



## 2018 South Sask Push Pull

- SANCTIONED BY:** Global Powerlifting Committee
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- Alternative Contacts:** Branden Fisher  
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- EVENT LOCATION:** Adrenaline Strength and Conditioning [Map](#)  
1301 Osler Street  
Regina, SK  
S4R 1W6
- HOTEL:** Double Tree by Hilton Hotel & Conference Centre [Map](#)  
1975 Broad Street  
Regina, SK  
(306) 525-6767
- ELIGIBILITY:** Open to all Raw/Equipped individuals. 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](mailto:michellesenger@hotmail.com) beforehand for GPC membership.
- WEIGH-IN:** Adrenaline Strength and Conditioning  
1301 Osler Street  
Regina, SK  
November 30, 2018, 9:00 AM - 5:00 PM **No Day of Weigh-Ins**
- LIFTING SCHEDULE:** December 1, 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](#) rules apply
- CONTEST LIFTS:** Push Pull (Bench/Deadlift), Bench Only, Deadlift Only Raw or Equipped
- ENTRY FEE:** \$110 First event, \$25 for each subsequent event entered. Corresponding fee must accompany the entry form and be received no later than November 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](mailto:gpcpowerliftingcanada@gmail.com)
- AWARDS & RECORDS:** 1-3<sup>rd</sup> place and Best Lifter in each category based on content of entries. Canadian GPC Bench Only and Deadlift Only records can be set at this meet.
- UPDATES & INFO:** [www.independentpowerlifting.com](http://www.independentpowerlifting.com)  
[www.sspowerlifting.com](http://www.sspowerlifting.com)