



2018 GPC National / CPF Western Canadian Championships

- SANCTIONED BY:** Global Powerlifting Committee/ Canadian Powerlifting Federation
- CONTACT:** Lee Powell
southsaskpowerlifting@gmail.com
- Alternative Contacts:** Branden Fisher
b_fisher78@hotmail.com
- EVENT LOCATION:** Adrenaline Strength and Conditioning [Map](#)
1301 Osler Street
Regina, SK
S4R 1W6
- HOTEL:** Wingate by Wyndham Regina [Map](#)
1700 Broad Street
Regina, SK
(306) 584-7400
Use group code: Canadian Powerlifting Championships
- ELIGIBILITY:** Open to all Raw/Equipped individuals. GPC Lifters must be a member in good standing of GPC Canada and present their GPC membership card at weigh-ins. GPC membership is an ANNUAL \$45 fee required. Contact michellesenger@hotmail.com beforehand for GPC membership.
- WEIGH-IN:** Adrenaline Strength and Conditioning
1301 Osler Street
Regina, SK
May 4, 2018, 9:00 AM - 5:00 PM for Saturday lifters
May 5, 2018, 9:00 AM - 5:00 PM for Sunday lifters
No Day of Weigh-Ins
- LIFTING SCHEDULE:** May 5 & 6, 2018 open to public at 8:30 AM lifting starts at 9:00 AM
- UNIFORM:** **Mandatory - Must have one piece lifting suit or wrestling singlet.**
GPC and CPF rules apply
- CONTEST LIFTS:** Powerlifting (Squat/Bench/Deadlift), Squat Only, Bench Only, Deadlift Only
Raw or Equipped
- ENTRY FEE:** \$125 First event, \$25 for each subsequent event entered. Corresponding fee must accompany the entry form and be received no later than April 1, 2018
\$50 late fee for any entries allowed in after the deadline
Make cheques payable to: SouthSask Powerlifters
Etransfers and entry forms to: gpcpowerliftingcanada@gmail.com
- AWARDS:** 1-3rd place and Best Lifter in each category based on content of entries.
- RECORDS:** Canadian/World GPC and Canadian CPF records can be set at this meet.
- UPDATES & INFO:** www.independentpowerlifting.com
www.canadianpowerliftingfederation.com
www.adrenalinetraining.ca
www.facebook.com/events/301571843668104