimum Standard		
74 Kg	Weight	Name	Date	Meet
Squat	175	Minimum Standard		
Bench	120	Minimum Standard		
D/L	175	Minimum Standard		
Total	410	Minimum Standard		
83 Kg	Weight	Name	Date	Meet
Squat	190	Minimum Standard		
Bench	130	Minimum Standard		
D/L	190	Minimum Standard		
Total	430	Minimum Standard		
93 Kg	Weight	Name	Date	Meet
Squat	202.5	Minimum Standard		
Bench	140	Minimum Standard		
D/L	200	Minimum Standard		
Total	455	Minimum Standard		
105 Kg	Weight	Name	Date	Meet
Squat	212.5	Minimum Standard		
Bench	145	Minimum Standard		
D/L	215	Minimum Standard		
Total	480	Minimum Standard		
120 Kg	Weight	Name	Date	Meet
Squat	220	Minimum Standard		
Bench	155	Minimum Standard		
D/L	220	Minimum Standard		
Total	500	Minimum Standard		
120.0+ Kg	Weight	Name	Date	Meet
Squat	225	Minimum Standard		
Bench	165	Minimum Standard		
D/L	225	Minimum Standard		
Total	520	Minimum Standard		

MENS JUNIOR				
53 Kg	Weight	Name	Date	Meet
Squat	155	Minimum Standard		
Bench	105	Minimum Standard		
D/L	150	Minimum Standard		
Total	380	Minimum Standard		
59 Kg	Weight	Name	Date	Meet
Squat	172.5	Minimum Standard		
Bench	115	Minimum Standard		
D/L	170	Minimum Standard		
Total	422.5	Minimum Standard		
66 Kg	Weight	Name	Date	Meet
Squat	190	Minimum Standard		
Bench	130	Minimum Standard		
D/L	190	Jeremiah Villanueva	25-Jun-11	2011 UTM Classic
Total	475	Minimum Standard		
74 Kg	Weight	Name	Date	Meet
Squat	205	Minimum Standard		
Bench	140	Minimum Standard		
D/L	217.5	Tyler Crawford	26-Nov-11	2011 Belle River Open
Total	527.5	Tyler Crawford	26-Nov-11	2011 Belle River Open
83 Kg	Weight	Name	Date	Meet
Squat	225	Minimum Standard		
Bench	152.5	Minimum Standard		
D/L	220	Minimum Standard		
Total	585	Minimum Standard		
93 Kg	Weight	Name	Date	Meet
Squat	235	Minimum Standard		
Bench	160	Minimum Standard		
D/L	237.5	Corey Persic	21-Feb-11	Canadore Classic
Total	625	Minimum Standard		
105 Kg	Weight	Name	Date	Meet
Squat	250	Minimum Standard		
Bench	170	Minimum Standard		
D/L	260	Kevin O'Brien	26-Nov-11	2011 Belle River Open
Total	645	Minimum Standard		
120 Kg	Weight	Name	Date	Meet
Squat	260	Minimum Standard		
Bench	175	Minimum Standard		
D/L	255	Minimum Standard		
Total	655	Minimum Standard		
120.0+ Kg	Weight	Name	Date	Meet
Squat	265	Minimum Standard		
Bench	180	Minimum Standard		
D/L	262.5	Minimum Standard		
Total	685	Minimum Standard		

Toronto Super Show

Date	June 1-2, 2013	Note:	Open to all CPU members. Details tbd.
Location	Toronto Convention Centre	Type	Open Three Lift and Bench Only



Ontario Men's Equipped Powerlifting Records Cont'd

MENS OPEN				
59 Kg	Weight	Name	Date	Meet
Squat	182.5	Minimum Standard		
Bench	115	Minimum Standard		
D/L	180	Minimum Standard		
Total	450	Minimum Standard		
66 Kg	Weight	Name	Date	Meet
Squat	200	Minimum Standard		
Bench	125	Minimum Standard		
D/L	195	Minimum Standard		
Total	500	Minimum Standard		
74 Kg	Weight	Name	Date	Meet
Squat	232.5	Glyn Moore	27-Sep-11	2011 IPF World Masters Championship
Bench	170	Frank Nadeau	31-Mar-11	2011 Canadian Championships
D/L	235	Greg Platsko	9-Jun-12	2012 Belle River Open
Total	600	Glyn Moore	27-Sep-11	2011 IPF World Masters Championship
83 Kg	Weight	Name	Date	Meet
Squat	260	Hoi Leung	4-Oct-12	2012 IPF World Masters Championships
Bench	193	Steve Spilak	26-Nov-11	2011 Belle River Open
D/L	330	Zurab Dzamukashvili	22-Jan-11	2012 Ontario Provincial Championships
Total	700	Hoi Leung	4-Oct-12	2012 IPF World Masters Championships
93 Kg	Weight	Name	Date	Meet
Squat	307.5	Dave Walters	28-Sep-11	2011 IPF World Masters Championship
Bench	250	Dave Walters	28-Sep-11	2011 IPF World Masters Championship
D/L	282.5	Jerry Marentette	24-Jan-11	2012 Ontario Championships
Total	830	Dave Walters	28-Sep-11	2011 IPF World Masters Championship
105 Kg	Weight	Name	Date	Meet
Squat	297.5	Patrick Hartwick	1-Apr-11	2011 Canadian Championships
Bench	195	Steve Chomitz	23-Jan-11	2011 Ontario Championships
D/L	280	Craig Hirota	2-Jun-12	2012 Toronto Pro Supershow
Total	682.5	Patrick Hartwick	1-Apr-11	2011 Canadian Championships
120 Kg	Weight	Name	Date	Meet
Squat	300	Ron Strong	6-Oct-12	2012 IPF World Masters Championships
Bench	205	Ron Strong	24-Jan-11	2011 Ontario Championships
D/L	320	Ron Strong	6-Oct-12	2012 IPF World Masters Championships
Total	820	Ron Strong	6-Oct-12	2012 IPF World Masters Championships
120.0+ Kg	Weight	Name	Date	Meet
Squat	285	Minimum Standard		
Bench	230	Kari Suutari	1-Oct-11	2011 IPF World Masters Championship
D/L	290	Kari Suutari	1-Oct-11	2011 IPF World Masters Championship
Total	800	Kari Suutari	1-Oct-11	2011 IPF World Masters Championship

UTM Special Athlete and Open Powerlifting Contest

Date	June 15, 2013	Contact	Pascal Tyrell 905 - 842 - 6701
Location	University of Toronto- Mississauga Campus (UTM)- UTM Athletics Building 3359 Mississauga Road North	Entry Deadline	May 31, 2013
Meet Director	Pascal Tyrell	Contest Type	Special Athlete and Open Three Lift
Cost	\$30 for special athlete contest & \$55 for open contest	Note	Awards: Both contests - Best Male/Best Female - Best Team & 1st, 2nd, 3rd in each weight class.
Registration	On-line. Link to be provided		

Ontario Men's Equipped Powerlifting Records Cont'd

MENS MASTERS 40 - 49				
59 Kg	Weight	Name	Date	Meet
Squat	165	Minimum Standard		
Bench	105	Minimum Standard		
D/L	165	Minimum Standard		
Total	450	Minimum Standard		
66 Kg	Weight	Name	Date	Meet
Squat	182.5	Minimum Standard		
Bench	120	Minimum Standard		
D/L	195	Minimum Standard		
Total	505	Minimum Standard		
74 Kg	Weight	Name	Date	Meet
Squat	232.5	Glyn Moore	27-Sep-11	2011 IPF World Masters Championship
Bench	170	Frank Nadeau	31-Mar-11	2011 Canadian Championships
D/L	235	Greg Platsko	9-Jun-12	2012 Belle River Open
Total	600	Glyn Moore	27-Sep-11	2011 IPF World Masters Championship
83 Kg	Weight	Name	Date	Meet
Squat	260	Hoi Leung	4-Oct-12	2012 IPF World Masters Championships
Bench	170	Hoi Leung	4-Oct-12	2012 IPF World Masters Championships
D/L	280	Hoi Leung	13-Apr-12	2012 Canadian Championships
Total	700	Hoi Leung	4-Oct-12	2012 IPF World Masters Championships
93 Kg	Weight	Name	Date	Meet
Squat	307.5	Dave Walters	28-Sep-11	2011 IPF World Masters Championship
Bench	250	Dave Walters	28-Sep-11	2011 IPF World Masters Championship
D/L	282.5	Jerry Marentette	24-Jan-11	2012 Ontario Championships
Total	830	Dave Walters	28-Sep-11	2011 IPF World Masters Championship
105 Kg	Weight	Name	Date	Meet
Squat	297.5	Patrick Hartwick	1-Apr-11	2011 Canadian Championships
Bench	195	Steve Chomitz	23-Jan-11	2011 Ontario Championships
D/L	280	Craig Hirota	2-Jun-12	2012 Toronto Pro Supershow
Total	682.5	Patrick Hartwick	1-Apr-11	2011 Canadian Championships
120 Kg	Weight	Name	Date	Meet
Squat	300	Ron Strong	6-Oct-12	2012 IPF World Masters Championships
Bench	205	Ron Strong	24-Jan-11	2011 Ontario Championships
D/L	320	Ron Strong	6-Oct-12	2012 IPF World Masters Championships
Total	820	Ron Strong	6-Oct-12	2012 IPF World Masters Championships
120.0+ Kg	Weight	Name	Date	Meet
Squat	280	Kari Suutari	1-Oct-11	2011 IPF World Masters Championship
Bench	230	Kari Suutari	1-Oct-11	2011 IPF World Masters Championship
D/L	290	Kari Suutari	1-Oct-11	2011 IPF World Masters Championship
Total	800	Kari Suutari	1-Oct-11	2011 IPF World Masters Championship

South Huron Open Powerlifting Contest

Date	July 6 2013	Contact	Lynton Lam, 519-233-3227
Location	Vanastra Recreation Centre, 26 Toronto Blvd., Vanastra, Ontario (519-482-3544)	Entry Deadline	June 22, 2013
Meet Director	Lynton Lam	Contest Type	Open Three Lift
Cost	\$70.00 (includes drug test fee)	Weigh in:	8:00 am
Payable to	Vanastra Recreation Centre, Send to : Lynton Lam, 45 Ellen Street North, Brucefield, Ont. NOM 1J0	Lifting Stars:	10:00 am
Awards	1st, 2nd and 3rd place in each weight class. (Equipped & Classic)		



Ontario Men's Equipped Powerlifting Records Cont'd

MENS MASTERS 50 - 59				
59 Kg	Weight	Name	Date	Meet
Squat	137.5	Minimum Standard		
Bench	102.5	Minimum Standard		
D/L	150.0	Minimum Standard		
Total	370.0	Minimum Standard		
66 Kg	Weight	Name	Date	Meet
Squat	152.5	Minimum Standard		
Bench	112.5	Minimum Standard		
D/L	165.0	Minimum Standard		
Total	407.5	Minimum Standard		
74 Kg	Weight	Name	Date	Meet
Squat	232.5	Glyn Moore	27-Sep-2011	2011 IPF World Masters Championship
Bench	170.0	Frank Nadeau	March 31, 2011	2011 Canadian Championships
D/L	235.0	Greg Platsko	9-Jun-2012	2012 Belle River Open
Total	600.0	Glyn Moore	27-Sep-2011	2011 IPF World Masters Championship
83 Kg	Weight	Name	Date	Meet
Squat	257.5	Jerry Marentette	13-Apr-2012	2012 Canadian Championships
Bench	177.5	Jerry Marentette	13-Apr-2012	2012 Canadian Championships
D/L	270.0	Jerry Marentette	13-Apr-2012	2012 Canadian Championships
Total	705.0	Jerry Marentette	13-Apr-2012	2012 Canadian Championships
93 Kg	Weight	Name	Date	Meet
Squat	270.0	Jerry Marentette	26-Jan-2013	2013 Ontario Championship
Bench	205.0	Jerry Marentette	26-Jan-2013	2013 Ontario Championship
D/L	282.5	Jerry Marentette	24-Jan-2011	2011 Ontario Championships
Total	747.5	Jerry Marentette	26-Jan-2013	2013 Ontario Championship
105 Kg	Weight	Name	Date	Meet
Squat	297.5	Patrick Hartwick	1-Apr-2011	2011 Canadian Championships
Bench	195.0	Steve Chomitz	23-Jan-2011	2011 Ontario Championships
D/L	240.0	Steve Chomitz	24-Jan-2011	2012 Ontario Championships
Total	682.5	Patrick Hartwick	1-Apr-2011	2011 Canadian Championships
120 Kg	Weight	Name	Date	Meet
Squat	300.0	Ron Strong	6-Oct-2012	2012 IPF World Masters Championships
Bench	205.0	Ron Strong	24-Jan-2011	2011 Ontario Championships
D/L	320.0	Ron Strong	6-Oct-2012	2012 IPF World Masters Championships
Total	820.0	Ron Strong	6-Oct-2012	2012 IPF World Masters Championships
120.0+ Kg	Weight	Name	Date	Meet
Squat	280.0	Kari Suutari	1-Oct-2011	2011 IPF World Masters Championship
Bench	230.0	Kari Suutari	1-Oct-2011	2011 IPF World Masters Championship
D/L	290.0	Kari Suutari	1-Oct-2011	2011 IPF World Masters Championship
Total	800.0	Kari Suutari	1-Oct-2011	2011 IPF World Masters Championship

Ottawa Open Three Lift and Bench Only

Date	July 20 2013	Contact	Sandro D'Angelo 613-769-7747
Location	Travel Lodge Hotel 1376 Carling Avenue, Ottawa, Ont. K1Z 7L5	Entry Deadline	July 5 2013
Meet Director	Sandro D'Angelo	Contest Type	Open Three Lift & Bench Only
Cost	\$75.00 (includes drug test fee)	Weigh in/Lifting:	tbd
Payable to	Sandro D'Angelo. Send entry and cheque to Sandro D'Angelo, Address: 630 Du Parc Ave., Russell, Ont., K4R 1G4		

Ontario Men's Equipped Powerlifting Records Cont'd

MENS MASTERS 60 - 69				
59 Kg	Weight	Name	Date	Meet
Squat	105	Minimum Standard		
Bench	77.5	Minimum Standard		
D/L	112.5	Minimum Standard		
Total	282.5	Minimum Standard		
66 Kg	Weight	Name	Date	Meet
Squat	117.5	Minimum Standard		
Bench	85	Minimum Standard		
D/L	125	Minimum Standard		
Total	312.5	Minimum Standard		
74 Kg	Weight	Name	Date	Meet
Squat	232.5	Glyn Moore	27-Sep-11	2011 IPF World Masters Championship
Bench	147.5	Glyn Moore	27-Sep-11	2011 IPF World Masters Championship
D/L	220	Glyn Moore	27-Sep-11	2011 IPF World Masters Championship
Total	600	Glyn Moore	27-Sep-11	2011 IPF World Masters Championship
83 Kg	Weight	Name	Date	Meet
Squat	217.5	Glyn Moore	22-Jan-12	2012 Ontario Provincial Championships
Bench	150	Glyn Moore	22-Jan-12	2012 Ontario Provincial Championships
D/L	202.5	Glyn Moore	22-Jan-12	2012 Ontario Provincial Championships
Total	570	Glyn Moore	22-Jan-12	2012 Ontario Provincial Championships
93 Kg	Weight	Name	Date	Meet
Squat	222.5	Laurie Greenidge	16-Jul-11	2011 Ottawa Open
Bench	141	Laurie Greenidge	16-Jul-11	2011 Ottawa Open
D/L	215	Laurie Greenidge	16-Jul-11	2011 Ottawa Open
Total	578.5	Laurie Greenidge	16-Jul-11	2011 Ottawa Open
105 Kg	Weight	Name	Date	Meet
Squat	297.5	Patrick Hartwick	1-Apr-11	2011 Canadian Championships
Bench	157.5	Patrick Hartwick	1-Apr-11	2011 Canadian Championships
D/L	227.5	Patrick Hartwick	24-Jan-11	2011 Ontario Championships
Total	682.5	Patrick Hartwick	1-Apr-11	2011 Canadian Championships
120 Kg	Weight	Name	Date	Meet
Squat	160	Minimum Standard		
Bench	115	Minimum Standard		
D/L	170	Minimum Standard		
Total	425	Minimum Standard		
120.0+ Kg	Weight	Name	Date	Meet
Squat	162.5	Minimum Standard		
Bench	117.5	Minimum Standard		
D/L	172.5	Minimum Standard		

MENS MASTERS 70 +				
Squat	151.0	Lynton Lam	26-Jan-2013	2013 Ontario Championship
Bench	95.0	Lynton Lam	26-Jan-2013	2013 Ontario Championship
D/L	193.0	Lynton Lam	26-Jan-2013	2013 Ontario Championship
Total	439.0	Lynton Lam	26-Jan-2013	2013 Ontario Championship
93 Kg	Weight	Name	Date	Meet
Squat	182.5	Jack Taylor	1-Apr-2011	2011 Canadian Championships
Bench	122.5	Jack Taylor	23-Jan-2011	2011 Ontario Championships
D/L	190.0	Jack Taylor	23-Jan-2011	2011 Ontario Championships
Total	487.5	Jack Taylor	1-Apr-2011	2011 Canadian Championships



Ontario Men's Equipped Bench Only Records

MENS SUB-JUNIOR				
53 Kg	Weight	Name	Date	Meet
Bench	90	Minimum Standard		
59 Kg	Weight	Name	Date	Meet
Bench	100	Minimum Standard		
66 Kg	Weight	Name	Date	Meet
Bench	110	Minimum Standard		
74 Kg	Weight	Name	Date	Meet
Bench	120	Minimum Standard		
83 Kg	Weight	Name	Date	Meet
Bench	130	Minimum Standard		
93 Kg	Weight	Name	Date	Meet
Bench	140	Minimum Standard		
105 Kg	Weight	Name	Date	Meet
Bench	145	Minimum Standard		
120 Kg	Weight	Name	Date	Meet
Bench	155	Minimum Standard		
120.0+ Kg	Weight	Name	Date	Meet
Bench	165	Minimum Standard		

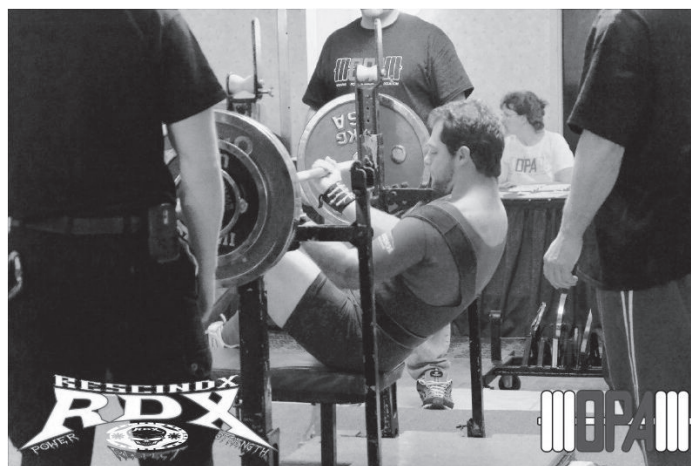
MENS JUNIOR				
53 Kg	Weight	Name	Date	Meet
Bench	105	Minimum Standard		
59 Kg	Weight	Name	Date	Meet
Bench	115	Minimum Standard		
66 Kg	Weight	Name	Date	Meet
Bench	130	Minimum Standard		
74 Kg	Weight	Name	Date	Meet
Bench	140	Minimum Standard		
83 Kg	Weight	Name	Date	Meet
Bench	152.5	Minimum Standard		
93 Kg	Weight	Name	Date	Meet
Bench	160	Minimum Standard		
105 Kg	Weight	Name	Date	Meet
Bench	170	Minimum Standard		
120 Kg	Weight	Name	Date	Meet
Bench	175	Minimum Standard		
120.0+ Kg	Weight	Name	Date	Meet
Bench	180	Minimum Standard		

MENS OPEN				
59 Kg	Weight	Name	Date	Meet
Bench	115	Minimum Standard		
66 Kg	Weight	Name	Date	Meet
Bench	125	Minimum Standard		
74 Kg	Weight	Name	Date	Meet
Bench	170	Frank Nadeau	31-Mar-11	2011 Canadian Championships
83 Kg	Weight	Name	Date	Meet
Bench	193	Steve Spilak	26-Nov-11	2011 Belle River Open
93 Kg	Weight	Name	Date	Meet
Bench	195	Jerry Marentette	23-Jan-11	2011 Ontario Championships
105 Kg	Weight	Name	Date	Meet
Bench	200	Jason Knott	15-Dec-12	2012 Ontario Benchpress Championships
120 Kg	Weight	Name	Date	Meet
Bench	205	Ron Strong	24-Jan-11	2011 Ontario Championships
120.0+ Kg	Weight	Name	Date	Meet
Bench	205	Minimum Standard		

MENS MASTERS 40 - 49				
59 Kg	Weight	Name	Date	Meet
Bench	105	Minimum Standard		
66 Kg	Weight	Name	Date	Meet
Bench	120	Minimum Standard		
74 Kg	Weight	Name	Date	Meet
Bench	170	Frank Nadeau	31-Mar-11	2011 Canadian Championships
Total	560	Minimum Standard		
83 Kg	Weight	Name	Date	Meet
Bench	170	Hoi Leung	4-Oct-12	2012 IPF World Masters Championships
93 Kg	Weight	Name	Date	Meet
Bench	205	Jerry Marentette	26-Nov-11	2011 Ontario Bench Press Championships
105 Kg	Weight	Name	Date	Meet
Bench	195	Steve Chomitz	24-Jan-11	2011 Ontario Championships
120 Kg	Weight	Name	Date	Meet
Bench	205	Ron Strong	24-Jan-11	2011 Ontario Championships
120.0+ Kg	Weight	Name	Date	Meet
Bench	200	Michael Knott	2-Apr-11	2011 Canadian Championships

Ontario Men's Equipped Bench Only Records Cont'd

MENS MASTERS 50 - 59				
59 Kg	Weight	Name	Date	Meet
Bench	102.5	Minimum Standard		
66 Kg	Weight	Name	Date	Meet
Bench	112.5	Minimum Standard		
74 Kg	Weight	Name	Date	Meet
Bench	170	Frank Nadeau	31-Mar-11	2011 Canadian Championships
83 Kg	Weight	Name	Date	Meet
Bench	135	Minimum Standard		
93 Kg	Weight	Name	Date	Meet
Bench	205	Jerry Marentette	26-Nov-11	2011 Ontario Benchpress Championships
105 Kg	Weight	Name	Date	Meet
Bench	195	Steve Chomitz	24-Jan-11	2011 Ontario Championships
120 Kg	Weight	Name	Date	Meet
Bench	205	Ron Strong	24-Jan-11	2011 Ontario Championships
120.0+ Kg	Weight	Name	Date	Meet
Bench	200	Michael Knott	2-Apr-11	2011 Canadian Championships
MENS MASTERS 60 - 69				
59 Kg	Weight	Name	Date	Meet
Bench	77.5	Minimum Standard		
66 Kg	Weight	Name	Date	Meet
Bench	85	Minimum Standard		
74 Kg	Weight	Name	Date	Meet
Bench	140	Glyn Moore	31-Mar-11	2011 Canadian Championships
83 Kg	Weight	Name	Date	Meet
Bench	135	Laurie Greenidge	23-Jan-11	2011 Ontario Championships
93 Kg	Weight	Name	Date	Meet
Bench	141	Laurie Greenidge	16-Jul-11	2011 Ottawa Open
105 Kg	Weight	Name	Date	Meet
Bench	112.5	Minimum Standard		
120 Kg	Weight	Name	Date	Meet
Bench	115	Minimum Standard		
120.0+ Kg	Weight	Name	Date	Meet
Bench	185	George Flikas	15-Dec-12	2012 Ontario Benchpress Championships
MENS MASTERS 70 +				
83 Kg	Weight	Name	Date	Meet
Bench	95.0	Lynton Lam	26-Jan-2013	2013 Ontario Championship
93 Kg	Weight	Name	Date	Meet
Bench	122.5	Jack Taylor	23-Jan-11	2011 Ontario Championships
105 Kg	Weight	Name	Date	Meet





Ontario Women's Equipped Powerlifting Records

WOMEN'S SUB-JUNIOR				
43 Kg	Weight	Name	Date	Meet
Squat	60	Minimum Standard		
Bench	35	Minimum Standard		
D/L	67.5	Minimum Standard		
Total	160	Minimum Standard		
47 Kg	Weight	Name	Date	Meet
Squat	62.5	Minimum Standard		
Bench	37.5	Minimum Standard		
D/L	72.5	Minimum Standard		
Total	170	Minimum Standard		
52 Kg	Weight	Name	Date	Meet
Squat	67.5	Minimum Standard		
Bench	40	Minimum Standard		
D/L	77.5	Minimum Standard		
Total	185	Minimum Standard		
57 Kg	Weight	Name	Date	Meet
Squat	72.5	Minimum Standard		
Bench	45	Minimum Standard		
D/L	82.5	Minimum Standard		
Total	197.5	Minimum Standard		
63 Kg	Weight	Name	Date	Meet
Squat	80	Minimum Standard		
Bench	47.5	Minimum Standard		
D/L	90	Minimum Standard		
Total	215	Minimum Standard		
72 Kg	Weight	Name	Date	Meet
Squat	87.5	Minimum Standard		
Bench	52.5	Minimum Standard		
D/L	100	Minimum Standard		
Total	235	Minimum Standard		
84 Kg	Weight	Name	Date	Meet
Squat	95	Minimum Standard		
Bench	57.5	Minimum Standard		
D/L	107.5	Minimum Standard		
Total	257.5	Minimum Standard		
84.0+ Kg	Weight	Name	Date	Meet
Squat	100	Minimum Standard		
Bench	60	Minimum Standard		
D/L	115	Minimum Standard		
Total	270	Minimum Standard		

WOMEN'S JUNIOR				
43 Kg	Weight	Name	Date	Meet
Squat	72.5	Minimum Standard		
Bench	45	Minimum Standard		
D/L	72.5	Minimum Standard		
Total	190	Minimum Standard		
47 Kg	Weight	Name	Date	Meet
Squat	77.5	Minimum Standard		
Bench	47.5	Minimum Standard		
D/L	77.5	Minimum Standard		
Total	200	Minimum Standard		
52 Kg	Weight	Name	Date	Meet
Squat	85	Minimum Standard		
Bench	52.5	Minimum Standard		
D/L	82.5	Minimum Standard		
Total	215	Minimum Standard		
57 Kg	Weight	Name	Date	Meet
Squat	90	Minimum Standard		
Bench	57.5	Minimum Standard		
D/L	90	Minimum Standard		
Total	227.5	Minimum Standard		
63 Kg	Weight	Name	Date	Meet
Squat	157.5	Stacey Jensen	16-Jul-11	2011 Ottawa Open
Bench	97.5	Stacey Jensen	16-Jul-11	2011 Ottawa Open
D/L	175	Stacey Jensen	16-Jul-11	2011 Ottawa Open
Total	430	Stacey Jensen	16-Jul-11	2011 Ottawa Open
72 Kg	Weight	Name	Date	Meet
Squat	107.5	Minimum Standard		
Bench	67.5	Minimum Standard		
D/L	105	Minimum Standard		
Total	270	Minimum Standard		
84 Kg	Weight	Name	Date	Meet
Squat	110	Minimum Standard		
Bench	70	Minimum Standard		
D/L	110	Minimum Standard		
Total	280	Minimum Standard		
84.0+ Kg	Weight	Name	Date	Meet
Squat	117.5	Minimum Standard		
Bench	72.5	Minimum Standard		
D/L	115	Minimum Standard		
Total	297.5	Minimum Standard		

Ontario Women's Equipped Powerlifting Records Cont'd

WOMEN'S OPEN					WOMEN'S Masters 40 - 49				
47 Kg	Weight	Name	Date	Meet	47 Kg	Weight	Name	Date	Meet
Squat	95	Minimum Standard			Squat	85	Minimum Standard		
Bench	55	Minimum Standard			Bench	52.5	Minimum Standard		
D/L	97.5	Minimum Standard			D/L	95	Minimum Standard		
Total	240	Minimum Standard			Total	280	Minimum Standard		
52 Kg	Weight	Name	Date	Meet	52 Kg	Weight	Name	Date	Meet
Squat	145	Trisha Boyle	30-Mar-11	2011 Canadian Championships	Squat	90	Minimum Standard		
Bench	77.5	Trisha Boyle	23-Jan-11	2011 Ontario	Bench	55	Minimum Standard		
D/L	140.5	Trisha Boyle	23-Jan-11	2011 Ontario	D/L	102.5	Minimum Standard		
Total	362.5	Trisha Boyle	30-Mar-11	2011 Canadian Championships	Total	247.5	Minimum Standard		
57 Kg	Weight	Name	Date	Meet	57 Kg	Weight	Name	Date	Meet
Squat	110	Minimum Standard			Squat	100	Minimum Standard		
Bench	65	Minimum Standard			Bench	60	Minimum Standard		
D/L	112.5	Minimum Standard			D/L	110	Minimum Standard		
Total	277.5	Minimum Standard			Total	260	Minimum Standard		
63 Kg	Weight	Name	Date	Meet	63 Kg	Weight	Name	Date	Meet
Squat	170	Mary Ann Kaczor	12-Apr-12	2012 Canadian	Squat	117.5	Jane Lessard	30-Mar-11	2011 Canadian Championships
Bench	102.5	Mary Ann Kaczor	12-Apr-12	2012 Canadian	Bench	70	Lynn Lister	26-Nov-11	2011 Belle River Open
D/L	175	Stacey Jensen	16-Jul-11	2011 Ottawa Open	D/L	117.5	Jane Lessard	30-Mar-11	2011 Canadian Championships
Total	432.5	Mary Ann Kaczor	12-Apr-12	2012 Canadian	Total	302.5	Jane Lessard	30-Mar-11	2011 Canadian Championships
72 Kg	Weight	Name	Date	Meet	72 Kg	Weight	Name	Date	Meet
Squat	160	Ulrike Kruger	27-Sep-11	2011 IPF World Masters Championship	Squat	160	Ulrike Kruger	27-Sep-11	2011 IPF World Masters Championship
Bench	85	Lisa Nigh	23-Jan-11	2011 Ontario	Bench	85	Lisa Nigh	23-Jan-11	2011 Ontario Championships
D/L	165	Ulrike Kruger	27-Sep-11	2011 IPF World Masters Championship	D/L	165	Ulrike Kruger	27-Sep-11	2011 IPF World Masters Championship
Total	402.5	Ulrike Kruger	27-Sep-11	2011 IPF World Masters Championship	Total	402.5	Ulrike Kruger	27-Sep-11	2011 IPF World Masters Championship
84 Kg	Weight	Name	Date	Meet	84 Kg	Weight	Name	Date	Meet
Squat	160	Ulrike Kruger	30-Mar-11	2011 Canadian Championships	Squat	160	Ulrike Kruger	30-Mar-11	2011 Canadian Championships
Bench	95.5	Lisa Nigh	26-Jan-13	2013 Ontario	Bench	95.5	Lisa Nigh	26-Jan-13	2013 Ontario Championships
D/L	172.5	Lisa Nigh	26-Jan-13	2013 Ontario	D/L	172.5	Lisa Nigh	26-Jan-13	2013 Ontario Championships
Total	418	Lisa Nigh	26-Jan-13	2013 Ontario	Total	418	Lisa Nigh	26-Jan-13	2013 Ontario Championships
84.0+ Kg	Weight	Name	Date	Meet	84.0+ Kg	Weight	Name	Date	Meet
Squat	160	MiMi McRae	12-Apr-12	2012 Canadian	Squat	160	MiMi McRae	12-Apr-12	2012 Canadian Championships
Bench	110	Erin Denton	26-Jan-13	2013 Ontario	Bench	110	Erin Denton	26-Jan-13	2013 Ontario Championships
D/L	165	MiMi McRae	12-Apr-12	2012 Canadian	D/L	165	MiMi McRae	12-Apr-12	2012 Canadian Championships
Total	402.5	Erin Denton	12-Apr-12	2012 Canadian	Total	400	MiMi McRae	12-Apr-12	2012 Canadian Championships



Ontario Women's Equipped Powerlifting Records Cont'd

WOMEN'S Masters 50 - 59				
47 Kg	Weight	Name	Date	Meet
Squat	77.5	Minimum Standard		
Bench	47.5	Minimum Standard		
D/L	90	Minimum Standard		
Total	210	Minimum Standard		
52 Kg	Weight	Name	Date	Meet
Squat	82.5	Minimum Standard		
Bench	50	Minimum Standard		
D/L	97.5	Minimum Standard		
Total	227.5	Minimum Standard		
57 Kg	Weight	Name	Date	Meet
Squat	90	Minimum Standard		
Bench	55	Minimum Standard		
D/L	105	Minimum Standard		
Total	245	Minimum Standard		
63 Kg	Weight	Name	Date	Meet
Squat	117.5	Jane Lessard	30-Mar-11	2011 Canadian Championships
Bench	70	Lynn Lister	26-Nov-11	2011 Belle River Open
D/L	117.5	Jane Lessard	30-Mar-11	2011 Canadian Championships
Total	302.5	Jane Lessard	30-Mar-11	2011 Canadian Championships
72 Kg	Weight	Name	Date	Meet
Squat	160	Ulrike Kruger	27-Sep-11	2011 IPF World Masters Championship
Bench	77.5	Ulrike Kruger	27-Sep-11	2011 IPF World Masters Championship
D/L	165	Ulrike Kruger	27-Sep-11	2011 IPF World Masters Championship
Total	402.5	Ulrike Kruger	27-Sep-11	2011 IPF World Masters Championship
84 Kg	Weight	Name	Date	Meet
Squat	160	Ulrike Kruger	30-Mar-11	2011 Canadian Championships
Bench	80	Ulrike Kruger	23-Jan-11	2011 Ontario Championships
D/L	170	Ulrike Kruger	23-Jan-11	2011 Ontario Championships
Total	405	Ulrike Kruger	23-Jan-11	2011 Ontario Championships
84.0+ Kg	Weight	Name	Date	Meet
Squat	130	Janine Wheeler	3-Mar-11	2011 USAPL Raw Challenge
Bench	72.5	Minimum Standard		
D/L	142.5	Minimum Standard		
Total	332.5	Minimum Standard		
WOMEN'S Masters 60 - 69				
63 Kg	Weight	Name	Date	Meet
Squat	112.5	Carol Brady	26-Jan-13	2013 Ontario Championships
Bench	67.5	Carol Brady	2-Oct-12	2012 IPF World Masters Championship
D/L	107.5	Carol Brady	26-Jan-13	2013 Ontario Championships
Total	285	Carol Brady	26-Jan-13	2013 Ontario Championships
72 Kg	Weight	Name	Date	Meet
Squat	95	Lynda Squires	26-Jan-13	2013 Ontario Championships
Bench	55	Lynda Squires	26-Jan-13	2013 Ontario Championships
D/L	107.5	Lynda Squires	26-Jan-13	2013 Ontario Championships
Total	257.5	Lynda Squires	26-Jan-13	2013 Ontario Championships



Ontario Women's Equipped Bench Only Records

WOMEN'S SUB-JUNIOR				
43 Kg	Weight	Name	Date	Meet
Bench	35	Minimum Standard		
47 Kg	Weight	Name	Date	Meet
Bench	37.5	Minimum Standard		
52 Kg	Weight	Name	Date	Meet
Bench	40	Minimum Standard		
57 Kg	Weight	Name	Date	Meet
Bench	45	Minimum Standard		
63 Kg	Weight	Name	Date	Meet
Bench	47.5	Minimum Standard		
72 Kg	Weight	Name	Date	Meet
Bench	52.5	Minimum Standard		
84 Kg	Weight	Name	Date	Meet
Bench	57.5	Minimum Standard		
84.0+ Kg	Weight	Name	Date	Meet
Bench	60	Minimum Standard		

WOMEN'S JUNIOR				
43 Kg	Weight	Name	Date	Meet
Bench	45	Minimum Standard		
47 Kg	Weight	Name	Date	Meet
Bench	47.5	Minimum Standard		
52 Kg	Weight	Name	Date	Meet
Bench	52.5	Minimum Standard		
57 Kg	Weight	Name	Date	Meet
Bench	57.5	Minimum Standard		
63 Kg	Weight	Name	Date	Meet
Bench	62.5	Minimum Standard		
72 Kg	Weight	Name	Date	Meet
Bench	67.5	Minimum Standard		
84 Kg	Weight	Name	Date	Meet
Bench	70	Minimum Standard		
84.0+ Kg	Weight	Name	Date	Meet
Bench	72.5	Minimum Standard		

WOMEN'S OPEN				
47 Kg	Weight	Name	Date	Meet
Bench	55	Minimum Standard		
52 Kg	Weight	Name	Date	Meet
Bench	60	Minimum Standard		
57 Kg	Weight	Name	Date	Meet
Bench	65	Minimum Standard		
63 Kg	Weight	Name	Date	Meet
Bench	100	Mary Ann Kaczor	9-Nov-11	2011 IPF World Open Championship
72 Kg	Weight	Name	Date	Meet
Bench	85	Lisa Nigh	23-Jan-11	2011 Ontario Championships
84 Kg	Weight	Name	Date	Meet
Bench	95.5	Lisa Nigh	Jan 25 2013	2013 Ontario Championships
84.0+ Kg	Weight	Name	Date	Meet
Bench	110.0	Erin Denton	Jan 25 2013	2013 Ontario Championships

WOMEN'S Masters 40 - 49				
47 Kg	Weight	Name	Date	Meet
Bench	52.5	Minimum Standard		
52 Kg	Weight	Name	Date	Meet
Bench	55	Minimum Standard		
57 Kg	Weight	Name	Date	Meet
Bench	60	Minimum Standard		
63 Kg	Weight	Name	Date	Meet
Bench	65	Minimum Standard		
72 Kg	Weight	Name	Date	Meet
Bench	85	Lisa Nigh	23-Jan-11	2011 Ontario Championships
84 Kg	Weight	Name	Date	Meet
Bench	95.5	Lisa Nigh	Jan 25 2013	2013 Ontario Championships
84.0+ Kg	Weight	Name	Date	Meet
Bench	110.0	Erin Denton	Jan 25 2013	2013 Ontario Championships

WOMEN'S Masters 50 - 59				
47 Kg	Weight	Name	Date	Meet
Bench	47.5	Minimum Standard		
52 Kg	Weight	Name	Date	Meet
Bench	50	Minimum Standard		
57 Kg	Weight	Name	Date	Meet
Bench	55	Minimum Standard		
63 Kg	Weight	Name	Date	Meet
Bench	70	Lynn Lister	26-Nov-11	2011 Belle River Open
72 Kg	Weight	Name	Date	Meet
Bench	65	Minimum Standard		
84 Kg	Weight	Name	Date	Meet
Bench	80	Ulrike Kruger	23-Jan-11	2011 Ontario Championships
84.0+ Kg	Weight	Name	Date	Meet
Bench	72.5	Minimum Standard		

WOMEN'S Masters 60 - 69				
63 Kg	Weight	Name	Date	Meet
Bench	50	Carol Brady	23-Jan-11	2011 Ontario Championships
72 Kg	Weight	Name	Date	Meet
Bench	52.5	Lynda Squires	18-Aug-12	2012 Niagara Open
84.0+ Kg	Weight	Name	Date	Meet
Bench	70	Ellynne Dickson	29-Mar-11	2011 Canadian Championships





Ontario Men's Classic Powerlifting Records

MENS SUB-JUNIOR				
74 Kg	Weight	Name	Date	Meet
Squat	140.0	Jimmy Lekkas	15-Dec-2012	2012 Ontario Classic Championships
Bench	97.5	Jimmy Lekkas	15-Dec-2012	2012 Ontario Classic Championships
D/L	200.0	Jimmy Lekkas	15-Dec-2012	2012 Ontario Classic Championships
Total	437.5	Jimmy Lekkas	15-Dec-2012	2012 Ontario Classic Championships
MENS JUNIOR				
66 Kg	Weight	Name	Date	Meet
Squat	140.0	Jeremiah Villanueva	25-Jun-2011	2011 UTM Classic
Bench	97.5	Jeremiah Villanueva	25-Jun-2011	2011 UTM Classic
D/L	190.0	Jeremiah Villanueva	25-Jun-2011	2011 UTM Classic
Total	427.5	Jeremiah Villanueva	25-Jun-2011	2011 UTM Classic
74 Kg	Weight	Name	Date	Meet
Squat	140.0	Jimmy Lekkas	15-Dec-2012	2012 Ontario Classic Championships
Bench	97.5	Jimmy Lekkas	15-Dec-2012	2012 Ontario Classic Championships
D/L	200.0	Jimmy Lekkas	15-Dec-2012	2012 Ontario Classic Championships
Total	437.5	Jimmy Lekkas	15-Dec-2012	2012 Ontario Classic Championships
93 Kg	Weight	Name	Date	Meet
Squat	235.0	Chad Patrick	15-Dec-2012	2012 Ontario Classic Championships
Bench	130.0	Cody Buchenauer	26-Nov-2011	2011 Belle River Open
D/L	287.5	Chad Patrick	15-Dec-2012	2012 Ontario Classic Championships
Total	637.5	Chad Patrick	15-Dec-2012	2012 Ontario Classic Championships
120.0+ Kg	Weight	Name	Date	Meet
Squat	225.0	Kyle Hendricks	15-Dec-2012	2012 Ontario Classic Championships
Bench	165.0	Kyle Hendricks	15-Dec-2012	2012 Ontario Classic Championships
D/L	250.0	Kyle Hendricks	15-Dec-2012	2012 Ontario Classic Championships
Total	640.0	Kyle Hendricks	15-Dec-2012	2012 Ontario Classic Championships



11th Annual Niagara Open

Date	August 17, 2013	Contact	Glyn Moore (905) 646-8536
Location	Holiday Inn & Suites Parkway Conference Centre, Ontario Street, St. Catharines, On	Entry Deadline	August 2, 2013
Meet Director	Glyn Moore	Weigh In	7:00 am
Cost	\$70 including drug test fee	Lifting Starts	9:00 am
Payable to	Niagara Powerlifting Club	Contest Type	Three Lift Open
Send to	Niagara Powerlifting Club, 9 Old Oxford Rd., St. Catharine's, Ont. L2M 2J7	Note:	Three lift capped at 36 lifters

Ontario Men's Classic Powerlifting Records Cont'd

MENS OPEN				
66 Kg	Weight	Name	Date	Meet
Squat	142.5	Philippe Bjerring	13-Oct-2012	2012 Last Chance Ottawa Open
Bench	110.0	Philippe Bjerring	13-Oct-2012	2012 Last Chance Ottawa Open
D/L	195.0	Philippe Bjerring	13-Oct-2012	2012 Last Chance Ottawa Open
Total	447.5	Philippe Bjerring	13-Oct-2012	2012 Last Chance Ottawa Open
74 Kg	Weight	Name	Date	Meet
Squat	150.0	John Bourgoin	26-Nov-2011	2011 Belle River Open
Bench	120.0	Gary Lacoursiere	15-Dec-2011	2011 Commonwealth Championships
D/L	200.0	Gary Lacoursiere	15-Dec-2011	2011 Commonwealth Championships
Total	437.5	Jimmy Lekkas	15-Dec-2012	2012 Ontario Classic Championships
83 Kg	Weight	Name	Date	Meet
Squat	222.5	Adrien Stotesbury	15-Dec-2012	2012 Ontario Classic Championships
Bench	140.0	Michael Whiting	23-Jun-2012	2012 UTM Classic
D/L	245.0	Sandro D'Angelo	11-Apr-2012	2012 Canadian Championships
Total	580.0	Sandro D'Angelo	11-Apr-2012	2012 Canadian Championships
93 Kg	Weight	Name	Date	Meet
Squat	235.0	Chad Patrick	15-Dec-2012	2012 Ontario Classic Championships
Bench	150.0	Andrew Armstrong	13-May-2012	2012 London Open
D/L	287.5	Chad Patrick	15-Dec-2012	2012 Ontario Classic Championships
Total	637.5	Chad Patrick	15-Dec-2012	2012 Ontario Classic Championships
105 Kg	Weight	Name	Date	Meet
Squat	235.5	Andy Childs	13-May-2012	2012 London Open
Bench	168.5	Andy Childs	13-May-2012	2012 London Open
D/L	280.0	Craig Hirota	2-Jun-2012	2012 Toronto Pro Supershow
Total	679.5	Andy Childs	13-May-2012	2012 London Open
120 Kg	Weight	Name	Date	Meet
Squat	265.0	Mark Giffen	15-Dec-2012	2012 Ontario Classic Championships
Bench	217.5	Mark Giffen	15-Dec-2012	2012 Ontario Classic Championships
D/L	300.0	Ron Strong	22-Jan-2012	2012 Ontario Provincial Championships
Total	767.5	Mark Giffen	15-Dec-2012	2012 Ontario Classic Championships
120.0+ Kg	Weight	Name	Date	Meet
Squat	225.0	Kyle Hendricks	15-Dec-2012	2012 Ontario Classic Championships
Bench	165.0	Kyle Hendricks	15-Dec-2012	2012 Ontario Classic Championships
D/L	250.0	Kyle Hendricks	15-Dec-2012	2012 Ontario Classic Championships
Total	640.0	Kyle Hendricks	15-Dec-2012	2012 Ontario Classic Championships

MENS MASTERS 60 - 69				
74 Kg	Weight	Name	Date	Meet
Squat	150.0	John Bourgoin	26-Nov-2011	2011 Belle River Open
Bench	97.5	John Bourgoin	26-Nov-2011	2011 Belle River Open
D/L	177.5	John Bourgoin	26-Nov-2011	2011 Belle River Open
Total	425.0	John Bourgoin	26-Nov-2011	2011 Belle River Open
83 Kg	Weight	Name	Date	Meet
Squat	170.0	Laurie Greenidge	22-Jan-2012	2012 Ontario Provincial Championships
Bench	110.0	Laurie Greenidge	22-Jan-2012	2012 Ontario Provincial Championships
D/L	200.0	Laurie Greenidge	22-Jan-2012	2012 Ontario Provincial Championships
Total	480.0	Laurie Greenidge	22-Jan-2012	2012 Ontario Provincial Championships
93 Kg	Weight	Name	Date	Meet
Squat	190.0	Laurie Greenidge	24-Jul-2012	2012 North American Regional Championships
Bench	122.5	Laurie Greenidge	24-Jul-2012	2012 North American Regional Championships
D/L	210.0	Laurie Greenidge	24-Jul-2012	2012 North American Regional Championships
Total	522.5	Laurie Greenidge	24-Jul-2012	2012 North American Regional Championships



Ontario Men's Classic Powerlifting Records Cont'd

MENS MASTERS 40 - 49				
74 Kg	Weight	Name	Date	Meet
Squat	150.0	John Bourgoin	26-Nov-2011	2011 Belle River Open
Bench	120.0	Gary Lacoursiere	15-Dec-2011	2011 Commonwealth Championships
D/L	200.0	Gary Lacoursiere	15-Dec-2011	2011 Commonwealth Championships
Total	425.0	John Bourgoin	26-Nov-2011	2011 Belle River Open
83 Kg	Weight	Name	Date	Meet
Squat	205.0	Sandro D'Angelo	11-Apr-2012	2012 Canadian Championships
Bench	130.0	Sandro D'Angelo	11-Apr-2012	2012 Canadian Championships
D/L	245.0	Sandro D'Angelo	11-Apr-2012	2012 Canadian Championships
Total	580.0	Sandro D'Angelo	11-Apr-2012	2012 Canadian Championships
93 Kg	Weight	Name	Date	Meet
Squat	215.0	Jerry Marentette	11-Apr-2012	2012 Canadian Championships
Bench	140.0	Jerry Marentette	11-Apr-2012	2012 Canadian Championships
D/L	260.0	Jerry Marentette	11-Apr-2012	2012 Canadian Championships
Total	615.0	Jerry Marentette	11-Apr-2012	2012 Canadian Championships
105 Kg	Weight	Name	Date	Meet
Squat	235.5	Andy Childs	13-May-2012	2012 London Open
Bench	168.5	Andy Childs	13-May-2012	2012 London Open
D/L	280.0	Craig Hirota	2-Jun-2012	2012 Toronto Pro Supershow
Total	679.5	Andy Childs	13-May-2012	2012 London Open
120 Kg	Weight	Name	Date	Meet
Squat	265.0	Mark Giffen	15-Dec-2012	2012 Ontario Classic Championships
Bench	217.5	Mark Giffen	15-Dec-2012	2012 Ontario Classic Championships
D/L	300.0	Ron Strong	22-Jan-2012	2012 Ontario Provincial Championships
Total	767.5	Mark Giffen	15-Dec-2012	2012 Ontario Classic Championships
MENS MASTERS 50 - 59				
74 Kg	Weight	Name	Date	Meet
Squat	150.0	John Bourgoin	26-Nov-2011	2011 Belle River Open
Bench	97.5	John Bourgoin	26-Nov-2011	2011 Belle River Open
D/L	177.5	John Bourgoin	26-Nov-2011	2011 Belle River Open
Total	425.0	John Bourgoin	26-Nov-2011	2011 Belle River Open
83 Kg	Weight	Name	Date	Meet
Squat	170.0	Laurie Greenidge	22-Jan-2012	2012 Ontario Provincial Championships
Bench	110.0	Laurie Greenidge	22-Jan-2012	2012 Ontario Provincial Championships
D/L	200.0	Laurie Greenidge	22-Jan-2012	2012 Ontario Provincial Championships
Total	480.0	Laurie Greenidge	22-Jan-2012	2012 Ontario Provincial Championships
93 Kg	Weight	Name	Date	Meet
Squat	215.0	Jerry Marentette	11-Apr-2012	2012 Canadian Championships
Bench	140.0	Jerry Marentette	11-Apr-2012	2012 Canadian Championships
D/L	260.0	Jerry Marentette	11-Apr-2012	2012 Canadian Championships
Total	615.0	Jerry Marentette	11-Apr-2012	2012 Canadian Championships
105 Kg	Weight	Name	Date	Meet
Squat	217.5	Jerry Marentette	22-Jan-2012	2012 Ontario Provincial Championships
Bench	142.5	Paul Francis	15-Dec-2012	2012 Ontario Classic Championships
D/L	265.0	Jerry Marentette	22-Jan-2012	2012 Ontario Provincial Championships
Total	622.5	Jerry Marentette	22-Jan-2012	2012 Ontario Provincial Championships
120 Kg	Weight	Name	Date	Meet
Squat	265.0	Mark Giffen	15-Dec-2012	2012 Ontario Classic Championships
Bench	217.5	Mark Giffen	15-Dec-2012	2012 Ontario Classic Championships
D/L	300.0	Ron Strong	22-Jan-2012	2012 Ontario Provincial Championships
Total	767.5	Mark Giffen	15-Dec-2012	2012 Ontario Classic Championships

Ontario Men's Classic Bench Only Records

MENS SUB-JUNIOR				
74 Kg	Weight	Name	Date	Meet
Bench	97.5	Jimmy Lekkas	15-Dec-2012	2012 Ontario Classic Championships
MENS JUNIOR				
74 Kg	Weight	Name	Date	Meet
Bench	97.5	Jimmy Lekkas	15-Dec-2012	2012 Ontario Classic Championships
MENS OPEN				
74 Kg	Weight	Name	Date	Meet
Bench	115.0	Gary Lacoursiere	22-Oct-2011	2011 Niagara Open
83 Kg	Weight	Name	Date	Meet
Bench	140.0	Michael Whiting	23-Jun-2012	2012 UTM Classic
93 Kg	Weight	Name	Date	Meet
Bench	150.0	Andrew Armstrong	13-May-2012	2012 London Open
105 Kg	Weight	Name	Date	Meet
Bench	162.5	Jason Knott	15-Dec-2012	2012 Ontario Classic Benchpress Championships
120 Kg	Weight	Name	Date	Meet
Bench	165.0	Fred English	14-Jul-2012	2012 Barry Antoniw Benchpress Classic
120.0+ Kg	Weight	Name	Date	Meet
Bench	192.5	Curd Hos	14-Jul-2012	2012 Barry Antoniw Benchpress Classic
MENS MASTERS 40 - 49				
74 Kg	Weight	Name	Date	Meet
Bench	115.0	Gary Lacoursiere	22-Oct-2011	2011 Niagara Open
83 Kg	Weight	Name	Date	Meet
Bench	110.0	Laurie Greenidge	22-Jan-2012	2012 Ontario Provincial Championships
93 Kg	Weight	Name	Date	Meet
Bench	140.0	Jerry Marentette	11-Apr-2012	2012 Canadian Championships
105 Kg	Weight	Name	Date	Meet
Bench	168.0	Andy Childs	26-Nov-2011	2011 Belle River Open
120 Kg	Weight	Name	Date	Meet
Bench	165.0	Fred English	14-Jul-2012	2012 Barry Antoniw Benchpress Classic
120.0+ Kg	Weight	Name	Date	Meet
Bench	185.0	George Flikas	15-Dec-2012	2012 Ontario Classic Benchpress Championships
MENS MASTERS 50 - 59				
83 Kg	Weight	Name	Date	Meet
Bench	110.0	Laurie Greenidge	22-Jan-2012	2012 Ontario Provincial Championships
93 Kg	Weight	Name	Date	Meet
Bench	140.0	Jerry Marentette	11-Apr-2012	2012 Canadian Championships
105 Kg	Weight	Name	Date	Meet
Bench	150.0	Paul Francis	29-Sep-2012	2012 North Bay Open
120 Kg	Weight	Name	Date	Meet
Bench	165.0	Fred English	14-Jul-2012	2012 Barry Antoniw Benchpress Classic
120.0+ Kg	Weight	Name	Date	Meet
Bench	185.0	George Flikas	15-Dec-2012	2012 Ontario Classic Benchpress Championships
MENS MASTERS 60 - 69				
83 Kg	Weight	Name	Date	Meet
Bench	110.0	Laurie Greenidge	22-Jan-2012	2012 Ontario Provincial Championships
93 Kg	Weight	Name	Date	Meet
Bench	122.5	Laurie Greenidge	24-Jul-2012	2012 North American Regional Championships
120.0+ Kg	Weight	Name	Date	Meet
Bench	185.0	George Flikas	15-Dec-2012	2012 Ontario Classic Benchpress Championships



Ontario Women's Classic Powerlifting Records

WOMEN'S JUNIOR				
72 Kg	Weight	Name	Date	Meet
Squat	122.5	Jennifer Dorr	December 15, 2012	2012 Ontario Classic Championships
Bench	60.0	Carolyn Savage	January 22, 2012	2012 Ontario Provincial Championships
D/L	152.5	Jennifer Dorr	December 15, 2012	2012 Ontario Classic Championships
Total	330.0	Jennifer Dorr	December 15, 2012	2012 Ontario Classic Championships
WOMEN'S OPEN				
57 Kg	Weight	Name	Date	Meet
Squat	135.0	Maggie Rafferty	January 22, 2012	2012 Ontario Provincial Championships
Bench	67.5	Maggie Rafferty	January 22, 2012	2012 Ontario Provincial Championships
D/L	162.5	Maggie Rafferty	January 22, 2012	2012 Ontario Provincial Championships
Total	365.0	Maggie Rafferty	January 22, 2012	2012 Ontario Provincial Championships
63 Kg	Weight	Name	Date	Meet
Squat	147.5	Maggie Rafferty	December 15, 2012	2012 Ontario Classic Championships
Bench	72.5	Maggie Rafferty	December 15, 2012	2012 Ontario Classic Championships
D/L	157.5	Maggie Rafferty	December 15, 2012	2012 Ontario Classic Championships
Total	377.5	Maggie Rafferty	December 15, 2012	2012 Ontario Classic Championships
72 Kg	Weight	Name	Date	Meet
Squat	122.5	Jennifer Dorr	December 15, 2012	2012 Ontario Classic Championships
Bench	60.0	Lynn Lister	June 25, 2011	2011 UTM Classic
D/L	152.5	Jennifer Dorr	December 15, 2012	2012 Ontario Classic Championships
Total	330.0	Jennifer Dorr	December 15, 2012	2012 Ontario Classic Championships
84 Kg	Weight	Name	Date	Meet
Squat	77.5	Linda McFeeters	December 15, 2012	2012 Ontario Classic Championships
Bench	60.0	Linda McFeeters	December 15, 2012	2012 Ontario Classic Championships
D/L	117.5	Linda McFeeters	December 15, 2012	2012 Ontario Classic Championships
Total	255.0	Linda McFeeters	December 15, 2012	2012 Ontario Classic Championships
84.0+ Kg	Weight	Name	Date	Meet
Squat	147.5	Erin Denton	December 15, 2012	2012 Ontario Classic Championships
Bench	92.5	Erin Denton	December 15, 2012	2012 Ontario Classic Championships
D/L	150.0	Erin Denton	June 2, 2012	2012 Toronto Pro Supershow
Total	382.5	Erin Denton	June 2, 2012	2012 Toronto Pro Supershow
WOMEN'S Masters 40 - 49				
63 Kg	Weight	Name	Date	Meet
Squat	80.0	Lynn Lister	August 18, 2012	2012 Niagara Open
Bench	65.0	Lynn Lister	June 23, 2012	2012 UTM Classic
D/L	112.5	Lynn Lister	August 18, 2012	2012 Niagara Open
Total	252.5	Lynn Lister	August 18, 2012	2012 Niagara Open
72 Kg	Weight	Name	Date	Meet
Squat	95.0	Lynda Squires	January 26, 2013	2013 Ontario Championships
Bench	60.0	Lynn Lister	June 25, 2011	2011 UTM Classic
D/L	107.5	Lynda Squires	January 26, 2013	2013 Ontario Championships
Total	257.5	Lynda Squires	January 26, 2013	2013 Ontario Championships
84 Kg	Weight	Name	Date	Meet
Squat	77.5	Linda McFeeters	December 15, 2012	2012 Ontario Classic Championships
Bench	60.0	Linda McFeeters	December 15, 2012	2012 Ontario Classic Championships
D/L	117.5	Linda McFeeters	December 15, 2012	2012 Ontario Classic Championships
Total	255.0	Linda McFeeters	December 15, 2012	2012 Ontario Classic Championships
84.0+ Kg	Weight	Name	Date	Meet
Squat	130.0	Janine Wheeler	March 4, 2011	2011 USAPL Raw Challenge
Bench	75.0	Lesley Hammil	January 22, 2012	2012 Ontario Provincial Championships
D/L	165.0	Lesley Hammil	January 22, 2012	2012 Ontario Provincial Championships
Total	362.5	Lesley Hammil	January 22, 2012	2012 Ontario Provincial Championships

Ontario Women's Classic Powerlifting Records Cont'd

WOMEN'S Masters 50 - 59				
63 Kg	Weight	Name	Date	Meet
Squat	80.0	Lynn Lister	August 18, 2012	2012 Niagara Open
Bench	65.0	Lynn Lister	June 23, 2012	2012 UTM Classic
D/L	112.5	Lynn Lister	August 18, 2012	2012 Niagara Open
Total	252.5	Lynn Lister	August 18, 2012	2012 Niagara Open
72 Kg	Weight	Name	Date	Meet
Squat	95.0	Lynda Squires	January 26, 2013	2013 Ontario Championships
Bench	60.0	Lynn Lister	June 25, 2011	2011 UTM Classic
D/L	107.5	Lynda Squires	January 26, 2013	2013 Ontario Championships
Total	257.5	Lynda Squires	January 26, 2013	2013 Ontario Championships
84 Kg	Weight	Name	Date	Meet
Squat	77.5	Linda McFeeters	December 15, 2012	2012 Ontario Classic Championships
Bench	60.0	Linda McFeeters	December 15, 2012	2012 Ontario Classic Championships
D/L	117.5	Linda McFeeters	December 15, 2012	2012 Ontario Classic Championships
Total	255.0	Linda McFeeters	December 15, 2012	2012 Ontario Classic Championships
84.0+ Kg	Weight	Name	Date	Meet
Squat	130.0	Janine Wheeler	March 4, 2011	2011 USAPL Raw Challenge
Bench	65.0	Janine Wheeler	March 4, 2011	2011 USAPL Raw Challenge
D/L	125.0	Janine Wheeler	March 4, 2011	2011 USAPL Raw Challenge
Total	320.0	Janine Wheeler	March 4, 2011	2011 USAPL Raw Challenge
WOMEN'S Masters 60 - 69				
72 Kg	Weight	Name	Date	Meet
Squat	95.0	Lynda Squires	January 26, 2013	2013 Ontario Championships
Bench	55.0	Lynda Squires	January 26, 2013	2013 Ontario Championships
D/L	107.5	Lynda Squires	January 26, 2013	2013 Ontario Championships
Total	257.5	Lynda Squires	January 26, 2013	2013 Ontario Championships

Ontario Women's Classic Bench Only Records

WOMEN'S OPEN				
Bench	72.5	Maggie Rafferty	December 15, 2012	2012 Ontario Classic Championships
72 Kg	Weight	Name	Date	Meet
Bench	52.5	Lynda Squires	August 18, 2012	2012 Niagara Open
84 Kg	Weight	Name	Date	Meet
Bench	60.0	Linda McFeeters	December 15, 2012	2012 Ontario Classic Championships
84.0+ Kg	Weight	Name	Date	Meet
Bench	147.5	Erin Denton	December 15, 2012	2012 Ontario Classic Championships
WOMEN'S Masters 40 - 49				
72 Kg	Weight	Name	Date	Meet
Bench	52.5	Lynda Squires	August 18, 2012	2012 Niagara Open
84 Kg	Weight	Name	Date	Meet
Bench	60.0	Linda McFeeters	December 15, 2012	2012 Ontario Classic Championships
WOMEN'S Masters 50 - 59				
72 Kg	Weight	Name	Date	Meet
Bench	52.5	Lynda Squires	August 18, 2012	2012 Niagara Open
84 Kg	Weight	Name	Date	Meet
Bench	60.0	Linda McFeeters	December 15, 2012	2012 Ontario Classic Championships
WOMEN'S Masters 60 - 69				
72 Kg	Weight	Name	Date	Meet
Bench	52.5	Lynda Squires	August 18, 2012	2012 Niagara Open



Ontario Powerlifting News

How to Enter an OPA Sanctioned Contest

Anyone entering an OPA sanctioned 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 for (below) and send to the Meet Director along with the appropriate fees.

2013 - 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.

Name of Contest: _____	Date of Contest: _____
Your Name: _____	Phone#: _____
Address: _____	
Email: _____	
Club Representing: _____	Or Unattached <input type="checkbox"/>

CPU Card#: _____	Weight Class: _____	kg	Male <input type="checkbox"/>	Female <input type="checkbox"/>	Date of Birth (dd/mm/yy): _____
Contest Category Entered: (check all that apply) Equipped <input type="checkbox"/> Classic <input type="checkbox"/>					
3-Lift <input type="checkbox"/>	Deadlift only <input type="checkbox"/>	Bench only <input type="checkbox"/>	Special Athlete <input type="checkbox"/>	Parasport <input type="checkbox"/>	Novice <input type="checkbox"/>
Sub-Junior <input type="checkbox"/>	Junior <input type="checkbox"/>	Open <input type="checkbox"/>	Master I <input type="checkbox"/>	Master II <input type="checkbox"/>	Master III <input type="checkbox"/> Master IV <input type="checkbox"/>
T-Shirt Size: _____					

Required Information for Provincial or National Championships: (Note if this section is not filled out, you will not be considered qualified for Championships. All qualifying totals must be within 24 months of the competition for which you are applying)

Qualifying Total: _____	Date of Qualifying Total: (dd/mm/yy): _____
Where Qualifying Total was obtained: _____	

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.

The cost of the record application is now \$75.00 regardless if you are or are not drug tested. If applying for an Ontario record or both Ontario and Canadian Record the cost is the same. As far as Canadian records are concerned they are adhering to the 7 day time limit. If they have not received your application and payment within 7 days you lose your chance to claim the accomplishment. Ontario is adhering to a 21 day time limit to claim provincial records. National records may be claimed directly through the Canadian Powerlifting Union. Ontario Records may be claimed through the Ontario Records Chairperson.

Signature of Competitor: _____ **Date:** _____

(Parent/Guardian if under 18)

Complete all areas of the form – Please Print Legibly. ALL ENTRY FEES ARE NON-REFUNDABLE

OPA Qualifying Standards—Updated April 2012 to Reflect Changes made at National AGM

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
Class V	237.5	270	297.5	325	360	382.5	402.5	422.5	427.5

Men's Required Totals	Equipped	Unequipped
Open	Class I	Class II
Sub-Junior	Class IV	Class V
Junior	Class III	Class IV
Master 40-49	Class II	Class III
Master 50-59	Class III	Class IV
Master 60-69	Class IV	Class V
Master 70+	none	none

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
Class V	132.5	142.5	155	165	182.5	202.5	227.5	232.5

Women's Required Totals	Equipped	Unequipped
Open	Class II	Class III
Sub-Junior	Class IV	Class V
Junior	Class III	Class IV
Master 40-49	Class III	Class IV
Master 50-59	Class IV	Class V
Master 60+	none	none

Note: Any categories that list "none" still require previous experience in a CPU sanctioned contest

National Bench Press Championship—Qualifying Lifts

Men (all, except Sub-Junior)									
Wt. Class	53 kg	59 kg	66 kg	74 kg	83 kg	93 kg	105 kg	120 kg	120+ kg
Equipped	95	112.5	125	137.5	150	157.5	167.5	172.5	180
Unequipped	80	95	105	115	125	132.5	140	145	150

Women (all, except Sub-Junior)									
Wt. Class	43 kg	47 kg	52 kg	57 kg	63 kg	72 kg	84 kg	84+ kg	
Equipped	47.5	50	55	60	65	70	77.5	82.5	
Unequipped	40	42.5	47.5	50	55	60	65	70	

Sub-Junior lifters have the following scales

Sub-Junior Men									
Wt. Class	53 kg	59 kg	66 kg	74 kg	83 kg	93 kg	105 kg	120 kg	120+ kg
Equipped	67.5	75	82.5	92.5	97.5	105	110	112.5	115
Unequipped	57.5	62.5	70	77.5	82.5	87.5	92.5	95	97.5

Sub-Junior Women									
Wt. Class	43 kg	47 kg	52 kg	57 kg	63 kg	72 kg	84 kg	84+ kg	
Equipped	35	37.5	40	45	52.5	62.5	70	77.5	
Unequipped	30	32.5	35	37.5	45	52.5	60	65	

Points to Remember

1. You must have qualified within the previous 24 months from the date of the intended Nationals.
2. You must satisfy your provinces additional requirements to be qualified for each Nationals.
3. A lifter who achieves a National qualifying standard is then eligible to compete at any chosen weight class at the National Championships.
4. All age categories begin on January 1 of the year the lifter reaches the minimum age limit. For example, a lifter become a Master 1 on January 1 of the year they turn 40. Similarly, a Junior ceases to be a Junior on Dec 31 of the year they turn 23.
5. A lifter can qualify for a higher level meet in their next age category within the 12 month period before meeting the minimum age requirement for the class they will compete in, but cannot claim awards in that category at that qualifying meet. For example, a lifter who turns 40 next year can qualify for next years Master Nationals at any time during THIS year, but would only win "Open" awards at that meet.
6. If you achieve the qualifying total for Equipped nationals, you are automatically qualified for Classic (unequipped) nationals.

1. A lifter's status as "unequipped" must be clearly identified on the contest scoresheet. Lifters CANNOT "cross-over" from equipped to unequipped, or from unequipped to equipped, they can only be in one division at a time in regards to records. If not so identified as unequipped, they will be assumed to be equipped.
2. "Unequipped" is defined as normal shoes, socks, under-garments, non-supportive singlet, T-shirt, wrist-wraps, neoprene knee-sleeves and belt. All items must conform to standard IPF Rules specifications. No other items are allowed

Affiliated Clubs

Club Name: Defining Strength Powerlifting Club

Club Contact: Susan Abbott
Address: 100 Main St., N. Hagersville, Ont. N0A 1H0
Phone Number: 905-870-4723
Email: definingstrength@gmail.com

Club Name: Dundas Valley Powerlifting Club

Club Contact: Frances Manias
Address: 162 Old Ancaster Road, Dundas, Ont., L9H 3R4
Ph: 905-379-4007
Email: fmanias@sympatico.ca

Club Name: Fern's Gym

Club Contact: Fern Boucher
Address: 571 Bolger Ave., New Liskeard, Ont.
Phone Number: 705-647-4279

Club Name: Golden Triangle Powerlifting

Club Contact: Dave Hoffman Address: 278 Thaler Ave., Kitchener, Ont. N2A 1R6
Phone Number: 519-894-5913
Email: dave.hoffman@hotmail.com

Club Name: Iron Works

Club Contact: Sandro D'Angelo
Address: 630 Du Parc Ave. Russell On. K4R 1G4
Phone Number: 613 769 7747
Email: sandrodangelo@rogers.com
Website: ottawaironworks.weebly.com/

Club Name: K-W Grizzlies Powerlifting

Club Contact: Adele Couchman
Address: 3-210 Highland Cres. Kitchener, Ont. N2M 5H6
Phone Number: 519-744-4881
Email: arcouchman@bell.net

Club Name: London Powerlifting Club

Club Contact: Michael Knott
Address: 1002-860 Commissioners Rd., E., London, On N6C 5Y8
Phone Number: 519 317-6078
Email: Mike.knott@bell.net
Website: londonpowerlifting.org

Club Name: Niagara Powerlifting

Club Contact: Glyn Moore
Address: 9 Old Oxford Rd., St. Catharines, Ont. L2M 2J7
Phone Number: 905-646-8536
Email: gmoore82@cogeco.ca
Website: niagarapowerlifting.org

Club Name: Power Pit Powerlifting Club

Club Contact: Jerry Marentette
Address: 1530 County Rd., 22, Belle River, Ont.
Phone: 519-727-6096

Club Name: South Huron Powerlifting

Club Contact: Lissa Berard - Lynton Lam CPU# 105
Address: 26 Toronto Blvd., Vanastra, On., N0M 1L0
Phone Number: 519-482-3544
Email: vrcberard@cabletv.on.ca
Website: www.huroneast.com

Club Name: Steel City Powerlifting Club

Club Contact: Bill Jamison
Address: 412 Big Creek Road, Caledonia, Ont N3W 2G9
Phone Number: 905-765-5345
Email: billjamison@sympatico.ca

Club Name: StrengthWOD Powerlifting Club

Club Contact: Kin Fung Leung & Jared Heft
Address: 2180 Highway 7, Unit # 16, Vaughn, Ont., L4K 1W6
Phone Number: 905-761-5827/647-965-4338
Email: kin.fung@yahoo.com

Club Name: Toronto Rex Powerlifting Club

Club Contact: Mark Boyle
Address: 17 Stephen Drive, Toronto M8Y 3M7
Phone Number: 416 628 3577
Email: mboyle762@gmail.com

Club Name: UTM Powerlifting Club

Club Contact: Pascal Tyrrell
Address: 476 Candler Road, Oakville, Ont. L6J 4X6
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Email: pascal.tyrrell@gmail.com

