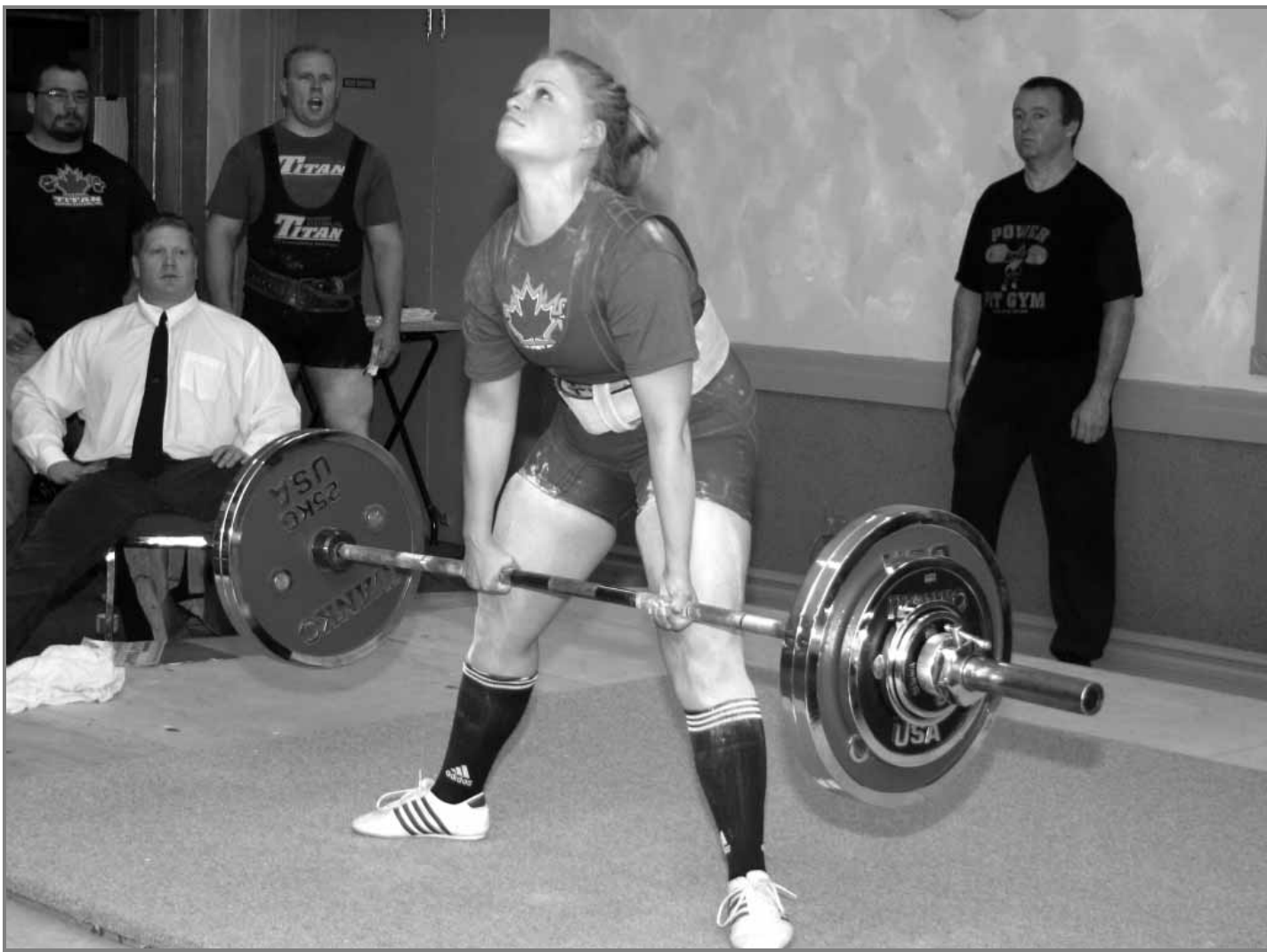


OPA

Ontario Powerlifting News

October 2006, Volume 57, Issue 3

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



Jenny Porter – 2006 Ontario Seniors



Inside this Issue

Contest Results
New Contests, Articles
Updated Records



From the President

- William T. Jamison

The 2006 Ontario Mens and Womens Open Powerlifting and Bench Press Championships were held in Belle River on September 23.

Congratulations to Shawn O'Halloran on setting a new world record of 302.5kg in the Bench Press in the Masters 1 division. Two Canadian records were also broken. In the Bench Press Championships, one Canadian record and three Ontario records were broken. Thank you to the Power Pit Gym for a job well done in hosting this contest.

I was upset to hear that Larry Byrne, from Belle River, lost his life in a car accident while traveling home from Guelph. I'm sure that all of our thoughts and prayers are with his family at this time of great loss.

A rules clinic was held on September 10 at the Steel City Powerlifting Club. Eight people attended this clinic. Four of those in attendance had never competed before, but plan to do so in the coming year. I have received feedback from individuals who expressed interest in attending a rules clinic in the future.

The IPF Technical Rules are reviewed and changed every four years. All proposed rule changes will be considered this November by the IPF. As there will be rule changes, particularly in the Bench Press, I will try and hold a rules clinic sometime before the Ontario Masters and Juniors Championships. The date, place and time will be posted on the OPA web site.

We will continue to promote strength training and powerlifting in the high schools. Last year was very successful, with the first Ontario high school Powerlifting Championships being held at the end of the school year. We hope to have more students and schools involved this year.

The Masters World Championships are being held in Killeen, Texas USA. from October 3-7. Canada is sending a good sized team, and quite a few lifters from Ontario will be participating. I wish all lifters the best of luck.

The Ontario Powerlifting Association Annual General Meeting will be held on November 25 at 4:30pm in Brantford, at the Best Western Brant Park Inn, 19 Holiday drive. This is an election year, and all positions are open. All proposals for the AGM and nominations must be sent to the OPA Secretary 1 month prior to the meeting.

Treasurer

- Krista Schaus

As we come to the close of another year in powerlifting, I would like to thank the Board of Directors, athletes and everyone else who supports the sport behind the scenes, for all their hard work. Our financial position near year end, as will be reported at the AGM, can be attributed partly to our reduced number of members this year, but the membership we do have is strong. I encourage everyone to continue to be proud ambassadors of the sport in order to bring new lifters and volunteers into powerlifting.

A few reminders regarding requirements for mileage *Expense Reimbursements* - please remember to include the number of kilometers and indicate whether travel was one-way or two-way. I apologize for some of the delays in cheque processing as we had some banking changes plus having my own full-time business this year, there were some hectic months.

Thank you for your patience and understanding that this is a volunteer position.

If you hosted a contest in 2006, please ensure that the *Drug Test Fee* of \$5 per lifter has been submitted to the OPA. If you hosted a championship meet, please submit the *Cost per Medal* of \$10 to the OPA as soon as possible. With dwindling income this year, it is important that we recover as much as possible. I would appreciate that any outstanding Drug Test Fee or Medal money be submitted to me by the end of October in order to have an up-to-date Treasurer's Report at the AGM.



Ontario Powerlifting Association
Visit your Website!!!

www.ontariopowerlifting.org

Send contributions and ideas to:
news@ontariopowerlifting.org

Submit to your
newsletter and
Website.

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

* ANNUAL GENERAL MEETING *

November 25, 2006 5:00pm
Best Western Brant Park Inn
19 Holiday Drive Brantford, ON
(519) 753-8651 1-877-341-1234

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✳ **Ontario Powerlifting News** ✳

Next Deadline: December 15, 2006

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Glyn Moore, Marlene Moore, Bill Jamison, Dave Hoffman, Krista Schaus, Mike Knott, Walter Urban

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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

Dec 15	Newsletter Submissions Deadline news@ontariopowerlifting.org	
Nov 11	Power Pit Open Jerry Marentette (519) 727-6096	Belle River
Nov 25 5pm	Annual General Meeting Jackie Mattice (519) 743-5218 Email: rjmattice@sympatico.ca Bill Jamison (905) 765-5345 Email: billjamison@sympatico.ca	Brantford
Nov 26	Ontario Masters and Junior Bill Jamison (905) 765-5345 Email: billjamison@sympatico.ca	Brantford
Dec 15	Newsletter Submissions Deadline news@ontariopowerlifting.org	
Jan 20	5 th Annual Niagara Open Glyn Moore (905) 646-8536 Email: gmoore82@cogeco.ca http://niagarapowerlifting.org	St Catharines
Apr 2007	2007 CPU National Championships	Halifax/Dartmouth NS
Apr 2008	2008 CPU National Championships	Ontario

*IPF Worlds Timetable

2006		
Sep 5-10	World Jr and Sub Jr	Bulgaria
Oct 4-8	World Masters	Killeen, TX
Nov 5-12	World Women and Men	Norway
2007		
Apr 18-21	World Bench Masters	Germany
May 30- Jun 2	World Bench Press	Denmark
Aug/Sep	11 th Pan-Am	Brazil
	Summer Special Olympics World Summer Games	China
Sep 4-8	World Sub-Jr / Jr	France
Oct 3-6	World Masters	Czech Republic
Nov 4-10	World Women/Men	Austria
Dec	Commonwealth Championships	Fiji

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

Registration

- Marlene Moore

This past summer has been quiet as far as new memberships and renewals. Our members total 160 this year which is down from the past two years and but the number of new members are on the rise.

Where are our past members? If you know of anyone who has been a member of the OPA, remind them that even if they are not an active lifter, it is only \$25 a year to receive a quarterly magazine and support a great organization!

This year our membership form is changing. I will be mailing out this form at the end of October to the present and past members of the OPA. Encourage new lifters into our organization and tell any previous members you encounter to sign up.

I am pleased with the amount of meets held this year and there are still two more competitions to be hosted. Jerry Marentette and the Power Pit Gym will hold an open meet November 11 in Belle River. This will be the last meet before the Ontario Masters and Juniors which will be hosted by Bill Jamison and Steel City Powerlifting Club.

I want to thank all the clubs who have put on meets this year. A lot of effort and time is spent hosting competitions. With the great support of our membership, and team work from other clubs, we are putting on more organized and efficient meets. Thanks to Stan Goss, Walter Urban and Glyn Moore who have volunteered their expertise running the score table for other clubs. Thanks also to Steel City, Iron Foundation, Golden Triangle, K-W Grizzlies, St. Thomas and Niagara Powerlifting for putting on meets. Special thanks to the Power Pit Gym who will have hosted three meets this year, a fun push-pull, a Provincial and an open three lift contest.

If anyone has any new ideas about registration or holding a meet, put your ideas down on paper or email and forward them to anyone on the Board of Directors. The Annual General Meeting is coming up November 25 and this is where you can address a concern or idea to make the OPA better. Suggestions need to be on the agenda in order to be discussed at the AGM.

I have enjoyed the Registration job and hope to continue in this position. My goal for next year is to have an organized calendar of meets so that lifters can plan their schedules and work towards the Provincial, National and World Competitions!

Newsletter & Website

- Ulrike Kruger

As life has gotten in the way, I wish to pass on the role of Newsletter Editor and Website to some other enthusiastic individual.

I have been involved in the OPA for quite a long time. It started with Registration Chairperson from 1993-1999, refereeing for a few years, Newsletter from 1995-1999 and again from 2002-2006. I also took over the website in 2004. Oh yes, then there was the competing part from 1985 onwards (off and on, I confess).

This could be one or two positions. Once the newsletter is created, it is a matter of placing some of the content on the website. The website took countless hours to create in the beginning as I was provided no content. Both the website and newsletter can use more, but there is always the challenge of finding submissions. I receive countless ideas and promises, but follow-up often does not transpire.

I would hope that someone can put forth their name or nominate someone who can fill this role. I will continue to offer assistance to anyone in the organization as always.

Power Pit Open	
Date:	November 11, 2006 11:00am
Host:	Power Pit Gym
Place:	1530 County Rd 22, Belle River, 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:	Squat, Bench Press and Deadlift
Weigh In:	9:00am *Times subject to change
Awards:	1 st , 2 nd , 3 rd , Best Novice, Best Lifter
Meet Director	Jerry Marentette (519) 727-6096
Entry Fee:	\$25.00 Fee must accompany Contest Entry Form on Page: 12
Entry Deadline:	November 7, 2006
Payable to:	Jerry Marentette
Send Entry to:	Jerry Marentette 1530 County Rd. 22 Belle River, ON N0R 1A0

OPA Club Updates

Niagara Powerlifting Club

- Glyn Moore

The 2007 Niagara Open will be held on January 20 at the Quality Inn in St. Catharines. Weigh-in will be 7:00am. Once again, the number of lifters will be capped at 36 so that we can run three flights. Applications will be accepted on a first come first served basis.



Niagara Club members, along with Walter Urban assisted at the Guelph Open and the Ontario Seniors. The Guelph competition was a nicely run with lots of top notch lifters competing. The Guelph team should be applauded for stepping up and holding a competition at a time when there were no other contests scheduled. The Ontario Seniors were held in Belle River by Jerry Marentette's Power Pit Team. This was an outstanding competition, the venue was very user friendly and the support from the local community was excellent.

The Niagara Club has started early preparations to host the 2008 Nationals and will work very hard to give everyone a National championship that will be remembered for all the right reasons. The biggest challenge will be to find volunteers for the platform. As the contest gets closer we will be approaching local clubs to ask for their help to find spotters and loaders.

I would like to write a few words about one of our fellow powerlifters whom in my opinion should be commended for his tireless contribution to our sport - Stan Goss. Stan was the announcer at the Ontario Seniors and has given to this sport since the early 1970s. His vast knowledge of powerlifting and powerlifting stories are both enlightening and entertaining. When we held the first Niagara Open, it was Stan who was amongst the first to offer support, as the only thing that we had was a squat and bench rack. The London, Guelph, Golden Triangle and Steel City teams, all loaned us equipment so that we could host a competition. Besides entertaining us all on the microphone at meets all over the Province and Country, Stan keeps us entertained with his unique laughing approach to the platform.

Thanks Stan - from the Niagara Powerlifting Club.

5 th Annual Niagara Open	
Date:	January 20, 2007 9:00am
Host:	Steel City Powerlifting Club
Place:	Quality Inn, Ontario St, St. Catharines
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:	Squat, Bench Press and Deadlift
Weigh In:	7:00am *Times subject to change
Awards:	1 st , 2 nd , 3 rd each weight class, Male and Female, Best lifters by age class. Best team
Meet Director	Glyn Moore (905) 646-8536 Email: gmoore82@cogeco.ca Website: http://niagarapowerlifting.org
Entry Fee:	\$55.00 Fee must accompany Contest Entry Form on Page: 12 NOTE: Maximum 36 lifters will be accepted for this contest – first come, first serve.
Entry Deadline:	January 5, 2007
Payable to:	Niagara Powerlifting Club
Send Entry to:	Glyn Moore 9 Old Oxford Rd. St. Catharines, ON L2M 2J7

* Club Updates Needed!!! *

Please send Club Updates to:

news@ontariopowerlifting.org

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

www.ontariopowerlifting.org

Annual General Meeting	
Date:	November 25, 2006 5pm
Place:	Best Western Brant Park Inn 19 Holiday Drive Brantford, ON (519) 753-8651 1-877-341-1234
Info:	The AGM is the place to bring forth proposals to make changes to the OPA constitution. Agenda items and proposals must be received by the secretary one month prior to the Annual General Meeting. OPA Secretary: Jackie Mattice Phone: (519) 743-5218 Email: secretary@ontariopowerlifting.org
Elections:	This is an election year. All positions are available for nominations. Refer to the constitution online at: www.ontariopowerlifting.org/constitution.html for details describing the various OPA Board of Director and Officer positions. Here is a list of the positions to choose from: <ul style="list-style-type: none"> ➤ President ➤ Vice president ➤ Secretary ➤ Treasurer ➤ Records Chairperson ➤ Registration Chairperson ➤ Referee Chairperson ➤ Regional Chairperson ➤ Newsletter / Website <p>Becoming involved is your opportunity to implement your ideas!!.</p>

Plan to host and OPA Contest?

To run a competition for the first time, to contact your Regional Chairperson or the Referee Chairperson to ensure that the appropriate equipment and resources are available and to help with the logistics for the first time.

In terms of administration, the following must occur:

- Meet Director must become an OPA member
- OPA member must register a club
- Meet Director must sanction the contest with the Ontario Powerlifting Association

Are you willing to be a Champion?

-Krista Schaus SPI CPT

There are two types of contributors to any sport - athletes and those behind the scenes making it possible for athletes to compete. Without one, the other fails to exist. They must work in synergy for the sport or organization to thrive. The difference between an athlete in this sport and a participant is distinguished by many characteristics, but they key characteristic is summarized in the following quote found on a bathroom wall in an airport last month:
 "You just expect more of yourself than you expect of anyone else. And you expect it all the time. You don't try for it, you don't hope for it.

You become it. Winning at that point takes care of itself...

Anyone can win, particularly in a small sport such as powerlifting. A winner brings home the trophies, medals and plaques, has the highest Wilks, has titles and high standings. A Champion isn't concerned about all that. Their character goes much deeper than that. A Champion is humble, professional and a true athlete. A Champion lives his life in accordance with his disciplines - family, faith, fitness and food. A Champion doesn't squeeze him or herself into the latest suit or bench shirt in order to win. A Champion picks a goal and strives to achieve it and is willing to tell no one. A Champion would never blame an official for a failure. They own their own failure. A Champion has EARNED THE RIGHT to be strong. A Champion has dedicated years, and likely decades, to the sport and has EARNED THE RIGHT to be considered an expert by their peers. A Champion celebrates the success of others. A Champion is more than just a competitor, they participate at all levels of the sport. A Champion speaks well of the sport, the athletes, the participants at all levels and is an ambassador of their sport.

...So the Question is.... Are you willing to be a Champion or will you settle to merely win?"

Just a reminder that it is an OPA election year - this is your opportunity to contribute to the sport you are passionate about at a higher level.

Attend, participate and network with other ambassadors of powerlifting in Ontario.

Krista is OPA Treasurer - 24 years lifting, 8 years competing, 5 years OPA Board of Directors.

For more information contact Krista at Defining Edge Fitness through her website www.definingedge.ca

Iron Foundation Open

July 29, 2006

Results: Walter Urban

Lifter	Club	Squat	BP	DL	Total	Wilks
Women						
52kg SubJr						
Goss Angela	London	52.5	37.5	72.5	162.5	214.3
56kg M1						
Marcinko Anita	.	70.0	65.0	120.0	255.0	300.8
67.5kg M1						
Brown Jody	.	75.0	47.5	97.5	220.0	230.0
75kg Open						
Frankel Sarah	.	112.5	67.5	130.0	310.0	296.5
Men						
67.5kg Jr						
Meyer Andrew	Iron Foundation	135.0	82.5	140.0	357.5	282.2
75kg M1						
Nadeau Frank	.	205.0	150.0	215.0	570.0	406.2
75kg Open						
Lawrence Brian	.	220.0	112.5	237.5	570.0	406.2
Samuel Aaron	.	182.5	120.0	182.5	485.0	361.0
75kg M2						
Goss Stan	London	180.0	105.0	215.0	500.0	357.1
82.5kg Jr						
Jivov Anton	.	135.0	90.0	165.0	390.0	271.8
100kg Jr						
Mackie Stephen	.	210.0	137.5	252.5	600.0	366.4
100kg SubJr						
Truscott Randall	Steel City	220.0	137.5	240.0	597.5	367.9
100kg Open						
Byrne Larry	Power Pitt	182.5	107.5	195.0	485.0	295.4
110kg Open						
Brown Sean	Monster	285.0	187.5	305.0	777.5	458.7
Vickery Peter	.	225.0	165.0	225.0	615.0	368.4
125kg Open						
Magistrale Steve	Niagara	260.0	185.0	280.0	725.0	415.4

Iron Foundation – Bench Press

July 29, 2006

Results: Walter Urban

Lifter	Club	BP	Wilks
Women			
56kg			
Chomitz Patti	Golden Triangle	42.5	50.1
60kg			
Schaus Krista	.	65.0	72.7
Men			
82.5kg			
Wilson Bob	Golden Triangle	165.0	111.5
100kg			
Beyer Darrell	.		
110kg			
Chomitz Steve	Golden Triangle	190.0	114.1
Vickery Peter	.	142.5	85.3
125kg			
Cuthbert Mat	Niagara	185.0	107.1

Ontario Paralympics–Bench Press

Jul 7-8, 2006

Results: Mike Knott

Lifter	BP	Wilks
Women		
40kg		
Sally Thomas	65.0	
56kg		
Michael Kuijpers	42.5	39.60
75kg		
Blake Harper	145.0	105.85
100+kg M1		
Edward Dennis	117.5	65.19

Ontario Paralympics

Jul 7-8, 2006

Results: Mike Knott

Lifter	Squat	BP	DL	Total	Wilks
Blind Open					
Women					
75kg					
Petrina Dressler	50.0	30.0	80.0	160.0	152.48
Men					
90kg					
Robert Truchon	175.0	135.0	190.0	500.0	320.85
Adam Bury	140.0	107.5	182.5	430.0	281.44
100kg M4					
Ray Villeneuve	150.0	162.5	170.0	482.5	298.04
125kg					
Tim Ekert	175.0	162.5	195.0	532.5	308.69



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 Master & Junior Championships

Date:	November 26, 2006 9:30am
Host:	Steel City Powerlifting Club
Place:	Best Western Brant Park Inn 19 Holiday Drive Brantford, ON (519) 753-8651 1-877-341-1234
Eligibility:	Open to registered CPU members, or any Must be registered for 2006 with the Ontario Powerlifting Association. Must have made the qualifying totals for he Masters and Juniors Championships. Refer to Page: 19
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:	Squat, Bench Press and Deadlift
Weigh In:	7:30am * <u>Times subject to change</u>
Awards:	OPA medals for 1 st , 2 nd and 3 rd in each weight class. Champion of Champions award for Masters and Juniors. Team award for Masters and Juniors
Meet Director	Bill Jamison (905) 765-5345 email: billjamison@sympatico.ca
Entry Fee:	\$55.00 Fee must accompany Contest Entry Form on Page: 12
Entry Deadline:	November 6, 2006
Payable to:	Bill Jamison
Send Entry to:	Bill Jamison 412 Big Creek Rd Caledonia, ON N3W 2G9



Ontario Seniors

Sep 23, 2006

Results: Glyn Moore / Mike Knott

Lifter	Club	Squat	BP	DL	Total	Wilks
Women						
67.5kg						
Porter Jenny	.	157.5	75.0	145.0	377.5	391.6
Schaus Krista	Steel City	132.5	72.5	127.5	332.5	367.9
75kg						
Frankel Sarah	.	130.0	80.0	150.0	360.0	344.9
Men						
67.5kg						
Chan Art	.	185.0	170.0	220.0	575.0	444.9
82.5kg						
Summers Brandon	Iron Foundation	282.5	200.0	272.5	755.0	509.9
Albert Willie	.	265.0	165.0	290.0	720.0	495.1
90kg						
Byrne Vince	PowerPit	260.0	190.0	275.0	725.0	469.1
Pigozzo Dave	Iron Foundation	232.5	160.0	255.0	647.5	415.0
100kg						
Drolc Alex	Iron Foundation	280.0	212.5	290.0	782.5	479.8
Childs Andy	.	287.5	185.0	285.0	757.5	463.5
110kg						
Mckenzie Steve	Iron Foundation	-	-	-	-	-
Emberley Jamie	.	287.5	195.0	300.0	782.5	460.6
125kg						
Magistrale Steve	Niagara	-	-	-	-	-
Byrne Jason	PowerPit	327.5	222.5	312.5	862.5	497.1
Ward Brandon	Golden Triangle	250.0	230.0	235.0	715.0	409.0
125+kg						
O'halloran Shawn	PowerPit	200.0	302.5	222.5	725.0	409.7

Records Set:

Jason Byrne 125kg
Mens Jr National
Squat 327.5kg
Deadlift 312.5kg

Shawn O'Halloran 125+kg
Mens M1 World
Bench 302.5kg



Ontario Bench Press

Sep 23, 2006

Results: Glyn Moore / Mike Knott

Lifter	Club	BP	Wilks
Women			
56kg			
Marcinko Anita	.	70.0	84.7
60kg			
Schaus Krista	Steel City	70.0	78.4
Men			
60kg			
Marentette Jason	PowerPit	90.0	78.0
67.5kg			
Chan Art	.	150.0	116.8
75kg			
Irwin Drew	PowerPit	162.5	116.1
Tellier Darek	PowerPit	125.0	93.3
Singh Rai Harnek	Monster	100.0	71.3
82.5kg			
Antoniow Barry	Ottawa Strong	210.0	141.6
Carpenter Chris	PowerPit	192.5	130.9
Wilson Robert	Golden Triangle	175.0	118.3
90kg			
Platsko Greg	PowerPit	150.0	96.3
Pigozzo Dave	Iron Foundation	142.5	91.1
Marentette Jerry	PowerPit	-	-
Byrne Vince	PowerPit	-	-
100kg			
Chomitz Steve	Golden Triangle	182.5	111.1
Koprnicki Miroslav	.	166.0	101.0
Garrett Steve	.	155.0	96.5
125kg			
Strong Ron	PowerPitt	-	-
Byrne Jason	PowerPitt	-	-
Ninaber Adrian	PowerPitt	182.5	105.3
125+kg			
Knott Mike	London	-	-
O'halloran Shawn	PowerPitt	295.0	166.8

Records Set:

Anita Macinko 56kg	Miroslav Koprnicki 100kg
Womens Open Provincial	Mens M2 Provincial
Bench Press 70kg	Bench Press 170kg
Shawn O'halloran 125+kg	Barry Antoniow
Mens M1 and Open	
National/Provincial	
Bench Press 295kg	

Due to the fact that Jerry Marentette and Ron Strong are in the final stages of their preparations for the World Masters they have asked me to write a brief report from the contest.

The venue for this contest was the local Knights of Columbus Hall in Belle River and it offered everything

that a powerlifting contest needed: adequate warm up area, good sized contest room and facilities to purchase food and beverages. The support from the local community was very nice to see and the audience got behind every lifter.

The Ontario Bench Press championship was held first. There were 22 lifters with two female. Anita Marcinko easily broke the Ontario M1 record on her second attempt. The other female lifter was Krista Schaus who got in two successful attempts. In the 75kg class, it was nice to see Harnek back on the platform. At 82.5kg, Barry Antoniow benched a massive 210kg. At 100kg Steve Chomitz had a hard time getting a bench passed and took it to a third to get one in. I think that it was just to make it interesting because the third was perfect and easy. Miroslav Koprnicki broke the Ontario M2 record with 166kgs. Coming in with an easy 295kg Canadian record first attempt was Powerpit's, Shawn O'Halloran. He made it look like it was 135lbs and then decided to save himself for the three lift.

In the three lift contest, there were sixteen lifters including three female. There were two lifters in the 67.5class - Jenny Porter and Krista Schaus. Krista had made weight in the 60kg class earlier in the day but had to re-weigh for the three lift contest. She then weighed 0.6kgs over at 60.6kgs. In my opinion this issue of having to weigh in twice on the same day should receive some discussion at the AGM. The third female lifter was Sarah Frankel who went 8 for 9 on the day.

In the men's division, Art Chan lifted at 67.5kgs with a nice 575kg total. Moving to the 82.5kg class, there were two former 75kg lifters, Brandon Summers and Willie Albert. Both looked very impressive, I think that Willie may go back to 75kgs but it appears that Brandon has made the move up and he lifted with a maturity and confidence that was very impressive. His total was an outstanding 755kg with a 509.9 wilks. Willy was narrowly behind with a massive 290kg second attempt deadlift and a 495 wilks. The 90kg class had two lifters and was won by Vince Byrne who showed remarkable character to lift so well after his family had received such tragic news. The 100kg class had Alex Droic and Andy Childs lifting. This class was won by Alex with a 782.5kgs followed by Andy at 757.5kg. The 110kg class was won by Jamie Emberley who lifted with just a belt and knee warmers and did a huge 782.5kg class. Jamie showed so much composure in each of his attempts and it will be interesting to see just what his total will be at the Nationals with full gear. The 125kg class had three lifters and it was won by the very impressive Junior lifter from the PowerPit club, Jason Byrne, who like his brother Vince, lifted under tremendous emotional pressure. Jason broke National Junior records in the squat and the deadlift and went three for three in the Bench as well. At super heavyweight Shawn O'Halloran cruised through the squat and deadlift but in the bench, set the room on fire with a new World M1 record of 302.5. Shawn then came incredibly close to locking out 317.5kg or 700lbs.

After the contest Jerry, had a BBQ at the Powerpit gym where I proceeded to keep up with Ron Strong beer for beer. I was successful for the first 20 minutes and then I just watched in admiration.

On Behalf of the Power Pit Team. *Glyn Moore*

Tribute

Written by, Shawn O'Halloran, on behalf of the Power Pit Club. A tribute to Larry Byrne our friend and our family.

Larry was a new addition to the Power Pit Power Lifting Club but not new to a lot of us as a friend or as family in the case of the three Byrne boys.



Words can never express how you feel when your friends lose a family member but nevertheless you offer your support. Vince and Jason lifted two days after Larry's passing and I for one admire their commitment to honor Larry by competing when I know that's what he would have wanted. Larry was a dedicated power lifter with goals he refused to give up on, in a very short time he closed in on and would have accomplished what he wanted more than anything. A 500 lb dead lift was loaded at our meet and a minute of silence given as a tribute to our team mate, friend and family. This was his goal and dream and I tell everyone reading this he had it in him and I just wish he had the chance to pull it on the platform. Larry was a funny guy and those of you who met him had a laugh and a beer so please remember him and say a prayer for him.

Rest in peace Larry.



Ontario Powerlifting Association
Visit your Website!!!

www.ontariopowerlifting.org

Send contributions and ideas to:
news@ontariopowerlifting.org

Submit to your
newsletter and
Website.

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

✳ Ontario Powerlifting News ✳

Next Deadline: Dec 15, 2006

Send contributions and ideas to:
news@ontariopowerlifting.org

OPA Special Athlete Records – May 1, 2006

Women – Seniors (24+)

60kg				
Bench	25.0	C. Howey	Apr-06	Kitchener, ON
Deadlift	65.0	C. Howey	Apr-06	Kitchener, ON
Total	90.0	C. Howey	Apr-06	Kitchener, ON
67.5kg				
Bench	52.5	K. Fitzgerald	Apr-06	Kitchener, ON
Deadlift	92.5	K. Fitzgerald	Apr-06	Kitchener, ON
Total	145.0	K. Fitzgerald	Apr-06	Kitchener, ON

Men – Juniors (23 and under)

60kg				
Bench	72.5	M. Arruda	Apr-06	Kitchener, ON
Deadlift	120.0	M. Arruda	Apr-06	Kitchener, ON
Total	192.5	M. Arruda	Apr-06	Kitchener, ON

Men – Seniors (24+)

52.5kg				
Bench	27.5	S. Fitzgerald	Apr-06	Kitchener, ON
Deadlift	60.0	S. Fitzgerald	Apr-06	Kitchener, ON
Total	87.5	S. Fitzgerald	Apr-06	Kitchener, ON
60kg				
Bench	60.0	R. Lamey	Apr-06	Kitchener, ON
Deadlift	80.0	R. Lamey	Apr-06	Kitchener, ON
Total	140.0	R. Lamey	Apr-06	Kitchener, ON
67.5kg				
Bench	62.5	N. Wise	Apr-06	Kitchener, ON
Deadlift	95.0	N. Wise	Apr-06	Kitchener, ON
Total	157.5	N. Wise	Apr-06	Kitchener, ON
82.5kg				
Bench	70.0	J. Killins	Apr-06	Kitchener, ON
Deadlift	120.0	J. Killins	Apr-06	Kitchener, ON
Total	190.0	J. Killins	Apr-06	Kitchener, ON
110kg				
Bench	107.5	M. Smith	Apr-06	Kitchener, ON
Deadlift	175.0	M. Smith	Apr-06	Kitchener, ON
Total	282.5	M. Smith	Apr-06	Kitchener, ON
125kg				
Bench	80.0	C. Heath	Apr-06	Kitchener, ON
Deadlift	150.0	C. Heath	Apr-06	Kitchener, ON
Total	230.0	C. Heath	Apr-06	Kitchener, ON

Squat Records

Women – Seniors (24+)

60kg				
Squat	25.0	C. Howey	Apr-06	Kitchener, ON

Men – Seniors (24+)

82.5kg				
Squat	75.0	R. Greig	Apr-06	Kitchener, ON
125kg				
Squat	112.5	C. Heath	Apr-06	Kitchener, ON

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.



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 must be a registered member of the Ontario Powerlifting Association

Club Contact: _____

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

[Rev:2005-11]

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



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 – July 31, 2006				
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. Boulerice	Mar-92	Ontario Seniors, North Bay, ON
Bench	90.0	S. Boulerice	May-91	Canadian Juniors, Kitchener, ON
Deadlift	185.5	S. Boulerice	Mar-92	Ontario Seniors, North Bay, ON
Total	445.0	S. Boulerice	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	260.0	D. Young	Apr-06	Canadian Juniors, Chilliwack, BC
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	317.5	J. Byrne	Apr-06	Canadian Juniors, Chilliwack, BC
Bench	227.5	J. Byrne	Nov-05	Ontario Juniors, Waterloo, ON
Deadlift	305.0	J. Byrne	Nov-05	Ontario Juniors, Waterloo, ON
Total	842.5	J. Byrne	Apr-06	Canadian Juniors, Chilliwack, BC
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	192.5	D. MacVicar	Nov-83	Worlds, Gothenburg, Sweden
Bench	125.0	D. MacVicar	Nov-83	Worlds, Gothenburg, Sweden
Deadlift	185.0	S. Boulerice	Feb-92	Canadian Juniors, Kitchener, ON
Total	492.5	D. MacVicar	Nov-83	Worlds, Gothenburg, Sweden
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	192.5	B. Antonoiw	Jun-06	Festival Sportif, Ste Marie, QC
Deadlift	298.0	J. Becker	May-98	Canadian Chmp, Richmond, BC
Total	765.0	J. Becker	Oct-05	World Masters, Petoria, SA
90kg				
Squat	305.5	J. Becker	Jan-06	Niagara Open, St Catharines, ON
Bench	197.5	J. Becker	Apr-06	Canadian Masters, Chilliwack, BC
Deadlift	322.5	P. Perry	Mar-85	Ontario Seniors, Sault Ste. Marie
Total	800.0	J. Becker	Jan-06	Niagara Open, St Catharines, 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	245.0	S. Brown	Jan-06	Niagara Open, St Catharines, ON
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. Giffin	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	302.5	S. O'Halloran	Jan-06	Niagara Open, St Catharines, ON
Deadlift	330.5	C. Yantha	Jun-06	Festival Sportif, Ste Marie, QC
Total	902.5	S. O'Halloran	Jan-06	Niagara Open, St Catharines, 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	305.5	J. Becker	Jan-06	Niagara Open, St Catharines, ON
Bench	19.5	J. Becker	Apr-06	Canadian Masters, Chilliwack, BC
Deadlift	302.5	P. Perry	May-91	Canadian Masters, Kitchener, ON
Total	800.0	J. Becker	Jan-06	Niagara Open, St Catharines, 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	275.0	S. Brown	Jan-06	Niagara Open, St Catharines, ON
Bench	245.0	S. Brown	Jan-06	Niagara Open, St Catharines, ON
Deadlift	290.0	R. Strong	Nov-05	Ontario Masters, Waterloo, ON
Total	810.0	S. Brown	Jan-06	Niagara Open, St Catharines, ON
125kg				
Squat	272.5	M. Giffin	Dec-03	Ontario Masters, Kitchener, ON
Bench	265.0	M. Giffin	Dec-03	Ontario Masters, Kitchener, ON
Deadlift	300.0	R. Strong	Jan-06	Niagara Open, St Catharines, ON
Total	815.0	M. Giffin	Dec-03	Ontario Masters, Kitchener, ON
125+				
Squat	331.0	S. O'Halloran	Jan-06	Niagara Open, St Catharines, ON
Bench	302.5	S. O'Halloran	Jan-06	Niagara Open, St Catharines, ON
Deadlift	320.0	S. Brown	Mar-04	Canadian Masters, Waterloo, ON
Total	902.5	S. O'Halloran	Jan-06	Niagara Open, St Catharines, 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	255.0	J. Marentette	Jan-06	Niagara Open, St Catharines, ON
Bench	178.0	H. Greenidge	Jul-05	Toronto Open, Brampton, ON
Deadlift	273.0	J. Marentette	Apr-06	Canadian Masters, Chilliwack, BC
Total	690.0	J. Marentette	Jan-06	Niagara Open, St Catharines, 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	650.0	P. Perry	Dec-02	Ontario Masters, Guelph, ON
100kg				
Squat	253.5	S. Seguin	Apr-06	Canadian Masters, Chilliwack, BC
Bench	167.5	S. Seguin	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+)				
75 kg				
Squat	220.0	J. Bourgoin	Apr-06	Canadian Masters, Chilliwack, BC
Bench	115.0	J. Bourgoin	Apr-06	Canadian Masters, Chilliwack, BC
Deadlift	182.5	J. Bourgoin	Apr-06	Canadian Masters, Chilliwack, BC
Total	517.5	J. Bourgoin	Apr-06	Canadian Masters, Chilliwack, BC
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 I OPA or higher referees must officiate record attempts. Use the form on page 18 to apply for a Provincial or National Record.

- Dave Hoffman - OPA Records Chairperson

For CPU National Records visit
www.powerlifting.ca

Ontario Bench Press Records – July 31, 2006				
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	230.5	J. Byrne	04/09/06	Chilliwack, B
Men Open				
60kg	147.5	J. Jong	03/16/03	Winnipeg, MB
75kg	167.5	E. Beachey	12/07/03	Kitchener, ON
82.5kg	185.0	B. Antonoiw	06/10/06	Ste Marie, QC
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
125kg	305.0	S. O'Halloran	05/27/06	Miskolc, Hungary
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
125kg	305.0	S. O'Halloran	05/27/06	Miskolc, Hungary
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

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: 19.
- Become an OPA Member. Membership form is on page: 12
- Complete the Contest Entry form (below) and send to the Meet Director along with the appropriate fees.



2006 - Contest Entry Form

- Use this form if you wish to enter an Ontario Powerlifting Association sanctioned contest.
- Send the completed form along with the appropriate fees to the contact indicated in the contest details.

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

Name of Contest: _____

Your Name: _____ **Phone#:** _____

Address: _____

Email : _____

Club Representing: _____ or Unattached

CPU Card#: _____ **Weight Class:** _____ kg Male Female **Date of Birth:** _____
dd/mm/yyyy

Contest Category Entered: (check all that applied)

- 3-Lift Deadlift only Bench only Special Athlete Intermediate Blind Novice
 Sub-Junior Junior Master I Master II Master III Open

T-Shirt size: (if applicable) _____

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: _____

You must be registered with the O.P.A.(Ontario Powerlifting Association) or C.P.U. (Canadian Powerlifting Union) or recognized I.P.F. (International Powerlifting Federation) affiliate. Registration cards must be shown at weigh-in.

I.P.F. Rules will be strictly enforced. The O.P.A. and C.P.U. reserves the right to carry out drug testing at any contest under their jurisdiction. In order to have the right to a Provincial, National or International record, it will be required of me to undergo a drug screening test before I may be declared the record holder.

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

In consideration of your acceptance, I hereby intend to be legally bound for myself: my heirs, executors or assigns waive and release any and all rights and claims for damages I may have against the C.P.U., the O.P.A., the Directors, the Executives or their representatives and successors and/or assigns, and the sponsors of this contest for any and all injuries suffered by me at the said contest.

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



(Parent/Guardian if under 18)

[11/2005]

ARTICLE XIX - Provincial Records

1. Standard application form has to be submitted no later than 30 Calendar days from the date of the supposed record.
2. a) The Chief Referee's seat and two side judges' seats must be occupied by at least a Provincial Category I card holder.
b) I.P.F. rules must be followed.
3. The lifter is responsible for completion and submission of the application form.
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 1	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 1	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 2 (50-59)	Class IV	Class III	Class IV	Class III
Master 3 (60-69)	Class IV	Class IV	Class IV	Class IV
Master 4 (70+)	(Not Applicable)	Class IV	(Not Applicable)	Class IV
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.
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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
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