



SHELL SHOCK II

- MEET DIRECTORS:** Branden Fisher /Lee Powell /Greg Van Om /Josh Devoue
- SANCTIONED BY:** Global Powerlifting Committee/ Canadian Powerlifting Federation
- CONTACT:** Lee Powell
(306) 535-8772
southsaskpowerlifting@gmail.com
- Alternative Contacts:** Branden Fisher
(306) 591-0027
b_fisher78@hotmail.com
- EVENT LOCATION:** Adrenaline Strength and Conditioning
1301 Osler Street
Regina, SK
S4R 1W6
[map here](#)
- 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
[Map here](#)
November 3, 2017, 9:00 AM - 5:00 PM ONLY **No Day of Weigh-Ins**
- LIFTING SCHEDULE:** November 4, 2017, open to public at 8:30 AM lifting starts at 9:00 AM
www.independentpowerlifting.com
<http://www.canadianpowerliftingfederation.com>
<https://www.facebook.com/events/1332993473480623/> for updates
- 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/ Raw Assisted 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 **October 1, 2017**
\$50 late fee for any entries allowed in after the deadline
Make cheques payable to: South Sask Powerlifters
Etransfer to: southsaskpowerlifting@gmail.com
- AWARDS:** 1-3rd place and Best Lifter in each category based on content of entries.
- RECORDS:** Canadian GPC and CPF records can be set at this meet.