

OPA

Ontario Powerlifting News

March 2006, Volume 57, Issue 1

Official Newsletter of the Ontario Powerlifting Association
www.ontariopowerlifting.org



S. McKenzie – 2005 Ontario Seniors



Inside this Issue
Annual General Meeting Minutes
Results – Niagara Open
St Thomas Open
Updated Records




From the President

- William T. Jamison

In a few weeks, I will be making my way to Chilliwack BC, along with many other lifters from Ontario, to participate in the 2006 Canadian Powerlifting Championships. It's been a few years since our national championships have been held in BC, and I am looking forward to it.

So far this year, 2 contests have taken place in Ontario. The Niagara Open, which was very well run, was held on January 21. The St. Thomas Open was held on March 5. There may be a few changes in the order in which our open contests are held this year. Any changes will be posted in our newsletter, and on the OPA website.

We will be running high school contests again this year. Regional contests will be held in the Kitchener, Hamilton, Grand River and Belle River regions. The provincial high school championships will be held at McKinnon Park high school in Caledonia on May 25.



**2006 CANADIAN NATIONAL
CHAMPIONSHIPS**

POWERLIFTING BENCH PRESS

CHILLIWACK, B.C.

Date: April 6-9, 2006
Location: Chilliwack, BC
Information: www.powerlifting.ca

Good Luck to all Lifters!

✳ **Ontario Powerlifting News** ✳

Next Deadline: June 23, 2006

Send contributions and ideas to:
ukruger@ontariopowerlifting.org

Registration

- Marlene Moore

It has been a slow but steady flow of applications for memberships so far this year. We are at 104 renewals and 12 new members for a total of 116 in our membership. The membership is down at this point in the year compared to the same time frame last year. I am sure with the upcoming meets there will be more applications to process. I will be at the Nationals April 5-11, so if you are planning to enter any of the contests in the near future, please send in your applications for membership as soon as possible.

In this issue, you will see three upcoming meets. The first is the St. Thomas Open which will be a three lift meet to be held in May. Next, Jerry Marentette and his crew at the Power Pit Gym in Belle River are going to put on a Push Pull Fun Time Meet in June offering great prizes and trophies. The Ontario Seniors and Bench Press Championships in September are also being hosted by the Power Pit Gym, in Emeryville. And there might be a three lift meet in July, put on by another great club. Details will hopefully be in the next magazine.

I would like to encourage other clubs to host a meet. I am sure there is support out there if you are thinking of putting one on. Contest Sanctions are only \$10. Clubs must apply 12 weeks in advance and contests must be at least three weeks apart. If you have any questions please call or e-mail me. I also have a meet director's booklet for a bit of guidance that I can provide.

Talk it up at the gyms about our great organization and encourage your fellow training partners to join the OPA!

Good luck to all the lifters going out to the Nationals in Chilliwack, BC. See you there!

Club Updates Needed!!!

Please send Club Updates to:
ukruger@ontariopowerlifting.org

Club Updates will appear in the OPA Newsletter and on the OPA website:

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* Ontario Powerlifting News*

Next Deadline: June 23, 2006

Editor: Ulrike Kruger
39 Richview Rd #703, Etobicoke, ON M9A 4M7
Phone: (416) 508-6446
Email: ukruger@powerlifting.ca

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Glyn Moore, Daniel Pare, Bill Jamison, Dave Hoffman, Krista Schaus

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Business Card - \$10

Submissions typed or written and sent by email or regular mail are welcome. To simplify newsletter production, electronic format by email is preferred. Please contact the newsletter editor for any submission problems or questions.

UPCOMING EVENTS

Regional and National

Apr 5-9	CPU Nationals Powerlifting & Bench Press For information, refer to CPU Website: www.powerlifting.ca for details	Chilliwack, BC
Apr 29	Ontario Mens Intermediate & Ontario Bench Press Dave Hoffman (519) 894-5913	Kitchener-Waterloo
Apr 29	Special Athletes- Friends in Steel Adele Couchman (519) 744-4881	Kitchener-Waterloo
Jun 23	Newsletter Submissions Deadline ukruger@ontariopowerlifting.org	
May 20	St Thomas Daniel Pare (519) 633-8366 (h) (519) 633-0771 (w) email: weightroompress@aol.com	St Thomas
Jun 10	Push Pull Fun Meet Jerry Marentette (519) 727-6096	Emeryville
Sep 23	Ontario Men and Women Seniors Ontario Bench Press Jerry Marentette (519) 727-6096 Ron Strong (519) 727-3840	Emeryville
Dec	2006 Masters/Juniors Championships	TBD
Dec	Annual General Meeting	TBD

*IPF Worlds Timetable

2006		
Apr 19-23	World Bench Masters	Miama, FL
Apr 19-23	Pan American Masters Bench Press	Miama, FL
May 24-28	World Bench Press	Hungary
Sep 5-10	World Jr and Sub Jr	Bulgaria
Oct 4-8	World Masters	Killeen, TX
Nov 5-12	World Women and Men	Norway

*Refer also to: <http://www.powerlifting-ipf.com/>

OPA Club Updates
Steel City Powerlifting Club

- William HW Jamison

This year has started out well for Steel City. We have a few new lifters training with us, and they are looking forward to competing. We had one lifter compete at the Niagara Open. Randall Truscott placed 3rd in the 100kg category, with a personal best total of 462.5kg.

Randall, Jesse Jamison, Ulrike Kruger and Marlon Obratoski will be competing at the Canadian Championships in Chilliwack, BC. They are training hard and looking forward to the competition.

Our club will be running 2 high school contests this year. The first will be held at Cayuga District high school on April 13, and the second will be the Ontario High School Championships at McKinnon Park high school in Caledonia on May 25.

We are looking forward to this year's competitions, and hope to continue to grow as a club.

St Thomas Powerlifting Club

- Daniel Pare

The St. Thomas Powerlifting club is located at the St. Thomas Strength Athletics: 1258 Talbot Street St. Thomas, ON (519) 633-0771

St. Thomas Strength Athletics has the equipment necessary for :

- Powerlifting and Olympic Weightlifting training with 3 lifting platforms, bumpers and steel plates.
- youth conditioning, track & field, strongman training... and much more

*** Club Updates Needed!!! ***

Please send Club Updates to:
 ukruger@ontariopowerlifting.org
 Club Updates will appear in the OPA Newsletter and on the OPA website.

Ontario Seniors & Bench Press	
Date:	Sept 23, 2006 9:30am
Host:	Belle River Power Pit
Place:	Knights of Columbus Hall 1303 Cty Rd 22 Emeryville, ON Rooms at the following are within ½ mile from the meet: <ul style="list-style-type: none"> • Le Petit Dragon: (519) 728-1147 10 rooms available, \$59.95 / night • Green Acres motel: (519) 727-6102 6 rooms available, \$59.95 / night
Eligibility:	Open to registered CPU members, or any lifter registered with an IPF affiliated country.
Rules	I.P.F. Rules will be strictly enforced. The C.P.U reserves the right to carry out drug testing at any contest under its jurisdiction, according to the C.P.U rules.
Weigh In:	7:30am/9:00am *Times subject to change
Awards:	1 st , 2 nd , 3 rd each Class Men/Women Best Club
Meet Director	Jerry Marentette (519) 727-6096 Ron Strong (519) 727-3840
Entry Fee:	\$55.00 Seniors \$45.00 Bench Press Fee must accompany Contest Entry Form on Page: 15
Entry Deadline:	Sep 17, 2006
Payable To:	Jerry Marentette
Send Entry To:	Jerry Marentette 1530 Cty Rd 22 RR#3 Belle River, ON NOR 1A0



Ontario Powerlifting Association
 Visit your Website!!!

www.ontariopowerlifting.org

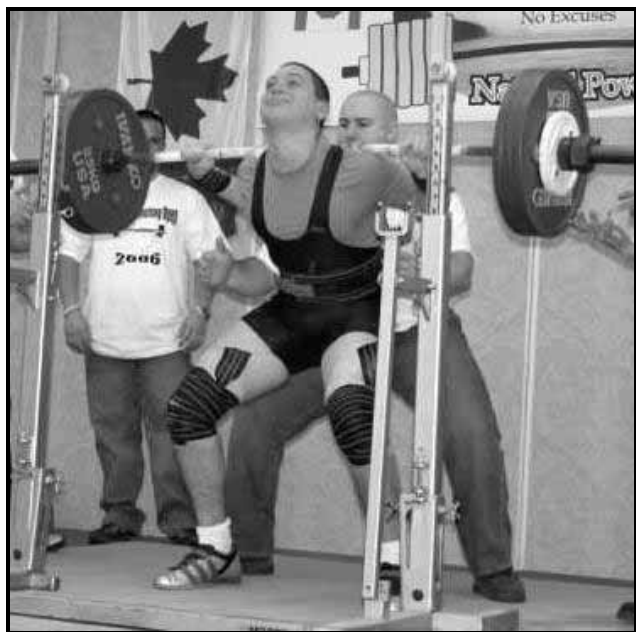
Send contributions and ideas to:
 ukruger@ontariopowerlifting.org

Submit to your newsletter and Website.

Send photos, contest results, club profiles, lifter profiles, your powerlifting experiences ... and your ideas!

Ontario Intermediate & Ontario Bench Press Open

Date:	April 29, 2006 12:30pm
Host:	Golden Triangle Powerlifting Club
Place:	Albert McCormick Arena 550 Parkside Dr, Waterloo Phone: (905) 688-2324
Eligibility:	Open to registered CPU members, or any lifter registered with an I.P.F. affiliated country. <u>Ontario Intermediates:</u> Class III+4% and less than Class I <u>Ontario Bench Press:</u> This will serve as a qualifier for the Ontario Bench Press Championships
Rules	I.P.F. Rules will be strictly enforced. The C.P.U reserves the right to carry out drug testing at any contest under its jurisdiction, according to the C.P.U rules.
Weigh In:	10:30am *Times subject to change
Awards:	OPA medals: 1 st , 2 nd , 3 rd Best lifter, OPA Team Award
Meet Director	Dave Hoffman (519) 894-5913
Entry Fee:	\$45 Bench \$50 Intermediates Fee must accompany Contest Entry Form on Page: 15
Entry Deadline:	April 9, 2006
Payable To:	Golden Triangle Powerlifting Club
Send Entry To:	Dave Hoffman 278 Thaler Ave Kitchener, ON N2A1R6



Randall Truscott

Power Pit Push Pull Fun Time Open

Date:	June 10, 2006 10:00am
Host:	Power Pit Gym
Place:	Power Pit Gym 1530 County Rd 22 Belle River, ON N0R 1A0
Eligibility:	Open to registered CPU members, or any lifter registered with an IPF affiliated country.
Rules	I.P.F. Rules will be strictly enforced. The C.P.U reserves the right to carry out drug testing at any contest under its jurisdiction, according to the C.P.U rules.
Lifts:	Bench Press, Deadlift, Both Combined
Weigh In:	8:00am *Times subject to change
Awards:	1 st , 2 nd , 3 rd , 4 th , 5 th all weight classes Junior, Masters, Men/Women
Meet Director	Jerry Marentette (519) 727-6096
Entry Fee:	\$45.00 for 1 st event \$35.00 per event after 1 st event Fee must accompany Contest Entry Form on Page: 15
Entry Deadline:	June 3, 2006
Payable To:	Jerry Marentette
Send Entry To:	Jerry Marentette 1530 Cty Rd 22 RR#3 Belle River, ON N0R 1A0

Special Athletes – Friends in Steel

Date:	Apr 29, 2006
Host:	K-W Grizzlies
Place:	Albert McCormick Arena 550 Parkside Dr. Waterloo, ON
Contest Type:	Developmentally Challenged Athletes
Awards:	1 st , 2 nd , 3 rd each weight classes Men/Women
Meet Director	Adele Couchman (519) 744-4881
Entry Fee:	\$25.00 Fee must accompany Contest Entry Form on Page: 15
Entry Deadline:	Apr 10, 2006
Payable To:	Sports for Special Athletes
Send Entry To:	Adele Couchman A4-199 Elm Ridge Dr. Kitchener, ON N2N 2C7

*Nutrient Timing - "You are When You Eat"

- Krista Schaus SPI CPT

*They key to being lean and mean is not always what you eat but when you eat it. A new phenomenon in the sport performance world is the concept of "Nutrient Timing". I was fortunate enough to have worked with an NHL trainer last year and learned a great deal about this relatively new concept that will help you not only maintain your muscle, but build it while getting leaner. Don't care about losing body fat? Well consider the research that indicates that a mere 3% reduction in body fat results in a 7% increase in speed. Not planning on running any 100m races? Speed translates into moving the bar faster which means getting stronger, plus in the longrun it is just better for you health to be leaner.

The concepts of Nutrient Timing can be somewhat confusing so I am going to make it as simple as possible by breaking it down into a few key rules. I will keep it to seven "rules" because any more than that is just too many.

1. Carbs + Protein = Good
2. Protein + Fat = Bad
3. Carbs + Fat = Bad
4. Carbs + Protein at Breakfast = Good
5. Liquid Carbs + Protein during/after training = ESSENTIAL!
6. All other meals = Protein + Fat
7. Eat every 2-3 hours without fail

Most of the foods that people love and crave have a negative impact on fat storage. For example, pizza, hamburger and fries, peanut butter and jam sandwich, bagel and cream cheese, chips and dip, wings, cake, chocolate bars... I could go on, but you get the point. All of these are high in fat (usually the wrong kinds such as hydrogenated, trans and saturated) and carbohydrates (often refined or simple sugars). Your body normally burns a combination of fats and carbs at a ratio of about 50/50. After consuming a high fat/carb meal that ration changes negative to about 80% carbs, 20% fat. Since your body can store anywhere from 500 to 1000 grams of carbs in the muscles cells at any time, burning 80% carbs will do nothing for fat loss. Your goal is

to burn as much energy from your fat cells as possible. By combining your meals properly you can ensure that is happening.

As for timing, by eating every 2-3 hours you will increase your basal metabolism (the amount of calories your body burns at rest) anywhere from 12 - 17%. That's a lot over the course of many weeks! Eat mini-meals more often and you will become a fat burning machine!

Although I'll warn you, it is both a blessing and a curse. You will be hungry by the 2-3 hour mark once you make this a habit. Your partner will love it. You will actually generate more heat and be a very warm "heater" to snuggle up to on cold nights. Add green tea to your daily diet 3x daily and you will enhance fat burning and will benefit from its many other positive effects also.

Lastly, as an athlete you absolutely need to take advantage of those key opportunities in your day to stock your muscles full of carbohydrates (aka: fuel / energy). This is NOT low carb. It is not healthy or beneficial to eliminate or deprive yourself of any of the macronutrients (carbs, protein, fat), but there are only a few times during the day that your muscles are receptive or open to receiving those carbs. Upon waking or your first meal of the day (eat within 1 hour of waking, sooner if possible) and your meals around your intense workouts. When you wake up your muscles are just waiting for a dose of carbohydrates because they have been in a fasted state overnight. Pineapple first thing upon waking is best than a breakfast of egg whites, oatmeal, berries and a green tea is perfect! Secondly and equally importantly, during and post training. If you have a lot of body fat to lose, do not start drinking a carb/protein drink (2:1 ratio) until 1/2 way into your training (weights). If you have a little to lose, start sipping it 10 minutes into your training. If you are too lean/skinny and want to gain muscle/weight then drink 500 mls before training, 500 mls during and my "cornflake

combo" post workout meal within 1 hour after training.

Corn Flakes Combo

1-2 cups corn flakes

1/4 cup dry oatmeal

1-2 cups milk, soy milk, rice milk or almond milk or water

1-2 scoops protein powder

Next meal? 2-3 hours afterwards... if you want to lose lots, then eat a protein/fat meal, if you need to lose a little you can have a carb/protein meal (not liquid) and the next meal after that will be protein/fat and if you want to gain the next two meals will be carb/protein.

For any behavior modification it takes at least 30 *consecutive *days of following the new behavior for it to become habit (and only 1 day off to screw it all up). So be diligent and you will those hard earned muscles surfacing in no time. Not only will you look better but I guarantee you will feel better, have more energy and be faster and stronger also.

Complete the "You are When you Eat" Survey... the lower your score the better. If you have a high score you will be able to see the areas you need to improve in. For a more comprehensive layout of how Nutrient Timing works refer to the schedule. I have included some simple food examples to give you an idea of how to put it together.

By simply taking the foods you enjoy and already eat and combining and timing them differently you will notice a difference. For success, plan a Nutrient Timing Schedule for yourself and start keeping track of what you eat in a food journal. Plan your meals, prepare in advance and success will be right around the corner.

Next feature will be the "Seven Habits of Highly Effective Eating".

"You are When you Eat" Survey

Do you frequently skip meals?

Yes (3)

No (0)

How often do you typically go more than four hours without eating?

Never / very rarely (0)

1-2 times per week (1)

3 times per week (2)

3+ times per week (3)

How often do you skip meals?

Never / very rarely (0)

1-2 times per week (1)

3 times per week (5)

3+ times per week (10)

Do you avoid fats when eating?

Yes (5)

No (0)

Do you frequently eat carbohydrates (i.e. Breads, bagels, cookies, pasta, fruit, cereals, muffins, crackers, chocolate or candy) by themselves?

Yes (5)

No (0)

Do you often get hungry or crave sweets within two hours after eating a meal?

Yes (5)

No (0)

How often do you consume drinks containing caffeine and/or sugar (i.e. Coffee, tea, soda, fruit juices with sucrose, corn syrup or added sugar)?

Never / very rarely (0)

1 cup a day (1)

2 cups a day (3)

more than 2 cups a day (5)

Have you tried diets to lose weight?

No (0)

Once (1)

Twice (2)

Three to five times (5)

More than five times (10)

Do you have difficulty burning fat around your belly, hips or thighs even with regular exercise?

Yes (1)

No (0)

TOTAL SCORE: _____

NUTRIENT TIMING SCHEDULE

Phase	Timing	Meal Type	Ratio	Notes	Example
Energy Phase #1	10 minutes before training	Liquid P & C (quick digesting)	2C : 1P (no fat)	If goal is decrease body fat, skip this phase	500 ml Gatorade & 1 scoop protein powder
Energy Phase #2	Sip during training	Liquid P & C (quick digesting)	2C : 1P (no fat)	If goal is decreased body fat, start taking 20 minutes into workout	500 ml Gatorade & 1 scoop protein powder
Anabolic Phase	Immediately after training	Liquid P & C (quick digesting)	2C : 1P (no fat)	Must be taken within 45 minutes after training	500 ml Gatorade & 1 scoop protein powder
Growth Phase	1 hour after training	Food P & C (Low GI and II, slow protein)	1C : 1P to 1C : 2P (little fat)	Little fat = less than 10 grams GI = Glycemic Index II = Insulin Index	Oatmeal and egg whites Berries and 1% Cottage Cheese Cereal and skim milk with protein powder
Recovery Phase	3-4 meals during the rest of the day	All P & F	1P : 1F to 2P : 1F	Carbs from Vegetables ONLY (less than 10 grams)	Breakfast – egg white omelets with veggies, fish oil capsules Lunch – Chicken and mixed green salad with olive oil dressing Dinner – Salmon and Steamed Veggies Snacks – raw, unsalted mixed nuts & ¼ cup plain yogurt Hard Boiled eggs and raw veggies

Krista Schaus SPI CPT Source: Scot Prohaska



CONTEST SANCTION FORMS

Contact the Registration Chairperson for Contest Sanction Forms:

Marlene Moore: (905) 646-8536

Email: registration@ontariopowerlifting.org

OR

Download from the OPA Website at:
www.ontariopowerlifting.org



Ontario Powerlifting Association

Referees Needed!!!

The Ontario Powerlifting Association needs more referees

Contact the Referee Chairperson:

Michael Knott (519) 317-6078

Email: referee@ontariopowerlifting.org



TITAN POWERLIFTING EQUIPMENT IN CANADA

Fury & F6 bench shirts: \$130. Custom made: \$155 (All taxes incl)

Victor and deadlift suit: \$89 **Custom Victor and deadlift:** \$119

Centurion suit: \$130 **Custom Centurion (Dual Quad):** \$155

Singlet: \$39 (Home made when available) **Titan singlet with logo:** \$45

Knee wraps: THP (Titan High Performance) Knee wraps: \$39

Wrist wraps: THP (Titan High Performance) 24 in. wrist wraps: \$29

12 in. wrist wraps: \$24 **50cm. wrist wraps:** \$27

Deadlift slippers: \$10

T-shirts: S-XL: \$20.00 **2XL:** \$23.00 **3XL:** \$25.00 **4XL:** \$26.00

Suit and shirt colors: Black, Royal blue and red

Shipping: Express post for a suit or a shirt: \$10 Overnight: \$25 (2 day delivery)
These shipping prices are for up to 1 lb parcel. Will quote price for different weight parcel.

Certified cheque or money order, the order will be shipped upon reception of payment.

Cheque: Allow 1 week to clear the cheque before shipping.

*****No credit card payment. Sorry!**

TEMPORARY NEW ADDRESS (from April 1 to July 1)

LOUIS LÉVESQUE

8275 Saroy

Deauville, Qué. J1N 3J6

Phone : (h) 819-843-5932 – (w)819-864-7244

Email: llevesque@powerlifting.ca

[From the CPU Constitution]

ARTICLE XIX: NATIONAL RECORDS

- 1) A standard C.P.U. Record Application form must be submitted to the National Records Chairman no later than sixty days from the date of any sanctioned competition.
- 2) The lifter must have been subjected to a doping control test, the sample analyzed at an I.O.C.-accredited laboratory, and the test result found to be negative.
- 3) a) The chief referee's seat must be occupied by an official of C.P.U. National or higher rank.
b) At least one side referee must also be National rank or higher. The second side referee may be of Provincial Category I or higher rank.
- 4) I.P.F. rules must be followed.
- 5) If a C.P.U. National Record is established by a Canadian citizen while competing in a foreign country, that record will only be recognized if:
 - a) The lifter has been subjected to a doping control test, the sample analyzed at an I.O.C. accredited laboratory, and the test result found to be negative.
 - b) The record was made before three I.P.F. International referees, all of whose registrations are up to-date.
 - c) The competition was sanctioned by a lifting organization which is affiliated with the I.P.F.
 - d) The competition must have been organized and conducted according to I.P.F. rules.

Niagara Open

Jan 21, 2006

Results: Glyn Moore

Lifter	Club	Squat	BP	DL	Total	Wilks
Men						
60kg						
Marentette Jason	Power Pit Gym	165.0	95.0	187.5	447.5	384.60
75kg						
Strong Kurtis	Power Pit Gym	190.0	110.0	217.5	517.5	372.24
Lawrence Brian	.	195.0	100.0	215.0	510.0	370.08
82.5kg						
Marentette Jerry	Power Pit Gym	255.0	170.0	265.0	690.0	463.59
Demidenko Andrew	Ottawa Strong	257.5	167.5	250.0	675.0	459.02
Leung Hoi	.	235.0	150.0	260.0	645.0	432.40
Rivard Nicholas	Ottawa Strong	240.0	152.5	230.0	622.5	417.02
Wright Matt	Iron Foundation	0.0	0.0	0.0	0.0	0.00
90kg						
Becker Jeff	Iron Foundation	305.0	195.0	300.0	800.0	513.96
Pigozzo David	Iron Foundation	235.0	150.0	255.0	640.0	408.57
Platsko Greg	Power Pit Gym	185.0	147.5	237.5	570.0	367.28
Venkatraman Vinodh	.	190.0	120.0	200.0	510.0	328.82
Platts Jason	Ottawa Strong	0.0	0.0	0.0	0.0	0.0
100kg						
Wiseman Steve	Golden Triangle	272.5	207.5	280.0	760.0	465.58
Childs Andy	.	275.0	175.0	282.5	732.5	447.79
Truscott Randall	Steel City	177.5	107.5	177.5	462.5	291.59
Khalamov Ilya	.	170.0	120.0	150.0	440.0	270.24
110kg						
Mckenzie Stephen	Iron Foundation	325.0	212.5	335.0	872.5	521.89
Brown Sean	Monster	275.0	245.0	290.0	810.0	477.35
Emberley Jamie	.	292.5	195.0	292.5	780.0	459.02
Donahue Nathan	Ottawa Strong	245.0	190.0	245.0	680.0	405.80
Hartwick Patrick	PoweReach	275.0	155.0	245.0	675.0	403.89
125kg						
Giffen Mark	Iron Foundation	302.5	245.0	305.0	852.5	493.89
Strong Ron	Power Pit Gym	265.0	182.5	300.0	747.5	437.54
Ward Brandon	Golden Triangle	232.5	222.5	227.5	682.5	389.50
Ninaber Adrian	Power Pit Gym	227.5	190.0	230.0	647.5	376.67
Taylor Chris	.	200.0	147.5	227.5	575.0	331.91
125+kg						
O'Halloran Shawn	Power Pit Gym	330.0	302.5	270.0	902.5	508.37
Yantha Chris	Ottawa Strong	285.0	215.0	300.0	800.0	450.07

Best Lifters

Age Class	Name	Club	Total	Wilks
SubJr	Strong Kurtis	Power Pit Gym	517.5	372.2
Junior	Rivard Nicholas	Ottawa Strong	622.5	417.0
M1	Becker Jeff	Iron Foundation	800.0	514.0
M2	Marentette Jerry	Power Pit Gym	690.0	463.6
Open	McKenzie Stephen	Iron Foundation	872.5	521.9

Club Points

Power Pit Gym	72	Monster	9
Iron Foundation	52	Steel City	8
Ottawa Strong	25	PoweReach	6
Golden Triangle	20		

Successful Record Attempts:

Randall Truscott. Ontario Sub Junior Squat
 Jerry Marrentette. Ontario and Canadian M2 Squat, Bench, D/L and Total
 Jeff Becker Ontario and Canadian M1 Squat, Bench and Total
 Sean Brown. Ontario and Canadian M1 Bench
 Ron Strong Ontario M1 DL
 Mark Giffen Ontario M1 DL
 Shawn O'Halloran Ontario and Canadian M1 Squat, Bench and Total

The Niagara Open was once again a huge success and the calibre of lifting gets higher and higher.

In the 60kg class we had one lifter Jason Marentette who has increased his total by 42.5kgs since the 2005 Niagara Open.

75kg had two lifters with Kurtis Strong coming out on top in front of Brian Lawrence. Kurtis has put on an amazing 125kgs from his Niagara Open total in 2005.

82.5kg class had had Jerry Marentette rewriting the M2 records. Andrew Demidenko and Hoi Leung followed.

First in the 90kg class, was Jeff Becker with a record Squat, Bench and M1 total record. He came within a whisper of finishing a 306kg deadlift. Dave Pigozzo was second followed by Greg Platsko. Jeff also earned the title of Best Lifter M1 with a wilks total of 514 points.

First in the 100kg class was Steve Wiseman with an impressive 760kg total followed closely by Andy Childs with 732.5kg. Third place went to the young Sub Junior from Steel City - Randall Truscott.

The 110kg class had Steve McKenzie really coming into his own less than one year after moving up a weight class. Steve totalled 872.5kgs to win best lifter Open. In second place after rapidly dropping weight to make the 110kg class was Sean Brown with a very respectable 810kg total and a Canadian M1 bench record. Third place went to Jamie Emberley. He impressed everyone by lifting without lifting suits and using just knee warmers. His total was a fantastic 780kg without gear. What a battle the Nationals will be in this weight class.

At 125kg we had five lifters. This was won by Mark Giffen who is lifting the best that I have seen him do in quite a long time. Even though his bench was not up to his very high standards, he still totalled 852.5kg. Second place went to Ron Strong who had a very exciting battle with Mark in the deadlift. The audience was entertained watching the Ontario record go back and forth. Ron showed the will of ten men to finish off his third attempt at 300kg. Third place went to Brandon Ward.

The super heavyweight class had two lifters with Shawn O'Halloran coming out on top with a M1 squat record of 331kg. Shawn also set the room on fire with an unofficial world record of 302.5kg and an amazing 317.5kg that just failed to please the majority of referees. He then went on to break the M1 Canadian total record. Big Chris Yantha had a very good day and if it was not for some decisions that did not go his way then his total would have been far higher than the very respectable 800kg that he achieved.

I would like to take this opportunity to thank all our referees, friends and volunteers that came out and did an exceptional job running such a smooth contest.

A special thank you to Stan Goss and Krista Schaus for commentating for our local Cable Company and also to Jerry Garnet who photographed the whole contest for us.

St Thomas Open

Date:	May 20, 2006 10:00am
Host:	St. Thomas D.F Powerlifting
Place:	St. Thomas Strength Athletic Club 1258 Talbot St St Thomas, ON
Eligibility:	Open to registered CPU members, or any lifter registered with an IPF affiliated country.
Rules	I.P.F. Rules will be strictly enforced. The C.P.U reserves the right to carry out drug testing at any contest under its jurisdiction, according to the C.P.U rules.
Lifts:	3-lift
Weigh In:	8:00am *Times subject to change
Awards:	1 st , 2 nd , 3 rd each weight classes Men/Women, Best Club
Meet Director	Daniel Pare (519) 633-8366 (h) (519) 633-0771 (w) email: weightroompress@aol.com
Entry Fee:	\$50.00 Fee must accompany Contest Entry Form on Page: 15
Entry Deadline:	May 5, 2006
Payable To:	Daniel Pare
Send Entry To:	Daniel Pare 71 Ross St. #11 St.Thomas, ON N5R 3X6

Niagara Powerlifting Club



*** Photos from the Niagara Open ***

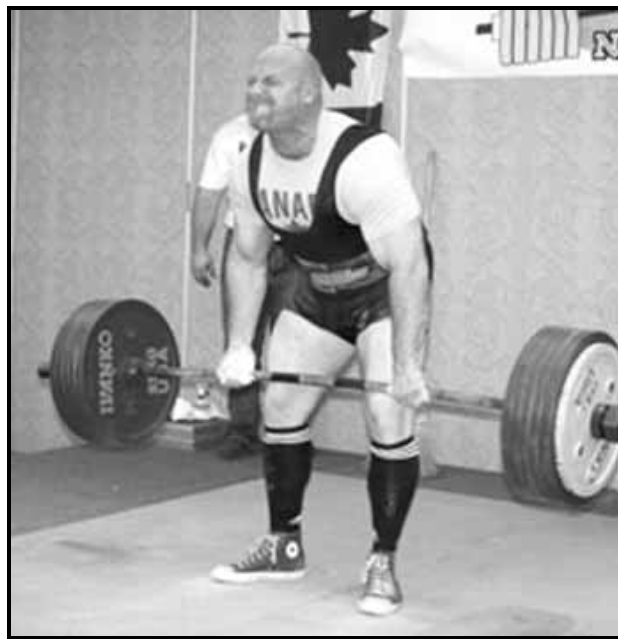


Ron Strong - 300kg Deadlift



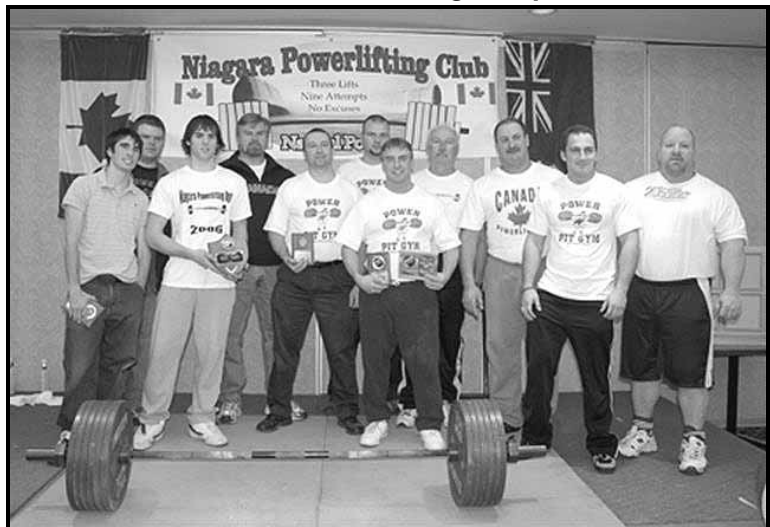
Chris Yantha

Photo: Glyn Moore



Mark Giffen - 302.5kg Deadlift

*** Photos from the Niagara Open ***

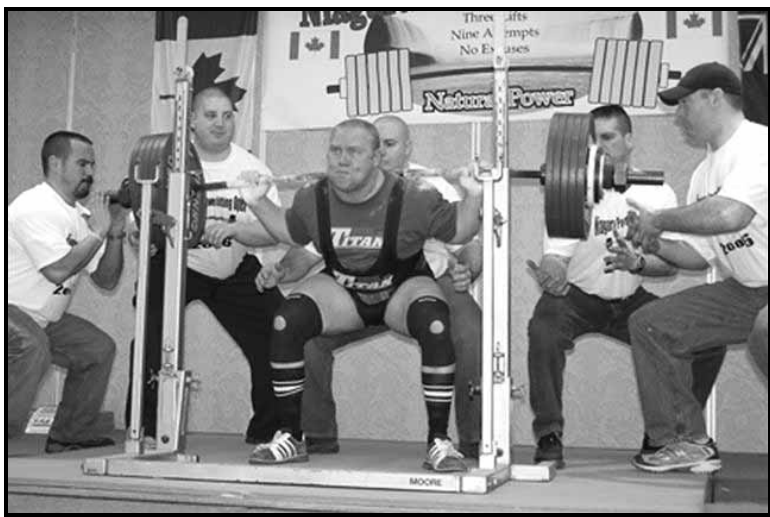


Power Pit Gym – Best Team

*** Photos from the Niagara Open ***



Shawn O'Halloran



Jamie Emberley



Hoi Leung



Jeff Becker - Record Squat



Steve McKenzie

St Thomas Powerlifting Open

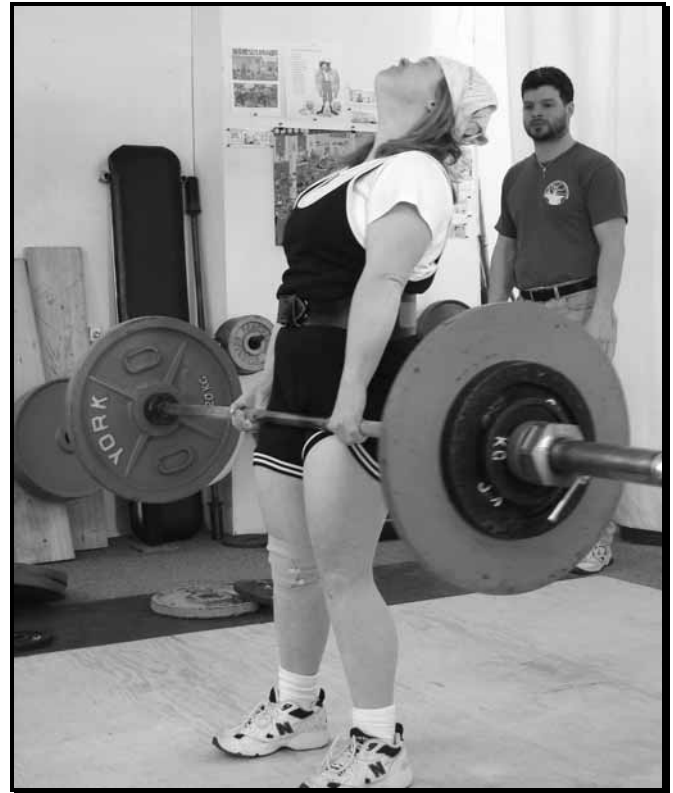
March 5, 2006

Results: Daniel Pare

Lifter	Squat	Bench	DL	Total
Women				
67.5kg				
Charlene Whitcroft	55.0	40.0	87.5	185.0
75kg				
Jannette Popp	50.0	37.5	90.0	177.5
90kg				
Heather Calvert	50.0	40.0	110.0	200.0
Men				
100kg				
Chad McGregor	182.5	115.0	220.0	520.0
Dan De Perio	185.0	117.5	215.0	517.5
110kg				
Pedro Tondo	-	-	-	-
125kg				
Todd Taylor	205.0	160.0	220.0	585.0

- Referees:** Terry Stinchcombe, Rick Gadzig, Stan Goss
- Score Table:** Len Elliot, Melinda Tondo, Mark Bortolotto
- Spotters/Loaders:** Chris House, Jeff McGregor, Dave Pigozzo, Daniel Pare
- Setup / Teardown:** Jason Carnegie, Todd Taylor, Chad McGregor, Lucy-Chelsea-Brennan and Hugh Van Pelt, Dave Carnegie, Jamie Robbins, Daniel Pare, Paul Coveny, Chris House, Len Elliot
- Scoreboard:** Andrew VandenDool
- Medical:** Dr. Greg Johnston Chiropractor
- Refreshments:** Lucy-Chelsea-Brennan Van Pelt
- Coffee:** Beth Vicary
- T-Shirts/Gift Basket** Jason Carnegie / Todd Taylor
- Donation:** Pfeifer Metal Products
- The Curtain:** Noreen Lanning
- P.A. system:** Jamie Robbins
- Equipment:** Jeff McGregor
Park Side Collegiate for the chairs: Scott and Curtis Poole.

Thanks to all lifters and the team trophy when to St. Thomas D.F. Powerlifting Club. Special thanks to London Powerlifting Club for the referees. A poster of the meet is available at \$5.00 each (11" x 17" color).



Charlene Whitcroft Photo: Gerald Baresich



Dan DePerio Photo: Gerald Baresich



Todd Taylor Photo: Gerald Baresich

CONTEST SANCTION FORMS

Contact the Registration Chairperson for
Contest Sanction Forms:

Marlene Moore: (905) 646-8536

Email: registration@ontariopowerlifting.org

OR

Download from the OPA Website at:
www.ontariopowerlifting.org



Ontario Powerlifting Association

Referees Needed!!!

The Ontario Powerlifting Association
needs more referees

Contact the Referee Chairperson:

Michael Knott (519) 317-6078

Email: referee@ontariopowerlifting.org

Benefits of being an affiliated club of the OPA

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



ONTARIO POWERLIFTING ASSOCIATION

Club Affiliation Application Form

(for Jan 1 – Dec 31, 2006)

- Only registered clubs can enter as team in a contest.
- In order to represent a club, a lifter must train with the club on a regular basis (at least once a week).
- No athlete may compete under a club name unless that club has taken out an affiliation. An athlete who does not belong to a club must compete as an unattached lifter.
- Club affiliation must be renewed annually. Affiliation fees cover 1 year from Jan 1 to Dec 31.

Club Name: _____

CPU Card#: _____

Club Contact: _____

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

Address: _____

City: _____

Postal Code: _____

Phone: _____

Email: _____

Club Web Site: _____

It is agreed that, if membership be granted, our club will abide by the Constitutional requirements, for membership of the Ontario Powerlifting Association and the Canadian Powerlifting Union.

We further understand suspension may follow any violation of the said constitution or by-laws. It is further and clearly understood that the Ontario Powerlifting Association reserves the right to cancel this said affiliation at any time.

Signature: _____

Date: _____

Club Affiliation Fee: \$40.00

Make cheque payable to: Ontario Powerlifting Association

→ All Fees are Non-Refundable

Send Cheque or Money Order to:

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

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

[Rev:2005-11]



2006 Membership Application

for residents of Ontario

Required if competing Jan 1,2006 - Dec 31,2006 (Includes Newsletter)



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

**PLEASE PRINT. Complete all areas.
Membership Fees are non-refundable.**

Who can become an Ontario Powerlifting Association Member?

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

Are you a new Member? Y N

Name: _____
First Name Middle Initial Last Name

Address: _____ City: _____

Province: _____ Postal Code: _____ Phone: _____ - _____ - _____

Email: _____

Type of Membership (Check only one):

Regular: \$60.00 or Special Athlete: \$40.00 or Associate: \$25.00

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

Date of Birth: ____/____/____ M or F Level: Novice Intermediate Senior
DD / MM / YYYY

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

Affiliated OPA Club: _____ or Unattached

Note: In order to represent an affiliated OPA club, the lifter must train with the club regularly (at least once a week) Notify the Registration Chairperson if you are changing clubs. You can only compete for the club that is indicated above.

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

Privacy:

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

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

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

Medical:

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

Signature (Required): _____ Date: _____

(Parent/Guardian if under 18)

Send application & cheque/money order to:

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

Make Cheque or Money Order payable to:

Ontario Powerlifting Association

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

Registration will not be accepted on the day of a contest.

Rev: 12/05 v1.0

OPA Records – Dec 31, 2005**Women Sub Junior**

52kg				
Squat	50.0	C. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Bench	35.0	C. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	70.0	C. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Total	155.0	C. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON

Women Junior

52kg				
Squat	127.5	D. D'Angelo	Nov-89	Womens Worlds, Sydney, NS
Bench	35.0	C. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	70.0	C. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Total	312.5	D. D'Angelo	Nov-89	Womens Worlds, Sydney, NS

56kg				
Squat	120.0	D. D'Angelo	May-89	NE Ontario Open, North Bay, ON

60kg				
Squat	137.5	A. Gilchrist	Jan-88	Canadian Womens, Kitchener, ON
Bench	70.0	A. Gilchrist	Oct-89	Intermediate Open, Cambridge
Deadlift	140.0	A. Gilchrist	Jun-89	Canadian Womens, Kitchener, ON
Total	342.5	A. Gilchrist	Jan-88	Canadian Womens, Kitchener, ON

82.5kg				
Squat	142.5	R. Butler	Oct-90	Ontario Womens, Cambridge, ON
Bench	67.5	R. Butler	Oct-90	Ontario Womens, Cambridge, ON
Deadlift	147.5	H. Johns	Dec-92	Limestone Open, Kingston, ON
Total	355.0	R. Butler	Oct-90	Ontario Womens, Cambridge, ON

Women Open

48kg				
Squat	132.5	D. D'Angelo	Oct-90	Cambridge Open
Bench	50.0	S. Marvel	Feb-95	Canadian Womens, Chilliwack, BC
Deadlift	102.5	S. Marvel	Feb-95	Canadian Womens, Chilliwack, BC
Total	235.0	S. Marvel	Feb-95	Canadian Womens, Chilliwack, BC

52kg				
Squat	140.0	D. D'Angelo	Feb-94	Canadian Womens, Kitchener, ON
Bench	75.0	K. Parsons	Dec-89	Hamilton Open, Hamilton, ON
Deadlift	155.0	D. D'Angelo	Feb-94	Canadian Womens, Kitchener, ON
Total	360.0	D. D'Angelo	Feb-94	Canadian Womens, Kitchener, ON

56kg				
Squat	102.5	K. Schaus	Mar-01	Canadian Womens, Quebec City
Bench	50.0	K. Schaus	Mar-01	Canadian Womens, Quebec City
Deadlift	102.5	K. Schaus	Mar-01	Canadian Womens, Quebec City
Total	255.0	K. Schaus	Mar-01	Canadian Womens, Quebec City

60kg				
Squat	160.0	C. Lahey	Feb-92	Canadian Womens, Kitchener, ON
Bench	85.0	C. Lahey	Feb-92	Canadian Womens, Kitchener, ON
Deadlift	145.0	J. Lessard	Mar-03	Canadian Masters, Winnipeg, MB
Total	395.0	C. Lahey	Feb-92	Canadian Womens, Kitchener, ON

67.5kg				
Squat	182.5	S. Goudreau	Jan-91	Canadian Womens, Winnipeg, MB
Bench	95.0	S. Goudreau	Jan-91	Canadian Womens, Winnipeg, MB
Deadlift	162.5	G. Papolis	Mar-04	Canadian Masters, Waterloo, ON
Total	437.5	S. Goudreau	Jan-91	Canadian Womens, Winnipeg, MB

Women Open – Continued

75kg				
Squat	165.0	G. Guillemette	Feb-95	Canadian Womens, Chilliwack, BC
Bench	90.0	G. Guillemette	Oct-96	Ontario Womens, North Bay, ON
Deadlift	187.5	U. Kruger	Oct-98	Ontario Womens, Brockville, ON
Total	435.0	U. Kruger	Oct-98	Ontario Womens, Brockville, ON

82.5kg				
Squat	147.5	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
Bench	75.0	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
Deadlift	170.0	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
Total	392.5	U. Kruger	Dec-02	Ontario Masters, Guelph, ON

90kg				
Squat	175.0	K. Hunter	Feb-94	Canadian Womens, Kitchener, ON
Bench	75.0	K. Hunter	Feb-94	Canadian Womens, Kitchener, ON
Deadlift	167.5	K. Hunter	Feb-94	Canadian Womens, Kitchener, ON
Total	417.5	K. Hunter	Feb-94	Canadian Womens, Kitchener, ON

90+kg				
Squat	185.0	H. Plamondon	Feb-94	Canadian Womens, Kitchener, ON
Bench	100.0	H. Plamondon	Feb-94	Canadian Womens, Kitchener, ON
Deadlift	155.0	S. Murphy	May-94	Womens Worlds, New Zealand
Total	430.0	H. Plamondon	Feb-94	Canadian Womens, Kitchener, ON

Women Master 40-49

60 kg				
Squat	120.0	J. Lessard	Dec 02	Ontario Masters, Guelph, ON
Bench	72.5	J. Lessard	Dec 02	Ontario Masters, Guelph, ON
Deadlift	142.5	J. Lessard	Dec 02	Ontario Masters, Guelph, ON
Total	325.0	J. Lessard	Dec 02	Ontario Masters, Guelph, ON

67.5kg				
Squat	160.0	G. Papolis	Mar-04	Canadian Masters, Waterloo, ON
Bench	82.5	G. Papolis	Mar-04	Canadian Masters, Waterloo, ON
Deadlift	162.5	G. Papolis	Mar-04	Canadian Masters, Waterloo, ON
Total	405.0	G. Papolis	Mar-04	Canadian Masters, Waterloo, ON

75kg				
Squat	160.0	G. Papolis	Dec-02	Ontario Masters, Guelph, ON
Bench	85.0	G. Papolis	Dec-02	Ontario Masters, Guelph, ON
Deadlift	165.0	G. Papolis	Dec-02	Ontario Masters, Guelph, ON
Total	410.0	G. Papolis	Dec-02	Ontario Masters, Guelph, ON

82.5kg				
Squat	147.5	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
Bench	75.0	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
Deadlift	170.0	U. Kruger	Dec-02	Ontario Masters, Guelph, ON
Total	392.5	U. Kruger	Dec-02	Ontario Masters, Guelph, ON

90kg				
Squat	105.0	M. Greenidge	May-01	London Open, London, ON
Bench	55.0	M. Greenidge	May-01	London Open, London, ON
Deadlift	110.0	M. Greenidge	May-01	London Open, London, ON
Total	270.0	M. Greenidge	May-01	London Open, London, ON

Women Master 50-59

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

Women Master 50-59 – Continued				
67.5kg				
Squat	132.5	L. Squires	Mar-03	Canadian Masters, Winnipeg, MB
Bench	70.0	L. Squires	Dec-02	Ontario Masters, Guelph, ON
Deadlift	137.5	L. Squires	Mar-03	Canadian Masters, Winnipeg, MB
Total	337.5	L. Squires	Mar-03	Canadian Masters, Winnipeg, MB
75kg				
Squat	122.5	L. Squires	Mar-04	Canadian Masters, Waterloo, ON
Bench	70.5	L. Squires	Nov-05	Ontario Masters, Waterloo, ON
Deadlift	130.0	L. Squires	Nov-05	Ontario Masters, Waterloo, ON
Total	315.0	L. Squires	Nov-05	Ontario Masters, Waterloo, ON
Men Sub Junior				
56 kg				
Squat	155.0	J. Marentette	Sep-05	World Juniors, Fort Wayne, USA
Bench	97.5	A. Croteau	Nov-05	Ontario Juniors, Waterloo, ON
Deadlift	182.5	J. Marentette	Apr-05	Canadian Juniors, Calgary, AB
Total	410.0	J. Marentette	Apr-05	Canadian Juniors, Calgary, AB
60 kg				
Squat	170.0	J. Marentette	Nov-05	Ontario Juniors, Waterloo, ON
Bench	97.5	J. Marentette	Nov-05	Ontario Juniors, Waterloo, ON
Deadlift	190.5	J. Marentette	Nov-05	Ontario Juniors, Waterloo, ON
Total	455.0	J. Marentette	Nov-05	Ontario Juniors, Waterloo, ON
67.5 kg				
Squat	85.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Bench	45.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	100.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
Total	230.0	J. Greenidge	Dec-03	Ontario Juniors, Kitchener, ON
75 kg				
Squat	230.0	M. Obratoski	Nov-05	Ontario Juniors, Waterloo, ON
Bench	121.0	A. Stumpf	May-05	London Open, London, ON
Deadlift	235.0	M. Obratoski	Nov-05	Ontario Juniors, Waterloo, ON
Total	585.0	M. Obratoski	Nov-05	Ontario Juniors, Waterloo, ON
82.5kg				
Squat	232.5	D. Shea	Nov-04	Ontario Juniors, Brampton, ON
Bench	155.0	D. Shea	Nov-04	Ontario Juniors, Brampton, ON
Deadlift	250.0	D. Shea	Nov-04	Ontario Juniors, Brampton, ON
Total	637.5	D. Shea	Nov-04	Ontario Juniors, Brampton, ON
125kg				
Squat	155.0	R. Singh	May-05	London Open, London, ON
Bench	112.5	R. Singh	May-05	London Open, London, ON
Deadlift	172.5	R. Singh	May-05	London Open, London, ON
Total	440.0	R. Singh	May-05	London Open, London, ON
125+				
Squat	227.5	R. Singh	Nov-05	Ontario Juniors, Waterloo, ON
Bench	150.0	R. Singh	Nov-05	Ontario Juniors, Waterloo, ON
Deadlift	190.0	R. Singh	Nov-05	Ontario Juniors, Waterloo, ON
Total	567.5	R. Singh	Nov-05	Ontario Juniors, Waterloo, ON
Men Junior				
52kg				
Squat	172.5	S. Boulерice	Mar-92	Ontario Seniors, North Bay, ON
Bench	90.0	S. Boulерice	May-91	Canadian Juniors, Kitchener, ON
Deadlift	185.5	S. Boulерice	Mar-92	Ontario Seniors, North Bay, ON
Total	445.0	S. Boulерice	Mar-92	Ontario Seniors, North Bay, ON
56 kg				
Squat	155.0	J. Marentette	Sep-05	World Juniors, Fort Wayne, USA
Bench	97.5	A. Croteau	Nov-05	Ontario Juniors, Waterloo, ON
Deadlift	182.5	J. Marentette	Apr-05	Canadian Juniors, Calgary, AB
Total	410.0	J. Marentette	Apr-05	Canadian Juniors, Calgary, AB

Men Junior – Continued				
60kg				
Squat	165.0	J. Marentette	May-05	London Open, London, ON
Bench	110.5	S. Lindsay	Feb-91	Ontario Int. North Bay, ON
Deadlift	190.5	J. Marentette	Nov-05	Ontario Juniors, Waterloo, ON
Total	455.0	J. Marentette	Nov-05	Ontario Juniors, Waterloo, ON
67.5kg				
Squat	187.5	E. Lacroix	Oct-94	Ontario Int. Maxville, ON
Bench	135.0	M. Dineno	Apr-97	Canadian Jr, Cornerbrook, NF
Deadlift	207.5	M. Dineno	Apr-97	Canadian Jr, Cornerbrook, NF
Total	502.5	M. Dineno	Apr-97	Canadian Jr, Cornerbrook, NF
75kg				
Squat	230.0	B. Summers	Dec-00	Ontario Junior, Brockville, ON
Bench	162.5	D. Irwin	Nov-05	Ontario Juniors, Waterloo, ON
Deadlift	257.5	B. Summers	Dec-00	Ontario Junior, Brockville, ON
Total	640.0	B. Summers	Dec-00	Ontario Junior, Brockville, ON
82.5kg				
Squat	250.0	D. Shea	Apr-05	Canadian Juniors, Calgary, AB
Bench	182.5	V. Byrne	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	260.0	D. Shea	Apr-05	Canadian Juniors, Calgary, AB
Total	675.0	D. Shea	Apr-05	Canadian Juniors, Calgary, AB
90kg				
Squat	237.5	M. Bilz	Oct-96	Ontario Int. North Bay ON.
Bench	160.0	G. Zilberbrant	Mar-04	Canadian Juniors, Waterloo, ON
Deadlift	257.5	B. Morris	Apr-88	Canadian Juniors, Hamilton ON
Total	647.5	B. Morris	Apr-88	Canadian Juniors, Hamilton ON
100kg				
Squat	295.0	S. Hastings	Jun-05	North Americans Miami, USA
Bench	202.5	S. Hastings	Sep-05	World Juniors, Fort Wayne, USA
Deadlift	272.5	L. Kiss	Dec-99	Ontario Juniors, Toronto ON
Total	740.0	S. Hastings	Jun-05	North Americans Miami, USA
110kg				
Squat	246.0	J. Byrne	Dec-03	Ontario Juniors, Kitchener, ON
Bench	190.0	T. Ekert	Dec-03	Ontario Juniors, Kitchener, ON
Deadlift	277.5	J. Byrne	Dec-03	Ontario Juniors, Kitchener, ON
Total	675.0	J. Byrne	Dec-03	Ontario Juniors, Kitchener, ON
125kg				
Squat	302.5	J. Byrne	Nov-05	Ontario Juniors, Waterloo, ON
Bench	227.5	J. Byrne	Nov-05	Ontario Juniors, Waterloo, ON
Deadlift	305.0	J. Byrne	Nov-05	Ontario Juniors, Waterloo, ON
Total	830.0	J. Byrne	Nov-05	Ontario Juniors, Waterloo, ON
125+				
Squat	227.5	R. Singh	Nov-05	Ontario Juniors, Waterloo, ON
Bench	150.0	R. Singh	Nov-05	Ontario Juniors, Waterloo, ON
Deadlift	190.0	R. Singh	Nov-05	Ontario Juniors, Waterloo, ON
Total	567.5	R. Singh	Nov-05	Ontario Juniors, Waterloo, ON
Men Open				
52kg				
Squat	170.0	S. Boulерice	Feb-92	Canadian Juniors, Kitchener, ON
Deadlift	185.0	S. Boulерice	Feb-92	Canadian Juniors, Kitchener, ON
56kg				
Squat	155.0	J. Marentette	Sep-05	World Juniors, Fort Wayne, USA
Bench	97.5	A. Croteau	Nov-05	Ontario Juniors, Waterloo, ON
Deadlift	182.5	J. Marentette	Apr-05	Canadian Juniors, Calgary, AB
Total	410.0	J. Marentette	Apr-05	Canadian Juniors, Calgary, AB
60kg				
Squat	202.5	J. Jong	Jul-03	Toronto Open, Mississauga, ON
Bench	147.5	J. Jong	Jul-03	Toronto Open, Mississauga, ON
Deadlift	217.5	J. Jong	Feb-00	Canadian Chmp, Moose Jaw, SK
Total	565.0	J. Jong	Jul-03	Toronto Open, Mississauga, ON

Men Open – Continued				
67.5kg				
Squat	200.0	A. Chan	Sep-05	Ontario Seniors, London, ON
Bench	175.0	A. Chan	Sep-05	Ontario Seniors, London, ON
Deadlift	225.0	A. Chan	Sep-05	Ontario Seniors, London, ON
Total	600.0	A. Chan	Sep-05	Ontario Seniors, London, ON
75kg				
Squat	277.5	J. Becker	May-96	Canadian Chmp, Leduc, AB
Bench	168.0	J. Becker	May-96	Canadian Chmp, Leduc, AB
Deadlift	285.0	J. Becker	Feb-95	Ontario Seniors, London ON
Total	722.5	J. Becker	May-96	Canadian Chmp, Leduc, AB
82.5kg				
Squat	297.5	J. Becker	Oct-05	World Masters, Petoria, SA
Bench	187.5	V. Byrne	Jul-05	Toronto Open, Brampton, ON
Deadlift	298.0	J. Becker	May-98	Canadian Chmp, Richmond, BC
Total	765.0	J. Becker	Oct-05	World Masters, Petoria, SA
90kg				
Squat	292.5	J. Becker	Nov-04	Ontario Masters, Brampton, ON
Bench	190.0	A. Drolc	Sep-04	Ontario Seniors, Brantford, ON
Deadlift	322.5	P. Perry	Mar-85	Ontario Seniors, Sault Ste. Marie
Total	777.5	J. Becker	Nov-04	Ontario Masters, Brampton, ON
100kg				
Squat	312.5	E. Gagnon	Sep-03	Ontario Seniors, Ottawa, ON
Bench	225.0	M. Griffen	Mar-97	Ontario Seniors, Toronto, ON
Deadlift	312.5	S. McKenzie	Mar-04	Canadian Chmp, Waterloo, ON
Total	825.0	S. McKenzie	Mar-04	Canadian Chmp, Waterloo, ON
110kg				
Squat	350.0	J. Emberley	Nov-05	Worlds, Miami, USA
Bench	242.5	J. Emberley	Nov-05	Worlds, Miami, USA
Deadlift	325.0	R. Celio	May-97	Canadian Chmp, Toronto ON
Total	897.5	J. Emberley	Nov-05	Worlds, Miami, USA
125kg				
Squat	335.0	D. Gratton	Jan-00	Ontario Seniors, London, ON
Bench	265.0	M. Giffen	Dec-03	Ontario Masters, Kitchener, ON
Deadlift	310.0	S. Magistrale	Sep-05	Ontario Seniors, London, ON
Total	862.5	D. Gratton	Sep-02	Ontario Seniors, Mississauga, ON
125+				
Squat	347.5	D. Gratton	May-01	London Open, London, ON
Bench	290.0	S. O'Halloran	Sep-04	Ontario Seniors, Brantford, ON
Deadlift	320.0	S. Brown	Mar-04	Canadian Chmp, Waterloo, ON
Total	887.5	S. Brown	Mar-04	Canadian Chmp, Waterloo, ON
Men's Master Records (40 - 49)				
60kg				
Squat	202.5	J. Jong	Jul-03	Toronto Open, Mississauga, ON
Bench	147.5	J. Jong	Jul-03	Toronto Open, Mississauga, ON
Deadlift	217.5	J. Jong	Dec-99	Ontario Masters, Toronto, ON
Total	565.0	J. Jong	Jul-03	Toronto Open, Mississauga, ON
67kg				
Squat	227.5	K Lam	Jun-90	Canadians, Surrey, BC
Bench	141.0	K Lam	May-93	Canadian Masters, Edmonton, AB
Deadlift	262.5	K Lam	May-90	Canadian Masters, Winnipeg, AB
Total	630.0	K Lam	Jun-90	Canadians, Surrey, BC
75kg				
Squat	252.5	C. Archdekin	Mar-97	Ontario Seniors, Toronto, ON
Bench	165.0	C. Archdekin	Oct-93	World Masters, Hamilton, ON
Deadlift	280.0	C. Archdekin	Oct-93	World Masters, Hamilton, ON
Total	685.0	C. Archdekin	Oct-93	World Masters, Hamilton, ON

Men's Master Records (40 - 49) – Continued				
82.5kg				
Squat	297.5	J. Becker	Oct-05	World Masters, Petoria, SA
Bench	185.0	J. Becker	Oct-05	World Masters, Petoria, SA
Deadlift	295.0	J. Becker	Mar-04	Canadian Masters, Waterloo, ON
Total	765.0	J. Becker	Oct-05	World Masters, Petoria, SA
90kg				
Squat	292.5	J. Becker	Nov-04	Ontario Masters, Brampton, ON
Bench	187.5	J. Becker	Nov-04	Ontario Masters, Brampton, ON
Deadlift	302.5	P. Perry	May-91	Canadian Master, Kitchener, ON
Total	777.5	J. Becker	Nov-04	Ontario Masters, Brampton, ON
100kg				
Squat	270.0	S. Chomitz	Mar-04	Canadian Masters, Waterloo, ON
Bench	185.0	S. Chomitz	May-05	London Open, London, ON
Deadlift	277.5	S. Chomitz	Mar-04	Canadian Masters, Waterloo, ON
Total	725.0	S. Chomitz	Mar-04	Canadian Masters, Waterloo, ON
110kg				
Squat	247.5	R. Strong	Dec-02	Ontario Masters, Guelph, ON
Bench	215.0	B. McIntyre	Mar-03	Canadian Masters, Winnipeg, MB
Deadlift	290.0	R. Strong	Nov-05	Ontario Masters, Waterloo, ON
Total	730.0	B. McIntyre	Dec-03	Ontario Masters, Kitchener, ON
125kg				
Squat	272.5	M. Giffen	Dec-03	Ontario Masters, Kitchener, ON
Bench	265.0	M. Giffen	Dec-03	Ontario Masters, Kitchener, ON
Deadlift	285.0	M. Giffen	Dec-03	Ontario Masters, Kitchener, ON
Total	815.0	M. Giffen	Dec-03	Ontario Masters, Kitchener, ON
125+				
Squat	330.0	S. Brown	Mar-04	Canadian Masters, Waterloo, ON
Bench	278.0	S. O'Halloran	Jan-05	Niagara Open, St Catharines, ON
Deadlift	320.0	S. Brown	Mar-04	Canadian Masters, Waterloo, ON
Total	887.5	S. Brown	Mar-04	Canadian Masters, Waterloo, ON
Men's Master Records (50 - 59)				
67.5 kg				
Squat	210.0	G. Moore	Dec-02	Ontario Masters, Guelph, ON
Bench	122.5	G. Moore	Mar-01	Canadian Masters, Quebec City
Deadlift	235.5	G. Moore	Dec-02	Ontario Masters, Guelph, ON
Total	567.5	G. Moore	Dec-02	Ontario Masters, Guelph, ON
75kg				
Squat	230.0	G. Moore	Apr-05	Canadian Masters, Calgary, AB
Bench	131.5	G. Moore	Sep-02	Ontario Seniors, Toronto, ON
Deadlift	238.0	G. Moore	Apr-05	Canadian Masters, Calgary, AB
Total	597.5	G. Moore	Apr-05	Canadian Masters, Calgary, AB
82.5kg				
Squat	227.5	H. Greenidge	Jul-05	Toronto Open, Brampton, ON
Bench	178.0	H. Greenidge	Jul-05	Toronto Open, Brampton, ON
Deadlift	235.5	H. Greenidge	Jul-05	Toronto Open, Brampton, ON
Total	642.5	H. Greenidge	Jul-05	Toronto Open, Brampton, ON
90kg				
Squat	242.5	S. Seguin	Mar-04	Canadian Masters, Waterloo, ON
Bench	165.0	K. Hult	Mar-96	Canadian Masters, Windsor, NS
Deadlift	272.5	P. Perry	Dec-02	Ontario Masters, Guelph, ON
Total	655.0	P. Perry	Dec-02	Ontario Masters, Guelph, ON
100kg				
Squat	250.0	F. Tavernier	Dec-00	Ontario Masters, Brockville, ON
Bench	167.5	S. Sequin	Apr 05	Canadian Masters, Calgary, AB
Deadlift	290.5	P. Perry	Dec-03	Ontario Masters, Kitchener, ON
Total	687.5	P. Perry	Dec-03	Ontario Masters, Kitchener, ON

Men's Master Records (50 - 59) – Continued				
110kg				
Squat	290.0	P. Hartwick	Nov-04	Ontario Masters, Brampton, ON
Bench	162.5	P. Hartwick	Nov-04	Ontario Masters, Brampton, ON
Deadlift	255.0	P. Hartwick	Dec-03	Ontario Masters, Kitchener, ON
Total	687.5	P. Hartwick	Nov-04	Ontario Masters, Brampton, ON
125+				
Squat	255.0	D. Hoffman	Mar-99	Canadian Masters, Sherbrooke, QC
Bench	160.0	D. Hoffman	Mar-99	Canadian Masters, Sherbrooke, QC
Deadlift	240.0	D. Hoffman	Mar-99	Canadian Masters, Sherbrooke, QC
Total	650.0	D. Hoffman	Mar-99	Canadian Masters, Sherbrooke, QC
Men's Master Records (60+)				
82.5 kg				
Squat	170.0	L. Lam	Mar-02	Canadian Masters, Yarmouth, NS
Bench	105.0	I. Williamson	Mar-03	Canadian Masters, Winnipeg, MB
Deadlift	220.0	L. Lam	Mar-02	Canadian Masters, Yarmouth, NS
Total	487.5	L. Lam	Mar-02	Canadian Masters, Yarmouth, NS
90 kg				
Squat	210.0	M. Kelso	Nov-04	Ontario Masters, Brampton, ON
Bench	152.5	M. Kelso	Nov-04	Ontario Masters, Brampton, ON
Deadlift	222.5	M. Kelso	Jun-03	London Open, London, ON
Total	570.0	M. Kelso	Jun-03	London Open, London, ON
100 kg				
Squat	210.0	T. Stinchcombe	Mar-04	Canadian Masters, Waterloo, ON
Bench	157.5	T. Stinchcombe	Mar-04	Canadian Masters, Waterloo, ON
Deadlift	235.0	T. Stinchcombe	Mar-04	Canadian Masters, Waterloo, ON
Total	602.5	T. Stinchcombe	Mar-04	Canadian Masters, Waterloo, ON
110kg				
Squat	205.0	R. Villeneuve	May-97	Canadian Blind, Toronto, ON
Bench	135.0	R. Villeneuve	Jul-99	Worlds Blind, Waterloo, ON
Deadlift	235.0	R. Villeneuve	May-97	Canadian Blind, Toronto, ON
Total	570.0	R. Villeneuve	May-97	Canadian Blind, Toronto, ON

To hold an amateur record in any sport is quite an accomplishment. To hold a record in the OPA, you must do two things after you break the record. You must be drug tested and you must send a record application form to the Records Chairperson within 30 days. You can also have your coach make sure that all referees have signed the official score sheet as that is also something that is required to make things official. Two Category II OPA or higher referees must officiate record attempts. Use the form on page 22 to apply for a Provincial or National Record.

- Dave Hoffman - OPA Records Chairperson

Ontario Bench Press Records – Dec 31, 2005				
Women Open				
52kg	75.0	K. Parsons	12/10/89	Hamilton, ON
60kg	85.0	C. Lahey	02/01/92	Kitchener, ON
67.5kg	96.0	G. Papolis	01/31/98	Cambridge, ON
75kg	85.0	G. Papolis	12/08/02	Guelph, ON
82.5kg	42.5	M. Greenidge	12/18/99	Toronto, ON
Women Master 40-49				
60kg	72.5	C. Cosby	12/07/03	Kitchener, ON
67.5kg	75.0	J. Pritchard	11/27/05	Waterloo, ON
75kg	85.0	G. Papolis	12/08/02	Guelph, ON
82.5kg	42.5	M. Greenidge	12/18/99	Toronto, ON
Women Master 50-49				
60kg	70.0	J. Lessard	03/16/03	Winnipeg, MB
67.5kg	67.5	L. Squires	12/08/02	Guelph, ON
Men Sub Junior				
56kg	95.0	A. Croteau	10/16/05	Rock Forest, PQ
90kg	140.0	S. Byrne	11/21/04	Brampton, ON
Men Junior				
75kg	160.0	D. Irwin	11/27/05	Waterloo, ON
90kg	140.0	J. Heisel	12/08/02	Guelph, ON
110kg	180.0	T. Ekert	12/07/03	Kitchener, ON
125kg	205.0	J. Byrne	11/27/05	Waterloo, ON
Men Open				
60kg	147.5	J. Jong	03/16/03	Winnipeg, MB
75kg	167.5	E. Beachey	12/07/03	Kitchener, ON
82.5kg	182.5	S. Moir	01/31/98	Cambridge, ON
90kg	207.5	M. Whitford	12/18/99	Toronto, ON
100kg	192.5	B. Zacharias	12/18/99	Toronto, ON
110kg	242.5	M. Giffen	12/02/01	Cambridge, ON
125 kg	252.5	D. Gratton	12/08/02	Guelph, ON
125+kg	292.5	C. Harwood	11/27/05	Waterloo, ON
Men Master 40-49				
60kg	147.5	J. Jong	03/16/03	Winnipeg, MB
67.5kg	140.0	K. Lam	06/19/90	Surrey, BC
75kg	150.0	E. Dunstan	12/02/01	Cambridge, ON
82.5kg	180.5	J. Marentette	04/10/05	Calgary, AB
90.0kg	175.5	H. Greenidge	04/01/01	Quebec City
110kg	227.5	B. McIntyre	12/07/03	Kitchener, ON
125 kg	195.0	D. Jolley	03/01/97	Winnipeg, ON
125+kg	263.5	S. Brown	11/21/04	Brampton, ON
Men Master 50-59				
75kg	132.5	W. McCullough	02/12/95	Chilliwack, BC
82.5kg	180.0	H. Greenidge	07/17/05	Brampton, ON
90kg	172.5	H. Greenidge	07/18/04	Mississauga
100kg	165.0	K. Hult	05/19/98	Leduc, AB
110kg	165.0	K. Hult	12/12/98	Guelph, ON
125+kg	170.0	D. Hoffman	11/27/05	Waterloo, ON
Men Master 60+				
100kg	170.0	J. Giffen Sr.	03/21/04	Waterloo, ON



Request for Expense Reimbursement

This form along with original receipts is to be submitted within 30 days of the event to the OPA Treasurer for:

- OPA Lifters claiming reimbursement for travel to championship contests (CPU, IPF)
- OPA Referees claiming reimbursement for refereeing a sanctioned contest (OPA)
- OPA Executive Meetings
- OPA Administrative Expenses

Mail To:
 OPA Treasurer:
 Krista Schaus
 295 Link Road
 RR2
 Cayuga, ON
 N0A 1E0

Member Information

Event Information

Name: _____ Competition _____ Referee _____
 Meeting _____ Administrative _____

CPU Card #: _____ Name of Event: _____

Address: _____ Location: _____
 _____ Date: _____

Phone #: _____ Contest Results: (how you placed etc): _____

Email (optional): _____

**** Each section must be completed as fully as possible. ****

CLAIMANT SECTION

O.P.A SECTION

Details of Expenses	Amount Claimed	Provision in Constitution	Amount Allowed	Amount Approved	Claim Category
Total:			Total:		

OFFICE USE ONLY

Date Received: _____
 Approved by: _____
 Cheque #: _____
 Date Issued: _____

I hereby declare the above information to be true and expenses to be incurred by me:
Claimant's Signature:

Rev. 12/ 04


How to enter an OPA Sanctioned Contest

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

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

Here are the steps to follow to enter a contest:



- Verify that all qualifications are met if this is an Ontario Championship. Refer to page: 23.
- Become an OPA Member. Membership form is on page: 15
- Complete the Contest Entry form (below) and send to the Meet Director along with the appropriate fees.

 ONTARIO POWERLIFTING ASSOCIATION	<h3 style="margin: 0;">2006 - Contest Entry Form</h3> <ul style="list-style-type: none"> ▪ 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. <p style="text-align: center; margin: 5px 0;">→ Complete all areas of the form – Please Print</p> <p style="text-align: center; margin: 0;">→ ALL ENTRY FEES ARE NON-REFUNDABLE</p>
Name of Contest: _____ Your Name: _____ Phone#: _____ Address: _____ Email : _____	
Club Representing: _____ or <input type="checkbox"/> Unattached CPU Card#: _____ Weight Class: _____ kg <input type="checkbox"/> Male <input type="checkbox"/> Female Date of Birth: _____ <div style="text-align: right; margin-right: 50px;">dd/mm/yyyy</div> Contest Category Entered: (check all that applied) <input type="checkbox"/> 3-Lift <input type="checkbox"/> Deadlift only <input type="checkbox"/> Bench only <input type="checkbox"/> Special Athlete <input type="checkbox"/> Intermediate <input type="checkbox"/> Blind <input type="checkbox"/> Novice <input type="checkbox"/> Sub-Junior <input type="checkbox"/> Junior <input type="checkbox"/> Master I <input type="checkbox"/> Master II <input type="checkbox"/> Master III <input type="checkbox"/> Open T-Shirt size: (if applicable) _____	
Other Information: Titles, Championships won: _____ Best Official Total: _____ kg Squat _____ kg Bench: _____ kg Deadlift _____ kg in Weight Class: _____ kg Competing since: _____ When/Where: _____ Other Interests: _____	
<p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p>	
Signature of Competitor: _____ Date: _____ <div style="display: flex; justify-content: space-between; font-size: small;"> (Parent/Guardian if under 18) [11/2005] </div>	

ARTICLE XIX - Provincial Records

1. Standard application form has to be submitted no later than 30 Calendar days from the date of the supposed record.
2. a) The Chief Referee's seat and two side judges' seats must be occupied by at least a Provincial Category I card holder.
b) I.P.F. rules must be followed.
3. The lifter is responsible for completion and submission of the application form.
4. To set an Ontario Record the lifter must be drug tested at the time the record is set and must pass the drug test.
5. Any lifter who registers a positive doping test shall have all previous OPA records that he/she may have held removed. Records will revert back to the previous record holder.
6. Record Certificate designed by H. Rai is the Official Record Certificate of the OPA. The certificate will be distributed by the Records Chair for a fee of \$5.00 each.

[from Ontario Powerlifting Constitution and Bylaws]

 <p>OPA ONTARIO POWERLIFTING ASSOCIATION</p>	<h3>National or Provincial Record Application Form</h3>																											
<p>Application for:</p> <table style="width: 100%;"> <tr> <td><input type="checkbox"/> National Men's Senior</td> <td><input type="checkbox"/> National Women's Senior</td> </tr> <tr> <td><input type="checkbox"/> National Men's Junior</td> <td><input type="checkbox"/> National Women's Junior</td> </tr> <tr> <td><input type="checkbox"/> National Men's Sub Junior</td> <td><input type="checkbox"/> National Women's Sub Junior</td> </tr> <tr> <td><input type="checkbox"/> National Men's Master 40-49</td> <td><input type="checkbox"/> National Women's Master 40-49</td> </tr> <tr> <td><input type="checkbox"/> National Men's Master 50-59</td> <td><input type="checkbox"/> National Women's Master 50-59</td> </tr> <tr> <td><input type="checkbox"/> National Men's Master 60+</td> <td><input type="checkbox"/> National Women's Master 50+</td> </tr> <tr> <td> </td> <td></td> </tr> <tr> <td><input type="checkbox"/> Provincial Men's Senior</td> <td><input type="checkbox"/> Provincial Women's Senior</td> </tr> <tr> <td><input type="checkbox"/> Provincial Men's Junior</td> <td><input type="checkbox"/> Provincial Women's Junior</td> </tr> <tr> <td><input type="checkbox"/> Provincial Men's Sub Junior</td> <td><input type="checkbox"/> Provincial Women's Sub Junior</td> </tr> <tr> <td><input type="checkbox"/> Provincial Men's Master 40-49</td> <td><input type="checkbox"/> Provincial Women's Master 40-49</td> </tr> <tr> <td><input type="checkbox"/> Provincial Men's Master 50-59</td> <td><input type="checkbox"/> Provincial Women's Master 50-59</td> </tr> <tr> <td><input type="checkbox"/> Provincial Men's Master 60+</td> <td><input type="checkbox"/> Provincial Women's Master 60+</td> </tr> </table>		<input type="checkbox"/> National Men's Senior	<input type="checkbox"/> National Women's Senior	<input type="checkbox"/> National Men's Junior	<input type="checkbox"/> National Women's Junior	<input type="checkbox"/> National Men's Sub Junior	<input type="checkbox"/> National Women's Sub Junior	<input type="checkbox"/> National Men's Master 40-49	<input type="checkbox"/> National Women's Master 40-49	<input type="checkbox"/> National Men's Master 50-59	<input type="checkbox"/> National Women's Master 50-59	<input type="checkbox"/> National Men's Master 60+	<input type="checkbox"/> National Women's Master 50+	 		<input type="checkbox"/> Provincial Men's Senior	<input type="checkbox"/> Provincial Women's Senior	<input type="checkbox"/> Provincial Men's Junior	<input type="checkbox"/> Provincial Women's Junior	<input type="checkbox"/> Provincial Men's Sub Junior	<input type="checkbox"/> Provincial Women's Sub Junior	<input type="checkbox"/> Provincial Men's Master 40-49	<input type="checkbox"/> Provincial Women's Master 40-49	<input type="checkbox"/> Provincial Men's Master 50-59	<input type="checkbox"/> Provincial Women's Master 50-59	<input type="checkbox"/> Provincial Men's Master 60+	<input type="checkbox"/> Provincial Women's Master 60+	<p>Note: All National records must have been set using metric weights and equipment to be recognized. Please use separate sheets if applying for both National and Provincial Records</p>
<input type="checkbox"/> National Men's Senior	<input type="checkbox"/> National Women's Senior																											
<input type="checkbox"/> National Men's Junior	<input type="checkbox"/> National Women's Junior																											
<input type="checkbox"/> National Men's Sub Junior	<input type="checkbox"/> National Women's Sub Junior																											
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<input type="checkbox"/> Provincial Men's Master 60+	<input type="checkbox"/> Provincial Women's Master 60+																											
<p>Lifter Information:</p> <p>Name: _____</p> <p>City: _____ Prov: _____</p> <p>Phone: _____ Postal: _____</p> <p>CPU# _____</p> <p>Wt Class: _____ Precise Body Wt. _____</p> <p>Doping Control Sample#: _____</p>	<p>Competition Information:</p> <p>Name of Competition: _____</p> <p>Location/Address: _____</p> <p>City: _____ Prov: _____</p> <p>Date of Competition:</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th>Attempt</th> <th>1st</th> <th>2nd</th> <th>3rd</th> <th>4th</th> </tr> </thead> <tbody> <tr> <td>Squat</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Bench Press</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Deadlift</td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Total</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		Attempt	1 st	2 nd	3 rd	4 th	Squat					Bench Press					Deadlift					Total					
Attempt	1 st	2 nd	3 rd	4 th																								
Squat																												
Bench Press																												
Deadlift																												
Total																												
<p>I have checked all the data and all lists and hereby state that everything is in order:</p> <p>Date: _____</p> <p>Signature: _____</p>	<p>Send completed form to: Dave Hoffman 278 Thaler Ave, Kitchener, ON N2A 1R6 (519) 894-5913</p>																											



**Canadian
Powerlifting
Union**

Classification Awards Program Badge Application for Ontario Powerlifting Association Members

Member Information:

Name: _____

Address: _____

Province: _____ Postal Code: _____

CPU#: _____ Date of Birth: _____ M F Send Application to: Dave Hoffman
278 Thaler Ave
Kitchener, ON
N2A 1R6

Contest Information:

Name of Meet: _____ Date: _____

Place of Meet: _____ Club Represented: _____

Weight Class: _____ kg Actual Weight: _____ kg Actual Total: _____ kg

Badge Applied for: Elite Master Class I Class II Class III Class IV

Lifter's Signature: _____ Date: _____

Classification Awards Program

Purpose of the Classification Awards Program:

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

CLASSIFICATION TOTALS: MEN												
Wt Class	52kg	56	60	67.5	75	82.5	90	100	110	125	125+	Badge Colours
Elite	482.5	525.0	565.0	632.5	692.5	745.0	785.0	827.5	857.5	882.5	917.5	Black & Red
Master	445.0	482.5	520.0	580.0	635.0	682.5	722.5	760.0	787.5	810.0	842.5	Red & White
Class I	400.0	432.5	465.0	522.5	570.0	612.5	645.0	682.5	705.0	725.0	757.5	Blue & White
Class 11	352.5	380.0	410.0	457.5	500.0	540.0	570.0	600.0	620.0	640.0	667.5	Green White
Class 111	305.0	332.5	357.5	402.5	437.5	470.0	497.5	525.0	542.5	557.5	580.0	Orange White
Class IV	267.5	290.0	312.5	350.0	380.0	410.0	432.5	455.0	475.0	487.5	507.5	Yellow & White

CLASSIFICATION TOTALS: WOMEN											
Wt Class	44kg	48	52	56	60	67.5	75	82.5	90	90+	Badge Colours
Elite	290.0	310.0	332.5	355.0	375.0	412.5	445.0	477.5	512.5	540.0	Black & Red
Master	262.5	282.5	302.5	322.5	340.0	375.0	405.0	435.0	465.0	490.0	Red & White
Class I	235.0	255.0	272.5	290.0	305.0	337.5	365.0	392.5	417.5	440.0	Blue & White
Class 11	210.0	225.0	242.5	257.5	272.5	300.0	325.0	347.5	372.5	392.5	Green & White
Class 111	182.5	197.5	212.5	225.0	237.5	262.5	282.5	305.0	325.0	342.5	Orange & White
Class IV	157.5	170.0	182.5	192.5	205.0	225.0	242.5	260.0	280.0	295.0	Yellow & White

Qualifying Totals	Women Provincial	Men Provincial	Women National	Men National
Senior	Class III	Class I	Class III	Class I
Master 1 (40 - 49)	Class III	Class 11	Class III	Class II
Master 11 (50+)	Previous Experience	Class III	Previous Experience	Class III
Master III (60+)	Previous Experience	Previous Experience	Previous Experience	Previous Experience
Junior	Class III	Class III	Class III	Class III
Intermediates	(Not Applicable)	(Class 111+4%)<Class I	(Not Applicable)	(Not Applicable)

Bench Press Qualifying Totals											
Weight Class	52	56	60	67.5	75	82.5	90	100	110	125	125+
Men	80.0	87.5	95.0	105.0	115.0	125.0	130.0	137.5	142.5	147.5	152.5
Weight Class	44	48	52	56	60	67.5	75	82.5	90	90+	
Women	40.0	42.5	47.5	50.0	52.5	57.5	62.5	67.5	72.5	75.0	



2006 OPA Affiliated Clubs

ONTARIO POWERLIFTING ASSOCIATION
www.ontariopowerlifting.org

Fern's Gym

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

Golden Triangle Powerlifting Club

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

Iron Foundation

Mark Giffen (519) 658-6574
255 Scott Rd.
Cambridge, ON N3C 3W7
Email: mgiffin@sympatico.ca

K-W Grizzlies

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

London Powerlifting Club

Terry Stinchcombe (519) 681-4766
43-325 Lighthouse Rd.
London, ON N6M 1H8
Email: karnterr@sympatico.ca
Web site: londonpowerlifting.org

London Special O

Ivan Williamson (519) 681-4766
18 Locus Cres.
London, ON N6E 2K2
Email: joyceandivan@rogers.com

Monster Powerlifting Club

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

Niagara Powerlifting Club

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

Ottawa Strong Powerlifting Club

Chris Yantha (613) 523-4024
c/o O.A.C. 2525 Lancaster Drive
Ottawa, ON K1B 4L5
Email: eric@ottawaathleticclub.com

Power Pit Gym

Jerry Marentette (519) 727-6096
1530 County Rd. 22
Belle River, ON NOR 1A0

PoweReach Powerlifting Club

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

Steel City Powerlifting Club

William T. Jamison (905) 765-5345
412 Big Creek Rd,
Caledonia, ON N3W 2G9
Email: billjamison@sympatico.ca,

St Thomas DF Powerlifting

Daniel Pare (519) 633-8366
1258 Talbot St.
St. Thomas, ON N5P 1G9

Titans of Mississauga

Pascal Tyrrell (905) 842-6701
2272 Margot St.
Oakville, ON L6H 3M7
Email: tyrrellp@hotmail.com

Ontario Powerlifting Association Board of Directors

President:

Bill Jamison (905) 765-5345
412 Big Creek Rd, Caledonia, ON N3W 2G9
Email: billjamison@sympatico.ca

Vice President:

Harnek Singh Rai (416) 748-8008
17 Lynmont Rd, Etobicoke, ON M9V 3W7
Email: harnekpowerlifting@yahoo.com
Mobile: (416) 569-1488

Secretary:

Jackie Mattice (519) 743-5218
177 Rolling Meadows Drive
Kitchener, ON N2N 2H1
Email: rjmattice@sympatico.ca

Treasurer:

Krista Schaus (905) 772-0751
295 Link Rd. RR#2 Cayuga, ON N0A 1E0
Email: kschaus@gtto.net

CPU Website: www.powerlifting.ca

Registration Chairperson:

Marlene Moore (905) 646-8536
9 Old Oxford Rd, St Catharines, ON L2M 2J7
Email: marlene4opa@cogeco.ca

Records Chairperson:

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

Referee Chairperson:

Michael Knott (519) 317-6078
85 Weston Street, London, ON N6C 1R2
Email: msknott@sympatico.ca

Regional Chairpersons:

Northwest (vacant):

Ramimo Paananen (contact) (807) 577-1994

Northeast:

Mark Glofcheskie (705) 471-0896
128-1 Fourth Ave
North Bay, ON P1B 1N1
Alt Phone: (705) 497-3030
Email: markglofcheskie@hotmail.com

Southern:

Rick Gazdig (519) 652-1104
4232 Campbell St.N
London, ON N6P 1S7
Email: fr.electro1@sympatico.ca

Eastern (vacant):

Other Officials:

CPU President:

Jeff Butt (306) 694-5262
1110 Main Street N
Moose Jaw, SK S6H 3K9
Email: jeff@powerlifting.ca

Newsletter Editor/Website:

Ulrike Kruger (416) 508-6446
39 Richview Rd #703
Etobicoke, ON M9A 4M7
Email: ukruger@powerlifting.ca

OPA Website: ontariopowerlifting.org

CPU Referee Chair /

I.P.F Technical Committee

Bill Jamison (contact information above)