

Ontario Powerlifting News



OFFICIAL NEWSLETTER OF THE
ONTARIO POWERLIFTING ASSOCIATION

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www.ontariopowerlifting.org



Mike Sinclair, 2012 National Championships, Calgary
Best Lifter Men, Classic Open

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Photographs courtesy of Harnek Singh Rai & Julie Watkin



President's Report

The first three months of my term have gone by fast and we have made some progress. We have re-established a better presence in the North with a new northern regional chairperson. Ron Dillig has accepted the position in North Bay. His contact information is on the OPA website at www.Ontariopowerlifting.org. We have also re-established the position of Central Regional Chairperson and Frank Nadeau has taken that position. With Sandro D'Angelo having taken over as Vice President, Art Chan has stepped in as the Eastern Regional Chairperson. Jerry Marentette remains as the Southwestern Regional Chairperson. This is the first time in many years that we have had these areas covered in a complete manner.



There will be a qualifying contest in the northern region; possibly in September so watch for information. We have made contact with the Sault region in the north as well so this is a very positive step for our association to be in the Northern part of the Province.

We held our second college/university challenge at Canadore College in North Bay in February. Thank to Larry Sheppard, Ron Dillig and Glorianne Papolis for their work at the meet. It will be held there again in 2013 and we will be promoting it earlier so participation from the universities and colleges in the Southern part of the Province will improve. Bill Jamison, Mike Knott and myself went up to help out. Mike Knott is working with Ron Dillig to get some old referees re-certified as well as establish some new referees.

The nationals in Calgary went in early April and we had 56 of almost 100 lifters who qualified to attend. I think this is exceptional when you consider the costs involved. It is also exciting to watch the live feed and my hat is off to Mike Armstrong and his coordinating efforts and to those from across the country who are helping out in making sure the contest runs smoothly. Thanks go to Bill Jamison, Lynton Lam, Harnek Singh Rai and Mark Giffen who all went to referee and to Mike Knott who represented our Province at the National Annual General Meeting.

Our out of contest drug testing program ran another successful test in February to go along with the four run in 2011. Unfortunately we had a couple of positive tests at the provincial championship in Ottawa; one for cannabis and another for stimulants. I hope this will be a wake up call for the whole country particularly with respect to the supplements that are on the market.

My thanks go to the executive for their continued excellent work which makes our association run so much better. Coming up over the next few months we have the culmination of our high school program with



the provincials in Cayuga, the Toronto Super Show, meets in Mississauga, Belle River, Ottawa and St. Catharine's.

Life is Good and powerlifting makes it better!

Dave Hoffman

Ontario Powerlifting News

The Ontario Powerlifting News is published several times per year and is included in the OPA membership fees.

Submissions and articles are welcome from all members.

Editor: Julie Watkin

Contributors: Glyn Moore, Nello Miele, Paul Vaillancourt, Charles Banfield, Dave Hoffman, Mike Knott, Sandro D'Angelo & Blake Giberson

Photo Front Cover: Harnek Singh Rai

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

Newsletter Deadline: September 15, 2012

Submissions:

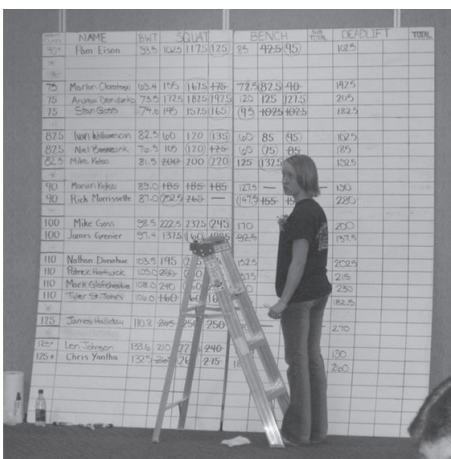
Julie.Watkin@Ontariopowerlifting.org

Niagara Open—10th Anniversary



Back in 2001, Jay Gemmell, Steve Magistrale and myself, the original members of Niagara Powerlifting Club, were coming back from the Nationals in Quebec City and we chatted that Niagara Powerlifting Club should host a competition.

I made my first squat / bench combo rack and in early 2002, we had a team meeting that summer. Most of our members were on board to give this hosting a contest idea, a go. Armed with a squat/combo rack and nothing else we approached some of our nearby clubs who had hosted contests to loan us equipment. As I recall, we borrowed weights from Golden Triangle, four sheets of plywood for the platform and a chalk scoreboard from Iron Foundation. St. Catharine's YMCA were fully supportive and loaned us weights for the warm up room and a bench press.



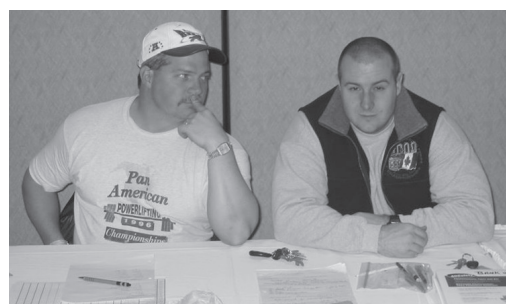
Four days before hosting our first contest we had fourteen lifters, fortunately it went up to a whopping eighteen lifters by the contest.

I remember that first contest with our daughter Andrea and Frank Nadeau's daughter Chelsea writing in the attempts onto the chalk scoreboard as Jay announced them on the microphone. At the end the calculator had to come out and work out placings and wilks etc. All we had to work from was the written hard copy of attempts, no laptop back then.

Here we are, celebrating our tenth annual Niagara Open. In those ten years we have hosted the Ontario Championships, The Canadian Championships and The World Masters Powerlifting Championships.

I am very proud of what Niagara Powerlifting club has achieved and we have a wonderful nucleus of young and old, male and female lifters. We continue to grow and have fun along the way and each year with Marlene's organizational skills we try to make the Niagara contest a little better.

Glyn Moore, Niagara Powerlifting Club



10th Annual Niagara Open

Date	August 18, 2012: Three Lift & Bench only	Contact	Glyn Moore (905) 646-8536
Location	Holiday Inn & Suites Parkway Conference Centre, Ontario Street, St. Catharines, On	Entry Deadline	August 3, 2012
Meet Director	Glyn Moore	Weigh In bench only	7:00 am
Cost	\$70 per contest including drug test fee \$100 for both bench and powerlifting	Weigh in Three Lift	8:30 am
Payable to	Niagara Powerlifting Club	Contest Type	Bench only and Three Lift Open
Send to	Niagara Powerlifting Club, 9 Old Oxford Rd., St. Catharine's, Ont. L2M 2J7	Note:	Bench only capped at 20 lifters Equipped Three lift capped at 36 lifters



National Recognition—Ontario Lifters of Note

Special congratulations go to the following people for exceptional performance at the National Championships in April:

Michael Sinclair for Best Men's Open Classic Lifter

Jason Byrne for Best Men's Open Equipped Lifter

Ron Strong for Best Men's Master 2 Plus Equipped Lifter

Finally, our hats' go off to Glyn Moore for winning 2011 Male Powerlifter of the year and Dave Walters for 2011 Male Bench Presser of the year for both of their exceptional performances and gold medals at the 2011 IPF World Masters Championships.



Calendar

Date	Event
May 13, 2012	London Open
June 1-3, 2012	Toronto Super Show
June 9, 2012	Belle River Push/Pull and Three Lift Open
June 23, 2012	U.T.M. Open Classic and Special Athlete Three Lift
July 14, 2012	Ottawa Three Lift and Barry Antoniow Bench Press Classic
August 18, 2012	10th Annual Niagara Open
September 15, 2012	Belle River Bench Only Meet
November 24, 2012	Ontario Bench Press Championships and Ontario Three Lift Classic Championships



Referees Needed!

The Ontario Powerlifting Association needs more referees. Contact the Referee Chairperson:

Michael Knott (519) 317-6078 Email:
Mike_Knott@bell.net

Referee's Report

The year has been going good. Blake Giberson passed his Provincial Level II written exam. Several from North Bay plan to write in the near future. Congratulations goes to Glyn Moore, and Mark Giffin for passing their National Referees exam this year. I have been running referee clinics and plan to continue these. These seminars are not just for referees, anyone can attend if you would like to get a better understanding of the technical rules even if you do not want to write the referees exam.

Mike Knott, Referees Chairperson

OPA Executive & Contacts

Position	Contact	Phone Number	Email Address
President	Dave Hoffman	519 894 5913	Dave.hoffman@ontariopowerlifting.org
Vice President	Sandro D'Angelo	613-769-7747	sandrodangelo@rogers.com
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Eastern Regional Chairperson	Art Chan	613-282-7255	mrice25@hotmail.com
Central Regional Chairperson	Frank Nadeau	905-529-7097	Frank.nadeau@ontariopowerlifting.org
Northern Regional Chairperson	Ron Dillig	705-499-2867	rondillig@yahoo.com



2012 London Open

Date	May 13, 2012	Contact	Mike Knott
Location	Fitness Club, 595 Exeter Road, London	Entry Deadline	April 27, 2012
Meet Director	Mike Knott	Weigh In	8:00 am (subject to change)
Cost	\$65.00 including drug test fee	Lifting Starts	10:00 am (subject to change)
Payable to	London Powerlifting Club	Contest Type	Three Lift Open
Send to	Michael Knott 1002 -860 Commissioners Road East London, Ontario, N6C 5Y8	Awards:	1st to 3rd for each weight class men's and women's. Best lifter Male Best lifter Female

Belle River Push Pull & Three Lift Open Power Lifting Competition

Date	June 9, 2012	Contact	Jerry Marentette 519-727-6096
Location	Power Pit Gym 1530 County Road 22	Entry Deadline	May 30, 2012
Meet Director	Jerry Marentette	Weigh In	7:30 am
Cost	\$70.00 including drug test fee	Lifting Starts	9:30 am
Payable to	Jerry Marentette	Contest Type	Push/Pull & Three Lift Open
Send to	Jerry Marentette 1530 County Road 22 Belle River, Ontario, NOR 1A0	Awards:	1st, 2nd and 3rd place in the Open Divisions and 1st, 2nd and 3rd Top Classic lifters based on Wilks Formula (3 Awards total)
Note:	Meet is capped at 40 lifters		



2012 Provincial Championships, January 21-22

Equipped, January 21, 2012

Name	Team	Div	Bwt	WtCls	Best SQ	Best BP	Best DL	PL Total	Wilks Pts
Stacey Jensen		F-J	62.4	63	160.0	100.0	172.5	432.5	467.878
Julie Watkin	Niagara	F-M1	58.8	63	142.5	77.5	152.5	372.5	421.856
Jackie Pritchard	Highland	F-M1	75.0	84	157.5	95.0	152.5	405.0	384.993
Lisa Nigh		F-M1	74.8	84	140.0	80.0	160.0	380.0	361.836
Simone Upham	Iron Works	F-M1	122.4	84+	137.5	60.0	145.0	342.5	272.938
Mimi McRae	Niagara	F-M1	97.1	84+	112.5	62.5	142.5	317.5	266.764
Sue Thomson		F-M2	50.1	52	100.0	67.5	120.0	287.5	368.776
Glorianne Papolis		F-M2	62.6	63	145.0	77.5	160.0	382.5	412.794
Joanne Swing		F-M2	80.3	84	110.0	62.5	120.0	292.5	267.082
Carol Brady		F-M3	61.6	63	100.0	60.0	95.0	255.0	278.587
Mary Lupton		F-M3	92.0	84+	102.5	57.5	110.0	270.0	231.255
Sarah Leighton	Ultimate Fitness	F-O	70.6	72	205.0	127.5	185.0	517.5	511.808
Erin Denton	Steel City	F-O	98.2	84+	132.5	82.5	142.5	357.5	299.299
Justin Van Schyndel		M-J	70.9	74	217.5	150.0	200.0	567.5	421.199
Andrew Wilson		M-J	93.0	93	222.5	145.0	240.0	607.5	381.631
Andrew Cameron	Steel City	M-J	114.0	120	332.5	230.0	285.0	847.5	493.584
Kevin OBrien	Limestone	M-J	109.5	120	230.0	125.0	265.0	620.0	365.366
Hoi Leung	Niagara	M-M1	89.0	93	190.0	140.0	200.0	530.0	340.313
Peter McGill	Steel City	M-M1	130.2	120+	265.0	202.5	190.0	657.5	371.751
Frank Nadeau	Niagara	M-M2	73.3	74	200.0	162.5	215.0	577.5	418.226
James Abraham		M-M2	81.9	83	207.5	142.5	232.5	582.5	391.964
Stan Goss	London	M-M2	85.0	93	182.5	120.0	202.5	505.0	332.441
Paul Francis	London	M-M2	103.1	105	235.0	170.0	242.5	647.5	389.471
Michael Knott	London	M-M2	144.3	120+	220.0	195.0	190.0	605.0	336.561
Stan Sher		M-M3	72.1	74	125.0	82.5	140.0	347.5	254.717
Glyn Moore	Niagara	M-M3	77.3	83	217.5	150.0	202.5	570.0	397.917
Miroslav Koprnicky		M-M3	92.3	93	205.0	150.0	210.0	565.0	356.233
Jack Taylor	Niagara	M-M4	91.1	93	175.0	117.5	185.0	477.5	302.974
Chris Fudge	Iron Works	M-O	73.3	74	207.5	142.5	220.0	570.0	412.794
Zurab Dzumukashvil		M-O	82.2	83	230.0	190.0	330.0	750.0	503.550
Dave Bolton		M-O	82.9	83	225.0	150.0	265.0	640.0	427.520
Brandon Ward	Golden	M-O	92.8	93	215.0	137.5	265.0	617.5	388.284



The 2012 OPA Provincial Championships were held on January 21 and 22nd in Ottawa. This year's OPA championship included both equipped and unequipped lifting with a total of 80 lifters including 33 in the equipped championship and 47 in the classic championship.

The weekend was very hectic and exciting and featured some exceptional lifting including best equipped female lifter Sarah Leighton with a 511 wilks, best equipped male lifter Zurab Dzumukashvil with a 503 wilks, best female classic lifter Maggie Rafferty with a of 426 wilks and best male classic lifter Michael Sinclair with a 515 wilks. Congratulations to both the Niagara Powerlifting Club and The Iron Works Powerlifting club for winning the best male and female teams respectively.



This year's championships also featured a 2.5 hour taping and production of the men's classic lifting by Rogers TV that was aired in the Ottawa area. Thanks to Rogers TV for agreeing to do this for the OPA and and a special thank you to Sam Dubé for his exceptional work as the MC and colour commentator.

A meet of this size could not be possible without the help of our sponsors Louis Levesque from Titan Canada, Popeye's and Bruce Millward from RescindX. Thanks to RescindX for also providing the meet T-shirts and prizes and Bruce Millward for taking all the meet pictures.

Thanks to all the volunteers (too many to list), the Iron Works Powerlifting team and Mike Knott and all the referees who as always did a great job ensuring the meet ran smoothly.

Sandro D'Angelo and Art Chan, Meet Directors

2012 Provincial Championships

Classic, January 22, 2012

Name	Team	Bwt	WtCls	Best SQ	Best BP	Best DL	PL Total	Wilks Pts
Carolyne Savage	Iron Works	71.9	72	87.5	60.0	132.5	280.0	273.532
Jayne Major	Ultimate Fitness	51.3	52	100.0	57.5	0.0	0.0	0.000
Lesley Hammil	Iron Works	107.8	84+	122.5	75.0	165.0	362.5	296.054
Janine Wheeler		107.4	84+	120.0	60.0	145.0	325.0	265.623
Jazz Bansat	UTM	50.7	52	82.5	57.5	125.0	265.0	336.842
Megan Bryanton		51.2	52	82.5	57.5	120.0	260.0	328.016
Anna Hardy		50.7	52	55.0	45.0	92.5	192.5	244.687
Maggie Rafferty	Iron Works	56.5	57	135.0	67.5	162.5	365.0	426.466
Trisha Boyle	TO Rex	56.0	57	115.0	60.0	135.0	310.0	364.746
Mary Ann Kaczor		63.0	63	120.0	72.5	137.5	330.0	354.420
Melissande Gagne	Iron Works	71.2	72	100.0	52.5	115.0	267.5	263.059
Dustin Court	S Huron	64.6	66	132.5	77.5	180.0	390.0	311.727
Cody Buchenauer	Golden	81.9	83	210.0	125.0	252.5	587.5	395.329
Jake Wood	Niagara	81.9	83	192.5	147.5	245.0	585.0	393.647
Gary Lacoursiere		73.3	74	125.0	122.5	205.0	452.5	327.701
Joseph Lamonica		73.5	74	127.5	90.0	175.0	392.5	283.699
Greg Plasko	Power Pit	78.1	83	145.0	125.0	207.5	477.5	331.051
Laurie Greenidge	Limestone	82.3	83	170.0	110.0	200.0	480.0	322.032
Tyler Crawford	Niagara	72.9	74	172.5	107.5	205.0	485.0	352.644
Philippe Bjerring	Iron Works	68.0	74	147.5	102.5	182.5	432.5	331.511
Jamie Stephen		75.0	83	210.0	130.0	245.0	585.0	416.871
Sandro D'Angelo	Iron Works	79.4	83	190.0	130.0	240.0	560.0	384.160
Jon Stewart	Limestone	81.9	83	145.0	120.0	215.0	480.0	322.992
Mark Boyle	TO Rex	81.6	83	152.5	112.5	207.5	472.5	318.654
Jermey Crocker	S Huron	58.7	59	110.0	75.0	167.5	352.5	306.781
Dave Walters		92.0	93	230.0	185.0	240.0	655.0	413.633
Andy Childs		104.2	105	222.5	162.5	280.0	665.0	398.468
Brent Cecchini	Fern's	102.1	105	235.0	135.0	250.0	620.0	374.294
Sheldon Duncan	Power Pit	104.8	105	170.0	125.0	260.0	555.0	331.890
Robert Fortney		131.0	120+	272.5	170.0	0.0	0.0	0.000
Rosario Lattanzio	Iron Works	92.3	93	195.0	170.0	210.0	575.0	362.538
Herbert Greenidge		91.9	93	200.0	132.5	210.0	542.5	342.751
Kevin Stirling	Power Pit	87.8	93	170.0	127.5	207.5	505.0	326.584
Jerry Marentette	Power Pit	93.2	105	217.5	140.0	265.0	622.5	390.681
Ron Strong	Power Pit	119.5	120	235.0	152.5	300.0	687.5	395.656
Jamie Stephen		75.0	83	210.0	130.0	245.0	585.0	416.871
Vincent Byrne	Power Pit	92.9	93	242.5	190.0	275.0	707.5	444.664
Greg Page	Iron Works	89.7	93	210.0	142.5	237.5	590.0	377.305
Nello Miele	Niagara	88.4	93	177.5	122.5	215.0	515.0	331.866
Dave Pigozzo		94.0	105	210.0	140.0	245.0	595.0	371.875
Frank Mayer		98.6	105	210.0	150.0	230.0	590.0	361.139
Michael Sinclair		117.5	120	320.0	220.0	352.5	892.5	515.686
Steve Magistrale	Niagara	119.5	120	255.0	180.0	275.0	710.0	408.605
Atik Taraboulsi		109.2	120	187.5	145.0	255.0	587.5	346.508
Jason Byrne	Power Pit	128.6	120+	277.5	190.0	302.5	770.0	436.359
Tim Ekert	Power Pit	127.3	120+	220.0	195.0	182.5	597.5	339.260
Matt Cuthbert	Niagara	142.6	120+	200.0	170.0	75.0	445.0	247.998



Toronto Pro Super Show: June 1st-3rd, 2012

The Toronto Pro Super Show is fast approaching. As stated earlier on our website, those who participated last year will be given first priority. They were given until Friday April 27th to respond. The contest will then be open to those who lifted at the Provincial Championships in Ottawa in January on a first come first served basis until May 6. After that time, this contest is open to all OPA lifters who have competed in at least one meet.

We are looking for 20 lifters each day; classic one day and equipped another. The entry fee will be \$70 which includes the \$5 drug testing fee. Those intending to compete can notify me via phone (519) 894-5913 or email. Entry fees will be due on May 18th. I will contact every one with their entry confirmation and instructions on how to pay their entry fee.

OPA Competitions will be coming fast and furious starting with the London Open in May so make your plans as best you can.

Dave Hoffman, OPA President

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Titan Bravo Buckle Belt: (S, M, L, XL) 10 mm thick	\$89
Titan Bravo Lever Belt: (S, M, L, XL) 10 mm thick	\$95
Singlet : Titan singlet with logo	\$55
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:	\$8.50
Wrap roller:	\$50
T-shirts : S-XL :	\$20
T-shirts : 2XL :	\$25
Ram:	\$55
Super Ram:	\$70
Beanie:	\$15

Highland Powerlifting Club



Based in Orangeville, the Highland Powerlifting Club was formed in July 2011 by Jackie Prichard, James Newton and Charles Banfield.

Jackie is a former OPA Athlete of the Year, a multiple Provincial and National Champion and (as of this writing) the current holder of National Bench Press and Total records in the Women's 84Kg class in the Masters 40 -49 division. She has also represented Canada and placed in the top three at the IPF World Championships.

James is a long-time personal trainer and "reformed" competitive amateur bodybuilder whose first powerlifting competition was the 2010 St. Thomas Open, where he placed second in the 82.5Kg class. Since then he has been soundly bitten by the "powerlifting bug" and has also entered the 2011 Phoenix Open and the 2011 UTM 3-Lift, where he placed first. In the fall of 2011 James reluctantly took a break from competition to begin training to become a member of the Peel Regional Police Force. He graduated from the

police academy early in 2012 and is now preparing to compete once again and take a run at a few records in the 83Kg class.

Charles first began competing in Powerlifting in his native Newfoundland & Labrador in the early 1990s, after receiving some instruction and encouragement from former Canadian and World Champion Terry Young. He entered his first three-lift competition in the spring of 1992 and won the 82.5Kg class. A year later, after training with the likes of Joy Burt, Walt Forsey, Danny King, Steve Campbell, Vascol Simpson and Jeff Butt, Charles competed in the 1993 CPU National Championships in Edmonton, placing fourth. A return to university in 1996, followed by work and family commitments (as well as a few injuries), prevented him from competing again until the 2011 Niagara Open, where he secured first place in the 105Kg class.

The Highland Powerlifting Club became a reality when Jackie suggested the idea of forming a club to James and Charles, who had been running an annual "touch-and-go" Bench Press event at ACTS Fitness & Athletics (www.actsathletics.com) for a few years. James (an ACTS employee at the time) approached the facility for permission to use it as the club's home training facility. This request was enthusiastically granted and the club immediately started attracting attention from the local media as well as lifting enthusiasts living in the area.

As of January 2012 the club has been training out of the ACTS Athlete Institute – a world-class training facility that offers ample training space, state-of-the-art equipment and a lifter-friendly atmosphere.

The Highland Powerlifting Club has also grown from its original complement of three co-founding members to seven actively competitive lifters, as well as a few others that will soon be entering their first competitions. Club members include an eclectic group of Classic and Equipped lifters ranging from the 66Kg to the 120Kg classes that are eager to learn and hungry to compete.

With its depth of experience and solid collection of raw and seasoned talent, you are sure to see Highland Powerlifting Club members gracing the podiums of OPA sanctioned competitions in 2012 and beyond.

Email: Jackie Pritchard: jackie@windmillhill.ca, Charles Banfield: charles.banfield@sympatico.ca



Waterloo Regional High School Meet, March 3, 2012



Bluevale Collegiate hosted the 9th annual Waterloo Region High School Invitational Powerlifting Meet on March 3rd, 2012. Thirty four athletes from eleven area schools came out to lift for a chance to move on to the provincial championships. Twelve lifters qualified by finishing 1st

in their weight divisions. Best female lifter was Kayla Welch of St. David's and best male lifter was Ben Meyer of Waterloo-Oxford. Team Champions were Bluevale for the 4th consecutive year. Waterloo-Oxford was second in their first year with lifters at the meet. This meet's inaugural contest was won by Grand River in 2004. In 2005 and 2006, Resurrection were champions followed by St. Mary's in 2007 and 2008. As champions Bluevale will get to host the meet again in 2013. Meet results can be seen below.

Powerlifting Results Name	Team	Div	Bwt (kg)	WtCls (kg)	Best SQ	Best BP	Best DL	Total	Wilks Pts
Anna Keats	Glenview Park	F-O-U	51.5	52	55.0	35.0	85.5	175.5	220.428
Jessica Bastos	St Marys	F-O-U	56.9	57	65.0	32.5	92.5	190.0	220.780
Kayla Welch	St Davids	F-O-U	68.0	72	87.5	52.5	127.5	267.5	271.593
Laura Franco	St Marys	F-O-U	67.1	72	65.0	47.5	112.5	225.0	230.625
Jill Van Damme	BlueVale	F-O-U	85.8	84+	105.0	60.0	127.5	292.5	258.161
Jena Devine	Resurrection	F-O-U	94.4	84+	97.5	52.5	137.5	287.5	243.886
Jasmine Keats	Glenview Park	F-O-U	102.2	84+	97.5	57.5	105.0	260.0	215.150
Al Chen	BlueVale	M-O-U	52.5	53	95.0	85.0	113.0	293.0	284.649
Nicholas Lewis	Resurrection	M-O-U	49.2	53	47.5	50.0	110.0	207.5	216.070
Saim Tariq	Glenview Park	M-O-U	58.2	59	75.0	77.5	127.5	280.0	245.644
Noah Elliott	Waterloo Oxford	M-O-U	57.4	59	82.5	77.5	115.0	275.0	244.447
Samuel Adams	St Davids	M-O-U	56.4	59	85.0	65.0	120.0	270.0	244.107
Ben Meyer	Waterloo Oxford	M-O-U	64.2	66	132.5	97.5	175.0	405.0	325.417
Patrick Hodgson	BlueVale	M-O-U	63.3	66	100.0	90.0	140.0	330.0	268.389
Adam Weiler	St Davids	M-O-U	59.3	66	110.0	72.5	140.0	322.5	278.027
Ian Alishaw	Waterloo Oxford	M-O-U	64.4	66	0.0	0.0	0.0	0.0	0.000
Michael Tang	BlueVale	M-O-U	72.0	74	152.5	90.0	185.0	427.5	313.657
Jimmy Lekkas	St Marys	M-O-U	73.1	74	122.5	92.5	187.5	402.5	292.054
Matt Saechao	Waterloo Collegiate	M-O-U	67.1	74	130.0	90.0	160.0	380.0	294.386
Jordan Fleet	St Marys	M-O-U	73.3	74	107.5	100.0	167.5	375.0	271.575
Scott Davison	Waterloo Oxford	M-O-U	71.5	74	112.5	85.0	160.0	357.5	263.656
Robert Dungey	Huron Heights	M-O-U	71.9	74	125.0	70.0	155.0	350.0	257.075
Bobby Howatt	Southwood	M-O-U	69.0	74	110.0	75.0	130.0	315.0	238.707
Zameer Arfeen	St Marys	M-O-U	67.2	74	75.0	52.5	122.5	250.0	193.450
Matt Mason	Waterloo Oxford	M-O-U	77.5	83	150.0	105.0	190.0	445.0	310.121
Tim Sattler	Waterloo Oxford	M-O-U	77.6	83	142.5	115.0	160.0	417.5	290.705
Greg Vanigasooriyar	Sir John A MacDonald	M-O-U	78.9	83	120.0	102.5	125.0	347.5	239.358
Keeley Hewton	BlueVale	M-O-U	87.8	93	140.0	112.5	172.5	425.0	274.848
Bobby Viau	Monsingor Doyle	M-O-U	83.2	93	115.0	82.5	160.0	357.5	238.309
Jacob Fillakes	St Marys	M-O-U	83.3	93	0.0	0.0	0.0	0.0	0.000
Jake Francis	BlueVale	M-O-U	94.9	105	102.5	110.0	155.0	367.5	228.695
Mike Rotermann	St Davids	M-O-U	95.1	105	115.0	72.5	135.0	322.5	200.498
Andrew McWhinnie	Sir John A MacDonald	M-O-U	107.2	120	175.0	120.0	237.5	532.5	315.932
Clayton Best	Waterloo Oxford	M-O-U	107.6	120	100.0	92.5	172.5	365.0	216.299

Thanks to Mike Knott for coming from London to score the contest and Julie Watkin from Hamilton to be our head referee. My thanks as always to Bluevale for being good hosts but as usual, my greatest thanks go to my fellow members of the Golden Triangle Powerlifting Club whose hard work, equipment and expertise made the difference. Last, and certainly not least, thanks go to the lifters, teachers, coaches, friends and family members for supporting this event. See you all in 2013.

Team Points: Bluevale—60, Waterloo-Oxford-51, St. Mary's-40, St David's-37, Glenview Park-32, Sir John A. MacDonald-20, Resurrection-18, Monsignor Doyle-9, Waterloo Collegiate-8, Huron Heights-5, Southwood-4

Dave Hoffman

2012 Canadore Challenge

Name	Team	Bwt	WtCls	Age	Best SQ	Best BP	Best DL	Total	Wilks Pts
Rachel Petzold	Canadore	55.9	57	J	57.5	32.5	62.5	152.5	179.691
Shelby Postma	Canadore	57.3	63	J	92.5	37.5	130.0	260.0	300.456
Rachel Burk	Canadore	76.7	84	J	100.0	45.0	132.5	277.5	260.184
Chris Sweeting	Canadore	55.7	59	J	75.0	70.0	125.0	270.0	247.104
Todd Elvrum	Canadore	74	74	J	105.0	75.0	160.0	340.0	244.562
Drew Sibbald	Canadore	69.9	74	J	112.5	65.0	150.0	327.5	245.690
Dave Yake	Canadore	82	83	J	175.0	137.5	232.5	545.0	366.458
Kevin Cousineau	Canadore	80.1	83	J	137.5	112.5	185.0	435.0	296.757
Mark Whitworth	Waterloo	88.4	93	J	172.5	127.5	182.5	482.5	310.923
Nathan Stock	Canadore	86.7	93	J	160.0	110.0	210.0	480.0	312.528
Tyler Wareham	Canadore	104.2	105	J	192.5	135.0	237.5	565.0	338.548
Rob Brownrigg	York	99.7	105	J	170.0	105.0	212.5	487.5	297.034
Dennis Hunter	Canadore	102.1	105	M I	140.0	85.0	200.0	425.0	256.572
Murthy Srinandan	Canadore	105	105	J	137.5	90.0	0.0	0.0	0.000
Rob Burton	Canadore	115.7	120	J	147.5	87.5	227.5	462.5	268.296
Chad Farquhar	Mohawk	135	120+	J	102.5	142.5	235.0	480.0	269.760



U.T.M. Open Classic & UTM Special Athlete Three Lift Powerlifting Contest

Date	June 23, 2012	Contact	Pascal Tyrrel 905-842-6701
Location	UTM Athletics Building 3359 Mississauga Road North, Mississauga	Weigh In Special Athletes	7:30 am
Meet Director	Pascal Tyrrell	Lifting Starts Special Athletes	9:30 am
Cost	\$55.00 Open Classic \$30.00 Special Athletes	Weigh In Classic Open	11:00 am
Payable to	University of Toronto	Lifting Starts Classic Open	1:00 pm
Send to	Register and pay on-lin. See Calendar at Ontariopowerlifting.org		

Hamilton Regional High School Powerlifting Meet

Nicole Morrison	Westdale	72.3	84	112.5	55.0	137.5
Courtney McIntee	Dunnville	77.9	84	65.0	42.5	90.0
Amanda Cowie	Hill Park	79.1	84	57.5	0.0	0.0
Olivia Cook	Westdale	88.4	84+	72.5	47.5	95.0
Stephanie Lukosius	Hill Park	97.4	84+	50.0	40.0	70.0
Benjamin Dickhout	Dunnville	56.5	59	80.0	55.0	112.5
William Forbes	Westdale	65.8	66	115.0	90.0	142.5
Owen Angus-Yamada	Westdale	64.4	66	122.5	67.5	137.5
Ryan Bowden	Dunnville	60.5	66	92.5	70.0	125.0
Andrew Marcus	Hill Park	66.0	66	85.0	55.0	100.0
Sam Malavolta	Westdale	71.6	74	132.5	85.0	155.0
Tanner Kennedy	Westdale	71.4	74	120.0	95.0	155.0
Will Alley	Westdale	73.2	74	130.0	87.5	140.0
Lucas Oattaway	Cayuga	67.8	74	100.0	100.0	150.0
Derek Matthews	Sir JA M	73.6	74	122.5	92.5	127.5
Mark Farkas	Delta	71.8	74	102.5	72.5	130.0
Riley O'Neill	Dunnville	71.0	74	87.5	75.0	137.5
Ingmar Flores	Delta	71.6	74	100.0	77.5	120.0
J.T. Crumb	Dunnville	73.0	74	77.5	72.5	142.5
Connor Paterson	Hill Park	69.0	74	82.5	80.0	115.0
Grant Dickhout	Dunnville	68.0	74	82.5	62.5	120.0
Krys DeAdder	Sir JA M	72.0	74	97.5	0.0	0.0
Tyler Walker	Westdale	81.4	83	160.0	127.5	210.0
Pablo Vallve	Westdale	82.2	83	142.5	85.0	182.5
Cody Riley	Cayuga	81.4	83	122.5	102.5	180.0
Alex Bevan	Sir JA M	79.6	83	110.0	90.0	160.0
Kobi Andrews	Hill Park	77.2	83	117.5	67.5	147.5
Kwesi Andrews	Hill Park	80.2	83	70.0	45.0	95.0
Jesse LaHaise	Dunnville	89.8	93	142.5	115.0	207.5
Dylan Matias	Cayuga	86.6	93	135.0	97.5	192.5
Charlie Taggart	Westdale	90.6	93	145.0	87.5	182.5



On April 3, 2012 Cayuga Secondary School hosted the Hamilton Regional High School Meet. Westdale Secondary School won best team. Of the 45 total lifters, 18 represented Westdale. Other schools represented were, Cayuga SS, Dunnville, Hill Park, Sir John A. MacDonald and Delta. Best lifter female went to first time competitor Nicole Morrison of Westdale and best lifter male went to Tyler Walker also of Westdale.

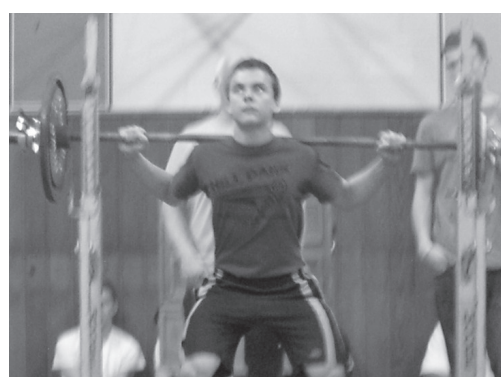


Congratulations to all lifters.

Huron Middlesex High School Regional Powerlifting Meet

The weekend of April 21 was the Huron Middlesex High School Regional meet. The meet had nine lifters from Mother Therese, Beal, Central Huron, West Minister, CCH and Laurier. Best Lifter went to Kyle Bonk-Dann from CCH.

Powerlifting Results Name	Team	Div	Bwt	WtCls	Best SQ	Best BP	Best DL	PL Total	Wilks Pts
Markus Jones	Mother Theresa	M-J-U	63.9	66.0	110.0	72.5	162.5	345.0	278.311
Jeremy Cocker	Central Huron	M-J-U	61.2	66.0	107.5	70.0	160.0	337.5	282.758
Twana Maroofzadeh	Westminister	M-J-U	71.2	74.0	90.0	70.0	142.5	302.5	223.789
Matthew Dyke	Beal	M-J-U	71.1	74.0	85.0	47.5	110.0	242.5	179.595
Tyler Vandervenner	Westminister	M-J-U	78.2	83.0	172.5	112.5	205.0	490.0	339.423
Kyle Bonk-Dann	CCH	M-J-U	91.3	93.0	180.0	142.5	250.0	572.5	362.851
Taras Mancryk	Laurier	M-J-U	93.0	93.0	152.5	110.0	180.0	442.5	277.978
Connor Garrett	Laurier	M-J-U	96.1	105.0	137.5	65.0	150.0	352.5	218.127



Ottawa Three Lift & Barry Antoniow Bench Press Classic

Date	July 14 2012	Contact	Sandro D'Angelo (613)769-7747 or sandrodangelo@rogers.com
Location	Travelodge Hotel & Conference Centre, 1376 Carling Avenue Ottawa	Entry Deadline	July 1, 2012
Meet Director	Sandro D'Angelo & Art Chan	Weigh In Three Lift	9:00 am
Cost	\$75.00 including drug test fee	Lifting Starts Three Lift	11:00 am
Payable to	Sandro D'Angelo	Weigh In Bench Only	7:00 am
Send to	Sandro D'Angelo 630 Du Parc Avenue, Russell, Ont.K4R 1G4	Lifting Stars Bench only	9:00 am
Note:	The hotel room rate is \$109. When booking please advise that it is for the powerlifting meet. Hotel Number 613-722-7601	Contest Type	Bench only and Three Lift Open

Belle River Bench Press Only

Date	September 15, 2012	Meet Director/Contact	Jerry Marentette (519) 727-6096
Location	:Power Pit Gym 1530 County Road 22, Belle River, Ontario N0R 1A0	Note:	More details to follow

Nationals 2012: A lifters Perspective

Over the past five years of being an OPA member and competitor I have taken part in multiple Open and Provincial meets, 3 National meets, and 1 World meet as a volunteer and coach. This year, as I qualified for Classic Nationals in Ottawa it gave me the opportunity to step on the platform with the best in the country.

When I first arrived in Calgary, I went almost immediately to inspect the venue. I couldn't believe that I was actually there. As I was looking over the venue, I was greeted with the friendly faces of lifters from all over the country; some National level, others World level. A simple question of their training style, routines, and methodologies resulted in in-depth explanations, demonstrations, and of course funny personal anecdotes. It never ceases to amaze me the amount of information these dedicated lifters have amassed over their Powerlifting careers. I felt humbled and honoured that they treated me with respect even though I was novice on the National stage.

The day I lifted seemed like any other meet for me and since I was lifting in the Classic division, equipment check was a breeze. As I waited to weigh in, I chatted with my coaches as well as other lifters from Ontario. Keeping conversation light and funny helps me to relax, so the jokes were out in full force; but during warm ups it was business as usual.

The crowd was incredible and filled with the energy I had hoped for. I loved how the audience was such an integral part of the entire event. Every lifter is cheered for, respected in silence as they approach the bar, and supported with clapping and screams of encouragement should one of them be facing elimination. I had a few members of the crowd and fellow lifters approach and compliment me on my lifting performance. It was a great feeling receiving such feedback from people who love and appreciate the sport as much as I do.

After my day of lifting, I remained around the hotel and watched the 120-120+ kg lifters compete in the Classic division. Mike Sinclair's performance was a sight to see. It was amazing to see him deadlift 355 kg using just a belt! I truly hope that he considers attending the IPF Classic Worlds in Sweden to represent Canada.

The inclusion of the Classic Division at this year's Nationals added two extra days of lifting. Lifters ranging from Novice to World class stepped on the platform without any supportive equipment except for a belt, knee sleeves, and wrist wraps to wow spectators and demonstrate their raw strength and lifting abilities.

This year, Classic Nationals in Calgary had over 80 lifters, both male and female; some of whom lifted in both the Classic and Equipped events. Classic lifting is a great way to grow the sport and ultimately increase the number of competitors at our regional, provincial, and National meets. It will allow for Canada to enter a team to World Competitions and stake a claim that Canada does have the ability to produce some of the strongest lifters in the world.

For the remainder of the week, I helped to coach and handle some lifters from my training club, The Niagara Powerlifting Club, in the equipped division. Even though I train with these members for hours upon hours leading up to this meet, I was still very impressed with the quality of their performance, their confidence and poise on the platform, as well as their competitive nature. I was happy to see them lift to their potential as well as keep the audience and other lifters aware that there is room for larger totals in the near future. I also had the opportunity to watch other great lifters from around Canada such as Tom Kean, Jeff Becker, and Jon Stewart. All of these lifters won their respective weight classes and demonstrated amazing lifting technique and strength.



Nationals 2012: A lifters Perspective

The one regret that I have from this awesome week of lifting and learning was that I was unable to watch the 105-120 kg+ lifters compete in the equipped division. Apparently the strength of Jason Byrne awarded him with a huge total and Best Open Lifter of the Competition.

Some other highlights for me this past week were seeing Joe Stockinger deadlift 192.5 kg at 82 years young, Rhaea Fowler lifting and winning Gold in both the Classic and Equipped divisions, the excitement of Susan Hayword after she completed a lift, 3 lifters from Ontario winning Gold, Silver, and Bronze in the 83 kg M1 division, eating Alberta Beef daily, visiting Banff, and knowing that I will be lifting on the National platform again next year in Vancouver.



Nello Miele



Registrars Report

Greetings Everyone, I hope training is progressing well for everyone.

OPA membership is progressing well. As of 2012-04-23 we have 209 lifters and 6 associates. Last year at this time there were 166 lifters and 7 associates registered. An increase of 43 lifters to date, not bad at all. Methinks the promotion and inclusion of Classic Powerlifting is showing there are lifters out there that have been waiting for the opportunity, to bring their talent out of their basement or local gym and compete in an organized venue. It can all fit together. The only thing for meet directors to consider, is not cramming too many lifters (classic/equipped) into one day. From the way it looks right now, the transition is happening in the spirit of co-operation rather than legislation. That's good for us.

The high school lifting season is also underway. The Kitchener/Waterloo contest, hosted by President Dave Hoffman and volunteers, kicked off the season with 34 lifters. Bluevale High School won the team trophy, and I understand that records were set, which I'm sure will be pursued in high school contests to follow. Bill Jamison and volunteers were next up in 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 is still to come on April 26th with High School Provincials slated for May 4th. High school lifters always bring a fresh energy to the sport. Last year there were a total of 133 high school lifters that participated in the available contests. Add those to the 266 other registered lifters in 2011 and our total was 399.

This year for 2012 with our current regular member count at 209 and high school lifters to date number at 88 we have 297 registered lifters. The High School count is down a little. Something to keep in mind for future assessment.

We have seventeen(17) registered clubs in the Province. A couple of recent additions to welcome are South Huron PL, whose club contact is Lynton Lam, from the Vanastra area, (I know what you're thinking, look it up on the map) and the Highland PL club from the Orangeville area, headed by Jackie Pritchard.

There are places for people to lift every month for the next few months. We could probably squeeze a three lift in near the end of September or early October if anyone is interested. So far for September a Bench only is on the schedule.

Regards, Blake, OPA Registrar



Mike Sinclair: The New Raw Guy with the Huge Lifts

Interview by Paul Vaillancourt



For the most part, all anybody really knows is that your name is Mike and that you put up some huge numbers sans equipment. Why don't we start off with some basics and introduce the CPU's newest superstar to the mob.

Where are you from? *I was born in Whitecourt, Alberta, and lived all over Alberta until the age of 14 when our family moved to Eastern Canada. I spent 2 years living in Oakville and then moved to Ottawa where I have lived ever since.*

How old are you? *31 years old.*

What do you do for a living? *I am self employed doing web coding and graphic design. I also teach exam preparation courses at various*

universities and own Luxe Salon and Spa in Ottawa.

When did you start lifting? *I was first introduced to weight training when I was about 16. I would train in the summers between hockey seasons to get in shape for the upcoming season. At the age of 19, when I started University, is when my lifting became more serious at which point I started lifting 12 months of the year.*

How did you get involved in powerlifting? *When I was 29, A friend of mine suggested that I come out and try a meet. I always trained full range of motion in all exercises, so the 'strictness' of powerlifting was an easy transition for me. At this point I was a very strong bencher, but my squat and deadlift were not up to par. At my first meet I totalled 830kg, won my weight class, and finished 2nd overall. was first introduced to the OPA when I met Sandro D'Angelo at a local Ottawa meet where he convinced me to join the OPA and lift at the Ottawa Open. He put on a great meet and I got to see that the OPA was a great organization to be a part of.*

Do you compete in any other sports, currently or in the past? *I played competitive hockey for 14 years until 2000 when I finished my hockey career playing for a local Junior A team. I was also very involved in sprinting/running track and field events when I was younger.*

Where do you train and who do you train with? *I currently train at Goodlife, but will be switching to the local YMCA in Ottawa as it is much more powerlifting friendly in terms of both atmosphere and equipment. I have several training partners. My full time training partner is Caleb Cox, who will begin lifting in the OPA this year. I also have two part time training partners, Jason Argue and Greg Ewin, who lift in the CPF.*

Who has influenced your lifting and your training? *I prefer to design and execute my own lifting programs. I have used Ed Coan's deadlifting program in the past, and use a variation of the program for my deadlift training. I do a lot of trial and error with my programs. I am always willing to try a number of different strategies, I keep the ones that work and discard the ones that do not. In terms of execution, my lifting partners have a large influence on my training. They are my eyes when it comes to form. They are always watching and letting me know if there are corrections that need to be made. I should also mention that injury prevention and recovery had become one of the biggest parts of my training. I have a local Chiropractor and have recently had the pleasure of working a little with Aras Kvedaras, who both have provided me with some valuable information in terms of prolonging my longevity in the sport.*

Have you had any coaches along the way? *have not used a coach before outside of meets. At the meets I usually have my training partner Caleb Cox helping me with whatever I need. I would also like to thank Sandro D'Angelo for his help and this year's nationals.*

Everyone knows you have a massive pull, but is deadlift your favourite of the 3 lifts? *When everything is going well, I would have to say that the squat is my favourite of the 3 lifts. I will say that of the 3 lifts, I have the most confidence in my deadlift. I always feel like I can pull big numbers.*



Mike Sinclair: The New Raw Guy with the Huge Lifts

Tell us a little bit about your training methods? What does 8 weeks leading into a meet look like for Mike Sinclair? *I focus approximately 70% of my time at the gym on the 3 lifts. I am usually doing 6-9 working sets every session, with some minor accessory work afterwards. Until about 3 weeks out from a meet, I will continue with 6-9 working sets but begin to increase the weight rapidly and lower the reps. 2-3 weeks prior to the meet I will try to get within 5% of what I would like to lift at the meet. I will lower the number of working sets to 3-5. Finally, the week before the meet will be a 'rest' week.*

How often do people ask you if you do “that strongman stuff” and then make gestures as if they were doing a bodybuilding pose down? *LOL, well most of the time I am called a bodybuilder by those who don't know any better. When I correct them and say I am a powerlifter, I usually get the response: "Is that the one where you are pulling cars and moving stones?".*

I was lucky enough to witness your lifting at its best in Ottawa at the provincials (which was very inspiring and exciting to watch) was that your best total and to date? *Yes, that was my best total (892.5kg). A month earlier in a different federation I totalled 890kg which would be a close second.*

I know you were still nursing an injury at nationals in Calgary but still managed to take home the Best Male Lifter award for classic. Can you shed some light on what was up with your injury, and how it affected your lifting in Calgary? *Nine weeks out from nationals I partially tore an abductor muscle in my right leg. For about a week I could barely walk, but slowly it got better and I was able to get my squat back up to 500+lbs for nationals. On my second attempt at nationals, I heard a small tear again and opted not to take a third attempt. Because I deadlift conventional, the injury has actually had little to no effect on my deadlift, so I was able to continue with the competition. Anyone who has had a serious injury knows that rehabbing can be as much mental as it is physical. So the next few months will involve continuing with my rehab and building the confidence in my squat again.*

Sweden in June? *That was the plan before the injury, but having competed in 3 competitions in 5 months, it is time for me to take a break. I need to get back to 100%.*

What's next on the “to do list” for your lifts? What are your current goals?

Bench - *My first ever powerlifting competition I benched over 500lbs, and have not hit that mark since. Even though I am 25 pounds lighter now, I think it is an attainable goal.*

Squat - *Get back to 100%. Future Goal - 340kg.*

Deadlift - *Future Goal - 400kg.*

Total - *Break 2000lbs. Win IPF Classic Worlds 2013.*

Is there anyone you would like to give a shout out to?

Girlfriend and Business Partner - Allison

Training Partners - Caleb, Jay, Greg

Other - Sam Dube, Sandro

Rehab - Dimitry, Aras

Thanks to all my family and friends that support my lifting.

Thanks to all the volunteers that donate their time at the meets. Most of us lifters are so focused at the meets that we sometimes forget to thank the Judges, Spotters, Announcers, etc.

Thanks for taking the time to let everyone get a bit more info about the “new raw guy with the huge lifts”

Ontario Bench Press and Class Three Lift Championships

Date	November 24, 2012	Meet Director/ Contact	Jerry Marentette (519) 727-6096
Location	Knights of Columbus Hall, 1303 County Road 22, Emeryville, Ontario, N0R 1A)	Note:	More details to follow



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.

2012 - 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 ☐

CPU Card#: _____ Weight Class: _____ kg Male ☐ Female ☐ Date of Birth (dd/mm/yy): _____
Contest Category Entered: (check all that apply) Equipped ☐ Classic ☐
3-Lift ☐ Deadlift only ☐ Bench only ☐ Special Athlete ☐ Intermediate ☐ Blind ☐ Novice ☐
Sub-Junior ☐ Junior ☐ Open ☐ Master I ☐ Master II ☐ Master III ☐ Master IV ☐
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.

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

<u>Wt. Class</u>	<u>53 kg</u>	<u>59 kg</u>	<u>66 kg</u>	<u>74 kg</u>	<u>83 kg</u>	<u>93 kg</u>	<u>105 kg</u>	<u>120 kg</u>	<u>120+ kg</u>
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

<u>Men's Required Totals</u>	<u>Equipped</u>	<u>Unequipped</u>
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

<u>Wt. Class</u>	<u>43 kg</u>	<u>47 kg</u>	<u>52 kg</u>	<u>57 kg</u>	<u>63 kg</u>	<u>72 kg</u>	<u>84 kg</u>	<u>84+ kg</u>
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

<u>Women's Required Totals</u>	<u>Equipped</u>	<u>Unequipped</u>
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

<u>Men (all, except Sub-Junior)</u>									
<u>Wt. Class</u>	<u>53 kg</u>	<u>59 kg</u>	<u>66 kg</u>	<u>74 kg</u>	<u>83 kg</u>	<u>93 kg</u>	<u>105 kg</u>	<u>120 kg</u>	<u>120+ kg</u>
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

<u>Women (all, except Sub-Junior)</u>									
<u>Wt. Class</u>	<u>43 kg</u>	<u>47 kg</u>	<u>52 kg</u>	<u>57 kg</u>	<u>63 kg</u>	<u>72 kg</u>	<u>84 kg</u>	<u>84+ kg</u>	
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

<u>Sub-Junior Men</u>									
<u>Wt. Class</u>	<u>53 kg</u>	<u>59 kg</u>	<u>66 kg</u>	<u>74 kg</u>	<u>83 kg</u>	<u>93 kg</u>	<u>105 kg</u>	<u>120 kg</u>	<u>120+ kg</u>
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

<u>Sub-Junior Women</u>									
<u>Wt. Class</u>	<u>43 kg</u>	<u>47 kg</u>	<u>52 kg</u>	<u>57 kg</u>	<u>63 kg</u>	<u>72 kg</u>	<u>84 kg</u>	<u>84+ kg</u>	
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

Ontario Powerlifting Association



Affiliated Clubs

Club Name: Canadore Panthers Powerlifting Club

Club Contact: Glorianne Papolis

Address: 310 Champlain St., North Bay, On

Phone Number: 705-472-7470

Email: angelo.papolis@sympatico.ca

Club Name: Defining Strength Powerlifting Club

Club Contact: Susan Abbott

Address: 100 Main Street N., Hagersville, Ont

Club Name: Fern's Gym

Club Contact: Fern Boucher

Address: 571 Bolger Ave Box 2858, New Liskard On P0J 1P0

Phone Number: 705 647 4279

Club Name: Golden Triangle

Club Contact: Dave Hoffman

Address: 278 Thaler Ave, Kitchener On. N2A 1R6

Phone Number: 519 894 5913

Club Name: Highland Powerlifting Club

Club Contact: Jackie Pritchard

Address: 581202 RR5, Dundalk, On Phone

Number: 519-217-6080

Email: jackie@windmillhill.ca

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: Limestone Powerlifting

Club Contact: Kevin O'Brien

Address: 206 Country Club Drive, Kingston, Ont., K7M 7B6

Phone Number: 613-888-2903

Email: obrienkev@live.ca

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: K-W Grizzlies Powerlifting Club

Club Contact: Adele Couchman

Address: 3-210 Highland Cres., On

Phone Number: 519-744-4881

Club Name: Monster Powerlifting Club

Club Contact: Harnek Singh Rai

Address: 6 Yukon Lane, Brampton, Ont., L6P 1L4

Club Name: Niagara Powerlifting Club

Club Contact: Glyn Moore

Address: 9 Old Oxford Rd., St. Catharines On. L2S 3T9/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 - Associate #2A

Address: 26 Toronto Blvd., Vanastra, On., N0M 1L0

Phone Number: 519-482-3544

Email: vrberard@cabletv.on.ca

Website: www.huroneast.com

Club Name: Steel City Powerlifting Club

Club Contact: William T. Jamison

Address: 412 Big Creek Rd.Caledonia ON. N3W 2G9

Phone Number: 905 765 5345

Email: billjamison@sympatico.ca

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: U.T.M. Powerlifting

Club Contact: Pascal Tyrrell

Address: 3359 Mississauga Road N. Mississauga. On. L5L 1C6

Phone Number: 905 842 6701

Email: pascal.tyrrell@gmail.com

Website: utm.utoronto.ca

Club Name: Ultimate Fitness Gyms

Club Contact: Sarah Leighton

Address: 640 Barnet Blvd., Renfrew On. K7V 2Z4

Phone Number: 613-433-9775

Email: sarah@ultimatefitnessgyms.com

Website: ultimatefitnessgyms.com