

**Minutes - Annual General Meeting of the Canadian Powerlifting Union
Sunday March 12, 2017, Saguenay QU, 9:00 am**

- 1) Roll Call

Mark Giffin	Mike Armstrong	Bill You	Sandro D'Angelo
Bill Jamison (ref)	Linda McFeeters (CH.S)	Joanna Rieber (Med)	
Tyler Ramsay (PE)	Justin Smith (PE)	Gabe Festing (BC)	Bonney Rempel BC)
Vicky Taylor-Hood (NL)	Glyn Moore (ON)	Lisa Nigh (ON)	Louis Levesque (QU)
Quinton Weber (QU)	Avi Silverberg (AB)	Shane Martin (AB)	Ryan Fowler (SK)
Chris Arnold (SK)	Brock Haywood (MB)	Ryan Kells (NS)	

- 2) President's Message
 - Read by Mark Giffin
- 3) Minutes of the last Annual General Meeting
 - PE - passed
- 4) Treasurer's Report
 - Read by Sandro D'Angelo
 - Discussion on some points, board expenses and CCES/CADP costs
- 5) Secretary's Report
 - Read by Mike Armstrong
- 6) Vice President's report
 - Read by Bill You
- 7) Vice President's report
 - Read by Sandro D'Angelo
- 5) Reports from CPU Officers
 - a) Referee Chairman
 - Read by Bill Jamison
 - b) Registration Chairman
 - Read as part of Sec Rep.
 - c) Public Relations Chairman
 - Read as part of Sec Rep.
 - SK – Passed (all officer reports)
- 6) Reports of Standing and Special Committees
 - d) Disabilities Integration Committee
 - none
 - e) Doping Control Committee
 - Read by Mark Giffin
 - f) Coaching committee
 - Read by Ryan Fowler
 - f) Medical Committee
 - Read by Joanna Rieber
 - g) Ethics Committee
 - Read by
 - NS - passed
- 7) Reports from Affiliated Provinces**
 - Motion to accept all as distributed – passed

9) Old business

2016 Projects (on last years minutes)

1. Further Parapowerlifting Development
Bill You spoke on this. 3 athletes going to a championship in Mexico
2. Upgrades to CPU website
Discussion about RFP's to redo the CPU site, including membership registration
Ad hoc committee of Avi Silverberg, Shane Martin, Chris Arnold
3. CPU Business to Business Opportunities
none
4. establish a committee to create a Procurement Policy
will be reviewed with Chris Arnold and implemented, with Shane Martin, Avi Silverberg and Sandro D'Angelo

10) Elections

President - Mark Giffin
 VP Sport Dev - Bill You
 VP Programs - Sandro D'Angelo
 Treasurer - Sandro D'Angelo
 - CPU to seek a qualified person for Treasurer role.
 Secretary - Mike Armstrong

Officers
 Referee – Bill Jamison
 Registration - Mike Armstrong
 Records – Mike Armstrong
 Website - Mike Armstrong
 Public Relations – Mike Armstrong
 Championship Secretary – Linda McFeeters

Committee Chairs:
 Med – Joanna Rieber
 Ethics – Shantelle Szuch
 Coaching – Ryan Fowler

11) New Business- Action on Proposed Amendments – see below

12) Items for Discussion - See below

13) Affiliation of new Member Provinces

- none

14) Delinquent Provinces

- New Brunswick

15) Future Championships Bids

- Westerns 2017 - Winnipeg, Brock Haywood Sept 9 weekend
- Easterns 2017 - St. John's, date (later changed to Nova Scotia)
- Centrals 2017 - yet to be determined by Ontario and Quebec.

- 2019 Nationals

- Sandro D'Angelo, Ottawa

16) Any other business

- proposed budget

Sandro presented – amended to add increased stipend for President

MB – NL – passed as amended

- clothing contract

MB – Bids from ER Canada and Bill You, neither accepted, more information requested.

17) Annual Awards (nominee's)

Bill Jamison Award: none

Male Powerlifter: Cameron St.

Male Bencher: Leon Brown

Female Powerlifter: Rhaea Stinn (Sask)

Female Bencher: Dana Sandler

Male Athlete Hall of Fame: none

Female Athlete Hall of Fame: Jackie Sandu (Sask)

18) Adjournment



2016 Annual Report

Bill You, Vice President Sport Development

2016 has brought many further avenues and projects to the Canadian Powerlifting Union with:

- Parapowerlifting
- Invictus Games
- Toronto Pro Super Show
- Hall of Fame

Parapowerlifting

Five International Paralympic Committee (IPC) Technical Officials/Referees maintained their National credentials. All are eligible for IPC International Cat 2 in 2017

- Harnek Singh Rai
- Matt Cuthbert
- Carol Brady
- Barry Antoniow
- Bill You

The CPU, in communication with the IPC, is furthering developing avenues of competition including participation in Défi sportif AlterGo. Défi sportif AlterGo is an international event that reunites both elite and up-coming athletes with all types of disabilities. Annually, approximately 5000 athletes from 20 countries, compete during 7 days in Montreal.

Invictus Games

The Invictus Games is a multi sport operation created by Prince Harry of Great Britain. The Games were created to “use the power of sport to inspire recovery, support rehabilitation, and generate a wider understanding and respect for those who serve their country, and their loved ones.” The CPU is the directing body for powerlifting during the 2017 Invictus Games to be held in Toronto, Ontario from September 23-30, 2017. The Canadian Powerlifting Union, with reference to IPC protocol, created the Rules of Performance for Powerlifting for the Invictus Games Committee for these and future Games.

Toronto Pro Super Show

The Toronto Pro Super Show, May 27-28, 2017 has officially received NAPF sanction and IPF recognition for World Records. The two day event will showcase Classic and Equipped Full Powerlifting, Classic and Equipped Benchpress, and also Classic and Equipped Deadlift Only.

Hall of Fame

The CPU is currently furthering a relationship with the Canada Sports Hall of Fame located in the Calgary Olympic Village. Ongoing proposals and discussions at time of writing of this report.

Bill You
Canadian Powerlifting Union
Vice President Sport Development



2016 Annual Report

Sandro D'Angelo, Vice President Director of Programs

Once again the CPU Board has been extremely busy in 2016, not only dealing with the day to day operations of the CPU but also working on and completing several initiatives. Some of the initiatives that I took the lead on and am pleased to announce that we accomplished during 2016 are as follows:

The first phase (Intro Coach /Instructor Certification) of the CPU Coaching Certification Program material is now complete. It has been reviewed and vetted through the CPU Coaching Committee and we are now ready to launch the first phase of the CPU Coaching Certification program.

Striving to ensure that the all CPU national team coaches are upheld to the highest standard we have implemented a mandatory process whereby every CPU National team coach will be required to enter into a CPU Coaching Agreement ("Agreement"). The Agreement outlines what is expected from each coach and provides each coach with clear roles and responsibilities.

As we did in 2015, the 2nd annual CPU Student Scholarship Program awarded five \$250 student scholarships in 2016. While we only received nine applications in 2016 compared to 19 that were received in 2015, we felt that the 2016 applications were of the highest quality. Thanks to Ryan Fowler and Avi Silverberg for their work in evaluating and selecting the successful applicants.

As the quantity of members increased during 2016 so has the quality of CPU lifters. This was certainly evident by the success that the CPU National team had throughout 2016 at various IPF World Championships. In an effort to build on this success and enhance the CPU name brand and also help fund the CPU National team, the CPU entered into some very significant partnership agreements during 2016. These agreements provided our open team members with standardized team Canada apparel and enabled several of team Canada's lifters, that earned a spot on the podium at the 2016 IPF Open Classic World Championships, to earn cash awards. We are hopeful to continue these sponsorship agreements and looking forward to additional partnerships in 2017.

We are also working on several other initiatives such as, a potential CPU hall of fame and providing additional CPU branded products (this has already been started in 2016 with CPU branded Team Canada gym bags).

Sandro D'Angelo
Canadian Powerlifting Union
Vice President Director of Programs



2016 Treasurer's Report to the Board

1. See the attached 2016 / 2015 comparative financial statements
2. See the attached 2016 budget versus actual results
3. The following are some of the highlights from the financial statements
 - The CPU ending cash balance as at December 31, 2016 was \$65,498.
 - While the 2016 ending cash decreased by \$6,081 from a 2015 ending cash balance of \$71,579 the CPU is in a strong financial position. There is sufficient of working capital to meet the day to day operations of the CPU.
 - Total CPU revenues for the 12 months ending 2016 were \$166,037. This is an increase in revenues of approximately \$50,000 from 2015. Significant revenues included membership fees of \$111,573, CPU drug testing revenues of \$16,520, sponsorship revenues of \$8,580 and CPU national team coaching revenue of \$6,000.
 - Total CPU operating expenses for 2016 were \$176,245. This is an increase of approximately \$25,000 from the previous year. Some of the significant expenses incurred by the CPU during 2016 were CPU referee expenses of \$24,977, CCES expenses of \$51,297, CPU travel expenses of 20,025 and CPU National Team coaching expenses of \$13,161.
 - The CPU experienced an operating loss of \$10,207 for the period ending December 31, 2016. While it was expected that the CPU would generate a small surplus during 2016 the following unexpected expenses contributed to this operating loss. A loss on foreign exchange of \$4,806, an IPF positive test result expense of \$3,190, and increases in CPU referee expenses, CCES expenses, and CPU travel expenses.

Sandro D'Angelo, CPA, CMA
Acting CPU Treasurer



Secretary's Report, 2016

Another busy year for myself, with trips to Estonia, Costa Rica, Regina, Florida and Texas, but a very successful year for the CPU and myself personally.

Memberships

The upward trend continues, coming in at 2662 as of Feb 1. With memberships expiring and stating on a daily basis, the number fluctuates and has gone over 2700 a number of times.

Below are the numbers for the past years. 2014 numbers are a bit of an anomaly, as it included the changeover period when some members had both the old style paper card, and the new electronic membership. Probably about 50 high.

	2010	2011	2012	2013	2014	2015	2016	% increase
BC	89	114	137	237	357	327	424	30
AB	85	93	138	174	260	314	353	12
SK	39	64	88	108	184	178	200	12
MB	19	29	47	52	88	68	42	62
ON	247	266	330	395	619	840	1029	23
QU	75	66	89	137	173	184	245	33
NS	30	64	43	88	98	98	116	18
PEI	58	60	47	47	55	44	37	-16
NL	46	47	29	70	154	163	110	-23
NB			2		7	20	38	90
IN	2		1	1	2	1	1	0
Ttl	690	803	951	1309	1997	2237	2662	19

Records

508 new national records were set in 201, down about 140 from the previous year. Many classes that previously had no records are getting filled in, so the reduction is understandable.

Website/Facebook

As in previous years, the site has again been very busy, with the forum accounting for the bulk of the traffic. Results have all been coming in within the one week deadline, and notifications of new contests have also come in within the 6 week prior deadline.

The Facebook page continues to be the best communication tool. Posts to the website forum will get a few dozen views in a week, a Facebook post will get two thousand views in one day, with many being shared out to an unknown number of secondary views.

World Teams

The workload of arranging the World teams was again very large, though I had some assistance from Linda McFeeters, who handled a couple of the smaller teams to get some experience in the job. Linda is taking on this role completely this year, I expect her to do well, with my assistance.

The fluctuating Canadian dollar made this year somewhat challenging, as I'm sure our treasurer will comment on.

I was also proud to serve as coach at the Master worlds in Estonia, where all 6 of our lifters got on the podium, including a couple of class winners in Jerry Marentette and Jeff Becker, and at the Pan Am Bench Championships in Costa Rica, where all of our lifters also did very well.



2016 Anti-Doping Committee Report

Members of the CPU Executive -

March, 2017

2016 was another landmark year for CPU Anti-Doping Programs with CCES continuing to act as the 3rd party Collection Authority. Then, in the fall the CPU Executive approved full adoption of the Canadian Anti-Doping Program resulting in CCES becoming the Testing Authority for the CPU.

In 2016, both In-Competition and Out-Of-Competition Programs continued successfully from the previous year. The size of the Registered Testing Pool (RTP) was increased slightly and 2016 we also saw the establishment of a National Athlete Pool (NAP). Athletes in both pools were required to complete an online E-Learning course provided by CCES. Those in the RTP also had to submit Whereabouts information to CCES quarterly, to assist in locating them for Out-Of-Competition tests.

One very important final initiative that was approved, and will be implemented early in 2017, was the requirement that for all new membership applications and anyone renewing a membership in the CPU, they must also take the CCES online E-Learning course as a requirement of membership.

This is certainly another major milestone and reconfirms the CPU commitment to Anti-Doping and protection of the rights of clean athletes.

2016 Testing Statistics

1. Tests Conducted (Urine & Blood)	Male	Female	Total
- In-Competition	39	15	54
- Out-Of-Competition	21	10	31
Totals	60	25	85

2. Sanctions

Analytic	2
Non-Analytic (refusal)	0
Total	2

Should you have any questions please let us know.

Respectfully Submitted,

CPU Anti-Doping Committee

Chris Robb, Chairman

Mark Giffin, Member

Harnek Singh Rai, Member



CPU MEDICAL COMMITTEE REPORT 2016

Members: Joanna Rieber; Amy Smith

The Medical Advisory Committee was formed in 2016 with the following mandate:

1. To provide confidential guidance to athletes regarding compliance with WADA for both prescription and non prescription medication and supplements
2. To develop guidelines for the presence of medical personnel at local, regional and national/international meets held within Canada
3. To act as a resource in any other capacity required by the CPU and its membership

CPU GUIDELINES FOR MEDICAL PRESENCE AT MEETS

BACKGROUND: the majority of injuries sustained at meets by athletes and /or volunteers are of a minor nature; however as our sport continues to grow, it is important to establish a minimum standard for medical presence at meets

Local And Regional Meets (Less Than 100 Lifters)

The presence and/or immediate availability of the following is recommended:

- Standard first aid kit
- Person trained in basic first aid and CPR (BCLS)
- Automatic External Defibrillator (AED) and person trained in its use (note: most personal trainers require this certification)
- Access and contact information for Emergency Medical Services (EMS) must be posted and immediately available
- An appropriate medical emergency action plan for the evacuation, emergency treatment, and transport of injured athletes with a delegate assigned to lead this task (for example the designated person would be the first contact to EMS services if required)
- Water for rehydration and ice for minor injuries

National And International Meets (Greater Than 100 Lifters)

The On-Site Presence Of Personnel Trained In Emergency Medical Care

Examples include the following:

- St Johns Ambulance
- Local EMS/Paramedics
- Private event medical services
- Physician

REFERENCES:

Canadian Society For Sports Medicine
 United Kingdom Athletics
 Federation Equestre Internationale

CPU Medical Committee 2016-2017 Report – Pharmaceutical Assessments
Amy D. Smith-Morris

Background:

In 2016, the CPU Medical Committee offered pharmaceutical assessments to the Classic World's Team.

Methods:

All athletes were offered a full pharmaceutical assessment (prescription medications, over the counter products, natural or herbal products, athletic supplements, etc). Assessments were performed by Amy D. Smith-Morris (Doctorate in Pharmacy) with the following objectives:

- 1) Ensure compliance with the Canadian Centre for Ethics in Sport and the World Anti-Doping Agency (WADA) Prohibited Substances lists (2016).
- 2) Ensure safe use of substances
- 3) Address any specific pharmaceutical athlete questions

Results:

A total of 30 athletes received pharmaceutical assessment with most athletes competing in the master age categories (N= 17, 57%) (Table 1). A total of 214 products were assessed with 13 identified as not complying with the WADA prohibited substances or included on the 'watch' list. (Table 2)

Conclusions:

The WADA lists are challenging to interpret without a pharmaceutical or chemistry background allowing for extrapolating listed substances to drug metabolites or alternative substance names. As demonstrated within this report, an expert resource provided to CPU athletes offered an opportunity for improved compliance and supports Canadian athletes participating in drug-free sport.

Possible Next Steps:

The value of a pharmaceutical assessment is related to confidentiality. Many athletes wish to comply with the WADA prohibited substance lists, but require guidance. It is probable that additional athletes would ask questions if not for the fear of unknowingly breaking the rules or revealing confidential health information. Moving forward, the medical committee suggests continuing to offer pharmaceutical assessments and addressing specific athlete questions.

Table 1: Athlete Demographics (N = 30)

Age Categories (N, %)	Gender Categories (N, %)
Open	4 (13)
Master	12 (40)
Junior	18 (60)

Table 2: Potential Prohibited Substances Identified Through Pharmaceutical Assessments

Substances	Number
Pseudoephedrine/ephedrine	7
Synephrine	3
Morphine	1
Corticosteroid Injections	1
Hordardine	1
Total	13



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March, 2017

To: CPU Executive

Please find below the reports of the Coaching Committee and the Funding Committee for the 2017 AGM.

Coaching Committee (Members: Ryan Fowler, Brock Haywood, Jon Stewart, Ryan Stinn)

2016 saw the coaching committee revamp how we reimburse our coaches, and we believe it was a much better method of reimbursement.

World Classic – Head Coaches-Avi Silverberg, Ryan Stinn, Carla Ramsay, Marc Morris. Assistant Coaches-Avi Silberberg, Carla Ramsay, Jeff Butt, Justin Smith. Intern Coaches-Justin Reeson, Damian Wilmot, Marc Morris, Matthew Goldsmith

North Americans – Head Coach-Connor Lutz

North American Bench Only – Head Coach-Mike Armstrong

World Masters – Head Coach-Mike Armstrong

World Open – Head Coach-Jeff Butt

The Coaching Committee has also been tasked with continuing to work on the development of the coaching certification course. We are rolling out the course now with the course conductors meeting during Nationals to get the course off the ground. This is an exciting time for coaches in the country as we continue to move forward with expanding our coach training.

I would like to thank the coaching committee for their work this year and look forward to further work next year.

Funding Committee:

The funding committee continues to be on a holding pattern due to the need for Sport Canada approval in order to proceed with NCCP development and vice versa. It is hoped that within the next 3-5 years, with the continued work towards both coaching development and parapowerlifting recognition, we will be able to proceed forward with funding.

Yours in Lifting,

Ryan Fowler
Coaching Committee and Funding Committee Chair

BCPA President's Report CPU AGM – March 11, 2017

2016 IN REVIEW

In 2016, the BCPA awarded the Athlete of the Year awards to Adam Ramzy and Aimee Mergaert for their performances, both on the local and world stage in 2015. These two athletes represented both BC and Canada in exceptional fashion. The BCPA also awarded two Volunteer of the Year awards. The BCPA also introduced a Bursary award which were given to Meara Mulholland and Adam Ramzy.

The BCPA social media has exploded with our Facebook page increasing in Likes by 22% in just one year making this our primary information source for the community. The BCPA Instagram has become more popular. The athletes have been tagging the #bcpa and #bcpowerlifting and sharing all of their highlights from each of their competitions or sharing their experiences from their training. It has been a great avenue for our community of lifters to communicate and socialize.

The growth in our membership which was increased by 29%.

In an effort to accommodate all of its' new members, the Executive did its best to host as many competitions as possible or assisted the Clubs in hosting their competitions. In 2016, there were 9 competitions held in BC in comparison to the 8 competitions that were held in 2015.

The BCPA was proud to be able to host the Canadian Western Championships in Kamloops. We hope that everyone who attended enjoyed themselves as much as we did.

During these competitions, the CCES attended and conducted 7 In-Competition tests.

THE FUTURE OF THE BCPA

2016 was an election year and we now have 11 members on our Executive. While it was exciting to see so many people interested in joining the Executive it posed many challenges. Key members of our Executive have been busy working at improving the BCPA on many different levels.

In addition to more competitions, the BCPA will be focussing on:

- Increased anti-doping at each competition;
- Increased Club development;
- Increased Meet hosting by either a Club or an individual;
- Increased education to our membership on both the IPF Rules and anti-doping;
- Increased Referee recruitment; and
- Forming and outfitting our National team.

Already implemented within the BCPA is the new logo and website. We hope everyone have been able to visit the new website.

This year we are looking to implement team uniforms for our BC athletes travelling to Nationals.

I would like to extend my gratitude to my fellow Executive members who have helped with all of the changes and progress that we have made. As well, I would like to thank all of our Referees who come out to every competition and spent endless hours to officiate. Finally, I wish to personally thank each and every one of our volunteers. You are the reason that we are able to have our quality competitions.

Gabriel Festing
BCPA President



January 30, 2017

To: CPU Executive

The APU is continuing its annual growth. From the end of 2015 to 2016 we went from 340 to 374 members. We can attribute this growth to a number of factors, but mostly due to sanctioning two new powerlifting clubs, one in Calgary (Calgary Barbell) and one in Grand Prairie (The Strength Club).

As a province, we have always placed a high priority on the quality of our competitions, and this year was no different. We made key equipment purchases that will allow us to stock the warm-up room with first-class equipment, including two sets of Rogue powerlifting plates, two Elieko powerlifting bars, and 1 ER rack. Furthermore, we have purchased a new wireless light system, as well as two large APU branded backdrop banners to place behind the competition platform at every APU meet. We have also secured key partnerships with venues in both Calgary and Edmonton that support powerlifting, which will allow us to continue to host regular competitions throughout the year. In 2016 we hosted 8 competition, and this year we are on track to host 10.

We've had incredible support from our members stepping up into various volunteer roles. First, we've had two new meet directors in 2016, with another 4 new meet directors already hosting meets in 2017. The APU is supporting these new meet directors in many ways in order to diversify the locations that meets are held, in addition to offsetting the burden of only a few members who choose to host meets every year. Second, over the past year we've had 4 new Provincial referees join our refereeing system, and many more who have already showed interest in pursuing this certification. The health of our refereeing system is, in large part, driven by Shane Martin who is passionate about mentoring first-time referees, as well as rules and policies around refereeing in general.

To support members in their powerlifting development, we continued the practice of hosting a weekend long coaching summit in early January. This opportunity brought together local coaches to share on various topics related to exercise science, sport nutrition, and rehabilitation. As well, the APU sponsored two international coaches to attend, Mike Tuchscherer and Bryce Lewis, to share their perspectives on training, programming, and the coaching process. Many of our members regarded this powerlifting weekend to be the highlight of their year.

Lastly, the APU believes in the pursuit of drug-free sport. As such, the APU spent \$9084.00 in 2016 to self-fund drug tests at local competitions. We are proud of our money spent on these initiatives to show our commitment to the National drug testing program.

With respect,

Avi Silverberg
Alberta Powerlifting Union
President



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March, 2017

To: CPU Executive

Saskatchewan hosted 6 contests in 2016, all of which were well attended with some great lifting happening.

Saskatchewan currently has 5 National referees, Ryan Stinn and Ryan Fowler and Rhaea Stinn. The SPA also has 12 Provincial Referees. We continue to recruit 1-2 Provincial referees each year to help with the workload at the various competitions in Saskatchewan.

The SPA also hosted the 2016 National Championship in Regina. This was the largest National Championship to date, with SPA members stepping up to volunteer to ensure the highest caliber of Championship was held.

Saskatchewan Powerlifting continues to grow in numbers and caliber of lifting, with 2016 being our biggest membership year ever. The future looks good for the SPA.

Yours in Lifting,

Ryan Fowler
SPA President



MANITOBA POWERLIFTING ASSOCIATION
YEARLY REPORT
2016 Lifting Year

Lifters:

The MPA was fortunate enough to have several lifters participate in World Championships this past year. Hailey Kostyniuk and Robert Snow both represented the CPU at the IPF World Classic Championships in Killeen Texas. Hailey set CPU records and earned a Silver Medal at her first World Championship. Robert placed 8th in the M1 120+ weight class.

Ben Langley represented the CPU and MPA at the North American Championships in St Croix in the US Virgin Islands. Ben lifted in the 74kg weight class and won Gold for Canada.

Drug Testing

The CCES was present for the February competition and tested four athletes. There were no further tests within the province for the remainder of the year.

Membership

As with the rest of our sister provinces within the CPU the MPA has experienced a significant growth in the membership base over the course of 2016. As of January 28, 2017 the MPA membership was at an all time high of 107 members!

Competitions

There were four competitions held over 2016. As the membership has increased the MPA has been able to host events outside of the capital city of Winnipeg. This past year both the cities of Brandon and Portage la Prairie played hosts to powerlifting events.

Highlights

- Nationals – Gold - Hailey Kostyniuk Women’s Open 84+kg, Krista Vandewaeter Women’s Equipped Bench 84, Robert Snow M1 120+ Equipped Benchpress and M1 120+ Unequipped Powerlifting
 - Bronze – Jocelyn Blake Women’s Open 84kg.
- 2016 CPU Westerns – 2 gold, MPA lifters
- MPA Membership hits an all time high for the second year in a row

*Prepared by,
Brock Haywood
MPA President
IPF Category I Referee*



Fédération québécoise de dynamophilie

Québec Powerlifting Federation

fqd-quebec.com

Saguenay, March 2017

**CPU BOARD OF DIRECTORS
CPU PROVINCIAL PRESIDENTS**

A busy year just ended, we just broke a membership records of 265 members. This is an increase of almost 50% over last year. We held 11 meet during 2016 ans our provincial was held for the first time on 2 and half days. Over 130 athletes participated. It was the first year of my presidency and it was a very big hat to wear. That is why Louis is still in my provincial executive, i needed him to learn the job and to move in the right direction.

In 2016, we put more energy to try to develop the Quebec city region which has now 2 new affiliate club with approximately 30 new members from the region, so we can now host meet in Quebec city. It was also a year dedicated to the nationals' preparations. We just bought a brand new eleiko rack and used it at our provincial. Our platform now has a very professional look. Furthermore, The Quebec government gave us a funding of 5000\$ for the 2017 nationals which is awesome.

Our women also had very good performance on the international scene at the last Classic Worlds in Killeen, Texas. Jessica Benedetto won a silver bench medal and a bronze medal in the total in the -57kg open category. However, Camille Tremblay achieved a squat world record of 168kg and won a bronze medal in the total in the Subjr -72kg.

We also hired Quebec Team coaches for the last Central championship in Guelph, Ontario. The results was very good and i can say that the qpf is definitely united more than ever with the Nationals being held in Saguenay.

Finally, for the next year, i wish to break the 300 members, the sport is growing fast in quebec, there is more clubs, more women and our records just continue to rise. We will also focus on the Central organisation. Lastly, i really want to devote time to develop some high school powerlifting club in the province.

Long live the QPF and the CPU.

Joel Boulianne
President

Nova Scotia Power Lifting Association 2016 Review

Meet Summary

Five (5) meets were held

- Mike Laroche Memorial Meet (Feb)
- Provincials (June)
- Mainland Fall Classic (Oct)
- YMCA Open (Nov)

Summary Points

- Powerlifting continues to grow and as such more meets have been added. Moreover, in separate parts of the province.
- NSPL has committed more funding for out-of-pocket drug testing. It is our intention to test each meet in NS.
- An OTM test caught a NS athlete and resulted in a four (4) year ban.
- NSPL put forward Hanan Dehrab for the First Annual Women Active Trendsetter Awards. She was a finalist alongside International Curler Colleen Jones and National Soccer Player Cindy Tye.
- NSPL has easily adopted IPF rules regarding clothing for practicing Muslim women. We currently have a few of these new lifters.
- NSPL has added six (6) new provincial referees and one (1) new National referee who are all in various stages of mentorship.
- NSPL continues to use Race Roster for meet registration and has seen a drastic increase in efficiencies with this web-based program.
- NSPL continues to promote the sport in New Brunswick to ensure all NB participants have venues to compete.



2016 for the PEI Powerlifting Association was a successful year, which brought in new members and a few changes to our executive team.

- President – John MacDonald
- Vice President – Justin Smith
- Secretary – Jillian Sproul
- Treasurer – Tyler Ramsay
- Webmaster/ Records Chairperson – Tyler Ramsay
- Director at Large – Heather Ayles
- Officials Chairperson – Justin Smith
- PR Position – Jill MacFarlane

Highschool Program

We continue to support the PEI School Athletic Association's Powerlifting program which has 3 meets per calendar year. Members Justin Smith, Tyler Ramsay, Jillian Sproul, Tilman Gallant and John MacDonald attended the events to help with the program's success. We expect to see several of these lifters transition into the PEIPLA / CPU.

Meets

2016 was an experimental year with an attempt to divide the Sub-Juniors / Juniors Provincials with the Master's / Opens Provincials. Dividing the Provincials proved not to be a successful decision with low attendance at the Junior Provincials.

Junior / Sub-Junior PEI Provincials – Equipped & Classic April 30th 2016 Meet Directors Justin Smith and John MacDonald. 16 Competitors participated

Open / Masters PEI Provincials – Equipped & Classic Dec 3rd 2016 Meet Director Jeri Munro. 39 Competitors Participated

National Competitors

Classic Bench Only

- Stephen Flemming - 1st place
- Justin Smith – 1st place
- Marion Johnston – 1st place
- John MacDonald – 3rd place

Equipped Bench Only

- Brad Kennedy - 1st place
- John MacDonald - 1st place / Best Lifter

Classic Powerlifting

- Heather Ayles – 2nd place
- Natasha Dunn – 2nd place
- Justin Smith - 3rd place
- Jill MacFarlane – 5th place

- Emily McKenna – 8th place

Equipped Powerlifting

- Brad Kennedy - 1st place / Best Lifter
- John MacDonald - 1st place

International Competitors

This year we seen 3 lifters attend International events

- Heather Ayles – 8th place finish Classic Worlds
- Justin Smith – 8th Place finish Classic Worlds
- John MacDonald – 11th place finish IPF Men's Open Equipped

Proposals

From: Mark Giffin, CPU President

Amendment to Competitions 6.2

Current Wording:

6.2 The dates and groupings and of all CPU National Championships shall be determined by the CPU Board of Directors, with the following recommended groupings:

- 1) All events combined
- 2) If no bids are made for such an all-inclusive combination, other groupings will be considered.

Change to:

6.2 The dates and groupings and of all CPU National Championships and all CPU Regional Championships shall be determined by the CPU Board of Directors, with the following recommended groupings:

- 1) All events combined
- 2) If no bids are made for such an all-inclusive combination, other groupings will be considered.

Rational

1. Like Nationals, Regional Championships are CPU sanctioned events. This requires CPU level oversight and control of standards and timing of Regional Championships relative to National and World Championships

AB - Passed

Amendment to Competitions 6.3

Current Wording:

6.3 If an all-inclusive event is to be held, that date of the event must be between February 15 and March 15. Efforts shall be made to hold all national championships at least twelve (12) weeks prior to their respective World Championships.

Change to:

6.3 If an all-inclusive National Championships is to be held, that date of the event must be between February 15 and March 15. Efforts shall be made to hold all national championships at least twelve (12) weeks prior to their respective World Championships.

6.3.1 If an all-inclusive Regional Championships is to be held, that date of the event must be between August 15 and November 15. Efforts shall be made to hold all Regional Championships at least twelve (12) weeks prior to National Championships.

Rational

1. The hierarchy of events for a CPU lifter should be is as follows. Local meet, Provincial Championships, CPU Regionals Championships, CPU National Championships, IPF Regional Championships, IPF World Championships. The hierarchy of this calendar allows for a logical progression of development for the lifter from their first meet through to higher levels of competition.
2. Lifters progressing onto National level competition are required to first compete at a Regional Championship. These lifters require adequate time to prepare for Regionals as well as Nationals. The CPU calendar must be organized in a manner to support these lifters in their efforts.

SK - Passed

Amendment to Competitions 6.4

Current Wording

6.4 The C.P.U. Board of Directors shall determine the qualifying standards for all National and International competitions.

Change to:

6.4 The C.P.U. Board of Directors in consultation with the provincial bodies shall determine the qualifying standards for all Regional, National and International competitions.

Rational

1. In recognition of the actual process and to recognize the importance of CPU Regional Championships within the CPU's hierarchy of events.

MB - Passed

Amendment to Competitions 6.6**Current Wording**

6.6 For all National Championships each province shall send to the Meet Director and the National Referee Chairman a list of all referees who will be attending the competition, including arrival and departure information and the referee's category

Change to:

6.6 For all Regional Championships and National Championships each province shall send to the Meet Director and the National Referee Chairman a list of all referees who will be attending the competition, including arrival and departure information and the referee's category.

Rational

1. In recognition of the importance of Regional Championships in the development of CPU lifters and as a CPU sanctioned event, appropriately qualified referees must be in attendance.
2. In recognition of the opportunity regional championships now provide in referee skill development and the opportunity to increase our pool of National and International referees.

Amended to include "t coincide with the entry deadline"

Sec - passed

Amendment to Competitions 6.7**Current Wording**

6.7 Regional Championships shall not be required to follow the requirements of National Championships in regards to number of national rank referee's, contest bids, dates, but shall be organized along the lines of a provincial championships, by the provincial organization hosting the event. The divisions of each Regional Championship are as Follows:

-The "Eastern Championships" shall include: Newfoundland, New Brunswick, Nova Scotia, and Prince Edward Island

-The "Central Championships" shall include Quebec and Ontario

-The "Western Championships" shall include Manitoba, Saskatchewan, Alberta, and British Columbia

Change to:

6.7 Regional Championships shall be required to follow the requirements of National Championships in regards to number of national rank referee's, contest bids, dates.

The divisions of each Regional Championship are as Follows:

-The "Eastern Championships" shall include: Newfoundland, New Brunswick, Nova Scotia, and Prince Edward Island"

-The "Central Championships" shall include Quebec and Ontario

-The "Western Championships" shall include Manitoba, Saskatchewan, Alberta, and British Columbia

Rational

1. The primary purpose of the requirement for lifters yet to attend to Nationals to gain experience by competing at a championship level competition. Logically, the meet should be organized and run at championship level so that less experienced lifters to gain truly relevant experience.
2. The secondary purpose of regional championships is to provide meet officials and referees the opportunity to develop their skills
3. To ensure the quality of regional championships remains high, the Board, Members and other officers should have opportunity to review and approve competitive bids at the AGM.

4. With membership continuing to grow, Regional events will provide an option for more experienced lifters to compete at CPU sanctioned championship
5. As regional championships receive a CPU sanction, these championships should be organized and run at a level befitting of the national organization.
6. National records can be set at regional championships.

BC – passed, 2 opposed

Amendment to Competitions 6.8

Current Wording

6.8 Date and location of the Regional Championships shall be determined by the collected provincial bodies, as submitted at the CPU AGM, to avoid conflict with any other local, national, or International competition.

Change to:

6.8 Date and location of the Regional Championships shall be determined by the C.P.U. Board of Directors and collected provincial bodies, as submitted at the CPU AGM, to avoid conflict with any other national or International competition.

Rational

1. The implication of the current wording is that the scheduling of a local competition will take precedence over a CPU sanctioned Regional Championship event.
2. As Regional Championships are CPU sanctioned events, the C.P.U. Board of Directors must be represented in determining dates and locations for Regional Championships.
3. In the hierarchy events, the timing of CPU and IPF events take precedence over local provincial events.

NS - passed, 1 opposed

Amendment to Competitions 6.10

Current Wording

6.10 Bids to host National Championships must be in writing, clearly stated, and signed by the submitting officer. All bids shall be presented for consideration at the Annual General Meeting of the C.P.U., and must be accompanied by a certified cheque or money order in the amount of \$500.00, as payment of the sanction fee, and an additional fee of \$250.00 to be paid in the form of a Pro Forma Bond or certified cheque. The Pro-Forma Bond/certified cheque would be returned to the bidding province if all conditions of the competition bid have been met. If all the conditions are not met, then the bond or cheque will be used by the C.P.U. to cover any costs it incurs to correct the problem.

Nationals Championships sanction shall include two rooms at the meet hotel for national referees to share from the night before the contest until the morning after the contest. Assignment will be at the discretion of the chief referee

The Province holding nationals should include in their bid a referee, who is national level or higher, to be the Technical Secretary who is required to do the paperwork (including flights, score sheets, etc.).

The Organizing Committee of the National Championships must provide to non-lifting referees a complimentary banquet ticket.

Change to include:

6.10.1 Bids to host Regional Championships must be in writing, clearly stated, and signed by the submitting officer. All bids shall be presented for consideration at the Annual General Meeting of the C.P.U., and must be accompanied by a certified cheque or money order in the amount of \$250.00, as payment of the sanction fee, and an additional fee of \$250.00 to be paid in the form of a Pro Forma Bond or certified cheque. The Pro-Forma Bond/certified cheque would be returned to the bidding province if all conditions of the competition bid have been met. If all the conditions are not met, then the bond or cheque will be used by the C.P.U. to cover any costs it incurs to correct the problem.

Regional Championships sanction shall include one room at the meet hotel for national referees to share from the night before the contest until the morning after the contest. Assignment will be at the discretion of the chief referee

The Province holding Regional Championships should include in their bid a referee, who is national level or higher, to be the Technical Secretary who is required to do the paperwork (including flights, score sheets, etc.). The Organizing Committee of the Regional Championships must provide to non-lifting referees a complimentary banquet ticket.

Rational

1. Recognition of the importance of Regional Championships to the CPU calendar and to the development of our lifters and requires the implementation of a bid process as well as controls to maintain quality.

[Withdrawn](#)

From:
Mike Armstrong, Secretary

1.0 GENERAL PROVISIONS:

Current Wording

Any Canadian citizen or Permanent Resident of Canada shall be allowed to register with the C.P.U. so long as he/she is an amateur in good standing.

Non-Canadian citizens or non-Permanent Residents may participate in CPU events as lifters or officials upon proof of membership in good standing with any IPF affiliate federation.

Lifters that are not Canadian citizens or Permanent Residents of Canada are not eligible for competition awards and may participate as guest lifter status.

Change to:

Any Canadian citizen, Permanent Resident of Canada, **or persons in Canada on a work or study visa** shall be allowed to register with the C.P.U. so long as he/she is an amateur in good standing.

Other persons may participate in CPU events as lifters or officials upon proof of membership in good standing with any IPF affiliate federation but lifters will be listed as guest lifter status.

Amend to: first paragraph, add “Persons on work or study visa cannot set national records or earn a spot on national team”

Rationale

We are receiving an increasing number of enquiries from persons in Canada on visa’s for work or study, some for multiple years, who want to participate in our events, but are not able to because of the Citizen/Resident requirement. In some cases, they have not been able to obtain memberships from their own country, because they are not current residents.

Passed, -3 opposed

6.0 Competitions

Add new policy 6.30

At all CPU level competitions, meaning National Championships and the Regional Championships, the IPF rule of no weight or age class changes within 21 days of the event will be observed.

Rationale

With the increasing number of lifters participating in the higher level events, the number of lifters that want to change classes on the day of lifting is also increasing. Some sessions will have 8 or 10 lifters drop out, or need to be added in, making scheduling very difficult, flights being changed and the last minute, and some that should be changed go unnoticed. We need it to be more predictable.

Failed

Later amended to “At all CPU National Championships, the IPF...”

ON - passed

16.1, Qualifying Totals

Current Wording

Canadian lifters wishing to compete at their first National Championships must first record a total at either a Western, Eastern or Central Championships within the previous two years of their respective national championships.

Change to

Canadian lifters wishing to compete at their first National Championships must first **lift** at either a Western, Eastern or Central Championships within the previous two years **of the national championships**.

Additionally, lifting in bench only at regionals cannot be a qualifier for 3-lift nationals, however the reverse is accepted.

Rationale

The purpose of this rule is to increase the experience level of the lifters. Even bombing out achieves this. For similar reasons, lifting Bench only does not lend the same degree of experience as lifting in a 3-lift contest.

NS – Passed

17.10 National Team Selection

The existing policy:

For any IPF Championships where the applicable National Championships are less than 6 weeks prior to the World Championships, the National event results from the year previous will be used as the qualifying standard.

The proposed policy

For any **3-lift** IPF Championships where the applicable National Championships are less than 6 weeks prior to the World Championships, the National event results from the year previous will be used as the qualifying standard.

(add new paragraph)

For any **single-lift** IPF Championships where the applicable National Championships are less than **4 weeks** prior to the World Championships, the National event results from the year previous will be used as the qualifying standard.

NS - Passed

From: Bill You, VP

7.0 Records

Add:

7.14

National records may only be set with IPF approved weights and measures, bar and collars included.

Rationale:

CPU is the national governing body for the IPF in Canada. Our standards should match that of the IPF.

NS - passed

17.0 NATIONAL TEAM SELECTION

17.7 A standard agreement will have to be signed by every prospective member of any of the CPU's World Teams. This agreement will contain, but not necessarily be limited to, all of the following elements:

e) All lifters competing at international events are subject to pay the CPU \$50.00, which will go directly to the Coaching Committee to supplement the coaching budget and support the assigned coaches.

Change to:

e) All lifters competing at international events are subject to pay the CPU \$50.00, which will go directly to the Coaching Committee to supplement the coaching budget and support the assigned coaches. If the Coaching Committee does not name a Coach for a Championships, the \$50.00 fee is waived.

Rationale:

If no coach is named to the Team, it is without justification to charge a lifter for services that would not be rendered.

PE – passed

World Games Funding

Per 2014 AGM:

Money set aside in budget for World Games athletes and coaches (SK)

Proposal that \$2000 per athlete be awarded to WG lifters.

Seconded and accepted by vote.

Change to:

Up to \$2000 per athlete be awarded to World Games lifters at discretion of the CPU Board of Directors with recommendations from CPU Treasurer.

Rationale:

World Games transport, accommodation, and meals are covered by the World Games. Only additional cost incurred by athlete is airfare. Large Teams, though great for Canada, can put large financial stress on the CPU.

BC – Tabled for later discussion by proposer

Paralympic Funding

\$2000 per year

As Paralympic Powerlifting is continuing to develop, dedicated funding is becoming apparent. Funding will serve many purposes including athlete development and officials recruiting and training.

SK - failed

Competition Committee Proposals to the CPU AGM 2017

1) Re-wording for clarity and intention

Current: 16.1 Canadian lifters wishing to compete in National Championships must meet qualifying totals.

Canadian lifters wishing to compete at their first National Championships must first record a total at either a Western, Eastern or Central Championships within the previous two years of their respective national championships. (to start with the 2016 Easterns/Westerns)

Proposed: 16.1 Canadian lifters wishing to compete in National Championships must meet qualifying totals.

Canadian lifters wishing to compete at their first National Championships must first record a total at either a Western, Eastern or Central Championships within the previous two years of their respective national championships. They must compete in the respective competition, for example they must compete in Powerlifting if they wish to compete in Powerlifting at the National Championships, they may not compete in Bench Only at the regionals then in Powerlifting at the Nationals. They may compete in Powerlifting at the Regionals then Bench Only at the Nationals however.

Withdrawn in favour of another proposal

2) Add QS for international teams for other age categories

Current: 17.13 Minimum Wilks for CPU International Teams

International A Team Open Female Classic - 390, Open Male Classic - 440

International B Team Open Female Classic - 350 Open Male Classic - 400

Proposed:

International A Team

Classic:

SubJunior Female - 290

Junior Female - 345

Open Female - 390

M1 Female - 335

M2 Female - 290

M3 Female - 260

M4 Female - 220

SubJunior Male - 370

Junior Male - 420

Open Male - 450

M1 Male - 385

M2 Male - 365

M3 Male - 320

M4 Male - 290

International B Team

SubJunior Female - 260
Junior Female - 310
Open Female - 350
M1 Female - 300
M2 Female - 260
M3 Female - 230
M4 Female - 200

SubJunior Male - 330
Junior Male - 385
Open Male - 400
M1 Male - 345
M2 Male - 335
M3 Male - 290
M4 Male - 250

AB – passed (to start in 2018)

3) Appendix A - National Qualifying Standards - Junior Qualifier Increase (prepared by Marc Morris)

We also propose an increase to the junior qualifications across the board. A sub-analysis from CPU Nationals data (2014-2016) showed the bulk of our Junior lifters are already competing at the Open QS level (43 of 80 men, 15 of 29 female). We looked further at the ones who don't already reach the Open QS to see if they hit the Open QS in the future or went on to attend Nationals as Open lifters. This prospective analysis showed the majority Juniors lifters do not attend future Nationals as Open lifters (although the data is limited).

Therefore, we propose to increase Junior QS to Class III. This will limit large classes of Junior lifters, that have have been shown to skip Nationals in future years, and in most cases doesn't impact what happens at the podium level.

See below for Junior sub-analysis

Background: There is a large portion of juniors that already compete at an Open level. In most cases they win, however, they have QT standards that are much lower than the Open standards. My aim is to explore if it is the Open calibre Junior lifters that continue on to lift at the Open level at subsequent National events, with the less elite group not being retained or simply using their junior attendance as some sort of "bucket list" event.

My hypothesis is that we have a pretty even split of Junior lifters that are either:

- a) Good enough to compete at the Open level and continue to do so as Open lifters
- b) Compete as Juniors and are not retained (don't improve, don't want to travel if they aren't competitive).

Methods: I mined the 2014 and 2015 Data. I skipped over 2016, as we obviously don't have follow-up data (2017). The raw data is attached but it's not necessary to look through. Additionally, lifters may be duplicated in both data sets.

Then, I separated the junior lifters that made a Open QT at either 2014 or 2015 nationals. With these lifters, I individually searched the database to see if they attended either 2015 or 2016 Nationals as Open lifters or even hit the Open QT in subsequent meets.

A few caveats, although the data pool is fairly large, we don't have follow-up data for 4+ raw years, meaning that some of the juniors aren't yet Opens. This means that the total tally of lifters that don't attend Nationals isn't a true reflection. Still it's the best I can do at this point without starting to tease out birth dates. However, I still teased out if they reach the Open QT standards and simply don't attend another Nationals.

Results:

Male

Lifters that made the Open Qualifying totals in 2014-15 National competitions

	OPEN QT (n=80)	
	YES	NO
2014	11	18
2015	32	19
TOTAL	43	37

Prospective results - nationals and other meets where they made Open QT's

	PROSPECTIVE (n=37)	
	Nationals as Open	Achieved Open QT
YES	3	10
NO	34	27

Female

Lifters that made the Open Qualifying totals in 2014-15 National competitions

	OPEN QT (n=29)	
	YES	NO
2014	5	9
2015	10	5
TOTAL	15	14

Prospective results - nationals and other meets where they made Open QT's

	PROSPECTIVE (n=14)	
	Nationals as Open	Achieved Open QT
YES	1	6
NO	13	8

Discussion: The data is not perfect, but what it shows is that the competitive juniors are usually already at the Open QT's or get their within their first two nationals (43 of 80 men, 15 of 29 female). This means if we are looking to reduce anything, I think it should come from this category selectively.

My recommendation to the EC would be to either:

a) raise the junior QT's to a class 3 total (didn't rerun with this QT to see attendance).

This does not effect who podiums at Nationals in most cases. From this analysis I have a strong feeling, the bottom finishers aren't being retained in the sport anyway.

See the two attached documents containing some updated numbers but also a reformatted layout. Instead of having a complicated multi-table system where you use one table to reference what class you must hit then another to figure out the total you must hit we propose a system with multiple tables each for a specific purpose ie: Men's Classic National Qualification Standards or Women's Classic Regional Qualification Standards.

NS – Passed (raise Junior from 4 to 3)

4) Appendix A - National Qualifying Standards - Empty Qualifiers

We put in qualification standards for all age categories as we believe that everyone should have to hit some sort of qualifier to lift at the national championships, not just have lifted the minimum weight possible. In cases when we could use an old existing class jump(Class 5 down from Class 4) we did that, below that we generated new numbers based on a wilks level ie 245 wilks for M4 Men's National Qualifier. Looking through the lifter database with the wilks levels generated there are a majority of people qualified based on each number. However perhaps it would be good as this mostly affects master lifters to survey our master lifters and ask them if they feel there should be a qualifier.

These qualifiers are also seen in the attached documents.

AB - Passed

**Alberta Powerlifting Union Proposals and Items for Discussion
Submitted January 30: 2017**

POLICY AND PROCEDURES

2.1.5: The CPU Presidents shall receive an annual stipend of \$1000

CHANGE: The CPU President shall receive an annual stipend of \$5000

REASON:

To continue to meet the challenges and demands of this role we need to provide sufficient compensation that reflects the everyday realities of leading a large sport organization.

NS - Passed

3.1: Committee Chairmen will be elected by the Board of Directors. All other committee members will be appointed by the President of the CPU.

CHANGE: Committee Chairmen will be elected by the Board of Directors and Executive Members every three years in the CPU election cycle. All other committee members will be appointed by both the President of the CPU and Committee Chairman.

REASON:

Chairmen should follow the same election procedure as the Board of Directors. This also allows a process whereby any member can apply and engage with committee work. As well, it ensures a fair process where all members can vote on positions, allowing for growth and change among committee members.

SK - passed

3.8: Coaching Committee: The coaching committee shall be responsible for the selection of the Head Coach for any IPF level event. Once the Head Coach is selected, the Coaching Committee and Head Coach are jointly responsible for naming any assistant coaches or additional personal that have a leadership or management role on the team. The coaching committee shall also be responsible for testing on all National coaches.

Change: Coaching Committee: The coaching committee shall be responsible for the selection of the Head Coach for any IPF level event. Once the Head Coach is selected, the Coaching Committee and Head Coach are jointly responsible for naming any assistant coaches or additional personal that have a leadership or management role on the team. The coaching committee shall also be responsible for managing the CPU Coaching Program broadly, including, testing all National coaches, developing criteria for improvement, ensuring a standard of excellence across coaches, and making recommendations to the CPU Board of Directors.

REASON:

This is already in practice and needs to be reflected in bylaws.

NS - passed.

ADD 6.30

The National host city must only be awarded to cities that have a major airport able to accommodate athletes traveling from all part of Canada.

REASON:

We must not host National size events in small cities that cannot accommodate large groups of people coming and going in an effective manner and at a reasonable cost.

PE - fails

ADD 6.31

The CPU will reserve a \$5000 fund that can be accessible annually for National Meet Directors for the purposes of professionally live streaming the event.

REASON:

We must assert ourselves as a professional sport organization by promoting its highest level of competition to athletes. This initiative will inspire athletes to continue lifting and competing in the CPU and pursue high level competition.

BC - failed

6.7: Regional Championships shall not be required to follow the requirements of National Championships in regards to number of national rank referee's, contest bids, dates, but shall be organized along the lines of a provincial championships, by the provincial organization hosting the event. The divisions of each Regional Championship are as Follows:

- The "Eastern Championships" shall include: Newfoundland, New Brunswick, Nova Scotia, and Prince Edward Island
- The "Central Championships" shall include Quebec and Ontario
- The "Western Championships" shall include Manitoba, Saskatchewan, Alberta, and British Columbia

CHANGE:

Regional Championships shall not be required to follow the requirements of National Championships in regards to number of national rank referee's, contest bids, dates, but shall be organized along the lines of a provincial championships, by the provincial organization hosting the event. The divisions of each Regional Championship are as Follows:

- The “Eastern Championships” shall include: Newfoundland, New Brunswick, Nova Scotia, and Prince Edward Island
- The “Central Championships” shall include **Manitoba**, Quebec and Ontario
- The “Western Championships” shall include **Manitoba**, Saskatchewan, Alberta, and British Columbia

REASON:

As it currently stands, the Central Championships is a contest between two provinces. This doesn't seem adequate to be considered a “Regional Championship”. Furthermore, it is much more challenging for athletes in the West to travel for Regional Championships if the distance is spread across four provinces rather than three.

BC - fails

ADD 17.14

For any athlete seeking National Team spots, they must compete in the same age and weight category at the National Championships that they intend to compete internationally.

REASON:

This will limit confusion on who makes the team, and who doesn't, when athletes might be eligible to compete in more than one age or weight category.

SK - passes

SPA Submissions to the CPU Executive for the 2017 AGM

Agenda Items:

16.0 Qualifying Totals

Add 16.2 Canadian lifters who achieve a top 3 finish at the World Championship shall automatically be qualified for the following year's National Championship.

Rationale – Our top lifters should be able to plan their training and peaking schedules around the top tier Championships and should not have to requalify to compete at the next year's National Championship by lifting at a local or Provincial meet.

AB - fails

17.0 National Team Selection

Add 17.7.b.i. Any member of the National Team who achieves a Top 3 finish at the World Championship shall have their participation fee reimbursed.

Rationale – The CPU is in a position to support our top tier lifters and this would help to support them achieving the highest level of success.

No second

18.0 Coaching

Current Wording: 18.3 Head Coaches of C.P.U. National Teams at international competitions shall be eligible for reimbursement in amounts as per the CPU Budget. Teams must have a minimum of 3 members, not including the coach, for reimbursement to be applicable.

Proposed Wording: 18.3 ~~Head~~ Coaches of C.P.U. National Teams at international competitions shall be eligible for reimbursement in amounts as per the CPU **Coaching Committee** Budget. ~~Teams must have a minimum of 3 members, not including the coach, for reimbursement to be applicable.~~

Rationale: As we move forward with the coaching certification program, we are not just reimbursing the head coach. We are also to the point where we should be supporting our small teams as well as our big teams and paying for a coach for all teams, not just the ones we have 3 or more lifters at.

Discussion Items:

Sask

1. Automatic renewal of CPU card.

An option on the CPU card website that allows individuals to sign up for automatic renewal of their CPU card as an option. This would allow long time lifters the ability to continually have their CPU card renewed year to year and also may help with some retention if individuals can just sign up for it to automatically renew.

[Website committee will investigate.](#)

2. Self-declaration of Canadian citizen or Permanent Resident

An addition to the CPU card website that has a check box for declaring if you are a Canadian citizen or Permanent Resident and then a way to get that data from the site in an efficient manner to avoid the issues we have run into over the last year.

[Withdrawn](#)

3. CPU National Championship Feedback form completion by CPU executive

It was voted in a couple of years ago to develop a feedback form for the National Championship meet director. The form was created and passed at the AGM. Is it being done and by who?

[Mike will resurrect](#)

4. Tiered CPU membership for coaches and referees.

With the coaching certification program coming online this year, what is the thought of creating a tiered membership? Should certified coaches have to be a CPU coach member and purchase a coaching membership? What about a referee membership? All other sports, certified referees must purchase their membership from the governing body in order to be called a certified referee.

Ryan and group discussed

NS

how NSPL has used a webpage (Race Roster) to streamline the registration process for meets and we have leverage this technology in a way that other might interested in how to facilitate multiple meets in an easier more efficient way.

Ryan Kells discussed and demo'd.

Ontario (All items withdrawn)

We have 2 points that I think are timely topics for impending changes that are necessary given the growth of CPU and integrity of the sport.

1). Qualifying totals required for all Provincial Championships and Regional Championships be the same as National qualifying totals. As well, mandatory participation at provincials should be necessary across all provinces in order to go to nationals. (That said, cannot lift at a category at nationals unless you have participated in provincials with a qt-ie: if one has only qualified as Classic in 63k class at provincials, that's it for nationals too). All provinces need to align their qualifying totals and regulations around making nationals. Possibly raising all qualifying totals.

2) Need to align our standards with IPF qualifiers (ie: if one qualified as 84 weight class, classic, then they must be that weight and no flexibility given to go up and down at nationals). This will control numbers as well as control diluting the integrity of equipped lifting.

Items for possible discussion:

Those are the main and immediate points of concern. As a province, we are much larger than other memberships, and we are growing in membership in northern Ontario now. Our provincials are broken into jr and master/open at different times. Growth is spiking in jr and open. We need to be more mindful of national MEET dates to accommodate this demographic better. As well as serious consideration should be given to travel cost viability when selecting nationals centres. Perhaps cost analysis for travel /stay pre selection of city???

Since qualifying standards are higher at provincials meets than regional meets, I question the validity of regionals for our province. As well, Perhaps consideration could be given to changing the date of nationals so as to give those who are travelling opportunities to tour and maximize the spending of their monies vs having to travel in march during winter months. I believe the nationals were changed many years ago from summer to earlier to accommodate and not interfere with families summer vacations. We can look at alignment with USAPL national meets.

As well, there needs to be more of a process when assigning roles. While we support any CPU decision, ultimately 5 roles should not be arbitrarily given to one person because their name was brought up at the CPU level. We have many qualified individuals across the CPU and a selection committee would help keep the interest to a broad range of people rather than a select few.

It's important to see more synergy between provinces going forward.

Men's Classic Bench Only National Qualifying Standards (Current)

Weight Class	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Open	-	97.5	107.5	120	130	137.5	145	150	157.5
Sub-Junior	55	65	72.5	77.5	87.5	90	95	100	105
Junior	62.5	75	82.5	90	100	105	110	115	120
Master I (40-49)	-	85	95	105	115	120	127.5	132.5	137.5
Master II (50-59)	-	75	82.5	90	100	105	110	115	120
Master III (60-69)	-	65	72.5	77.5	87.5	90	95	100	105
Master IV (70+)	-	None	None	None	None	None	None	None	None

Men's Classic Bench Only National Qualifying Standards (PROPOSED)

Weight Class	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Open	-	97.5	107.5	120	130	137.5	145	150	157.5
Sub-Junior	55	65	72.5	77.5	87.5	90	95	100	105
Junior	72.5	85	95	105	115	120	127.5	132.5	137.5
Master I (40-49)	-	85	95	105	115	120	127.5	132.5	137.5
Master II (50-59)	-	75	82.5	90	100	105	110	115	120
Master III (60-69)	-	65	72.5	77.5	87.5	90	95	100	105
Master IV (70+)	-	60	65	70	77.5	82.5	87.5	90	95

Men's Classic Bench Only Regional Qualifying Standards (Current)

Weight Class	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Open	-	85	95	105	115	120	127.5	132.5	137.5
Sub-Junior	None	None	None	None	None	None	None	None	None
Junior	55	65	72.5	77.5	87.5	90	95	100	105
Master I (40-49)	-	75	82.5	90	100	105	110	115	120
Master II (50-59)	-	65	72.5	77.5	87.5	90	95	100	105
Master III (60-69)	-	None	None	None	None	None	None	None	None
Master IV (70+)	-	None	None	None	None	None	None	None	None

Men's Classic Bench Only Regional Qualifying Standards (PROPOSED)

Weight Class	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Open	-	85	95	105	115	120	127.5	132.5	137.5
Sub-Junior	55	60	65	70	77.5	82.5	87.5	90	95
Junior	62.5	75	82.5	90	100	105	110	115	120
Master I (40-49)	-	75	82.5	90	100	105	110	115	120
Master II (50-59)	-	65	72.5	77.5	87.5	90	95	100	105
Master III (60-69)	-	60	65	70	77.5	82.5	87.5	90	95
Master IV (70+)	-	55	60	65	70	75	80	82.5	87.5

Men's Equipped Bench Only National Qualifying Standards (Current)

Weight Class	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Open	-	112.5	125	137.5	150	157.5	167.5	172.5	180
Sub-Junior	62.5	75	82.5	90	100	105	110	115	120
Junior	72.5	85	95	105	115	120	127.5	132.5	137.5
Master I (40-49)	-	97.5	107.5	120	130	137.5	145	150	157.5
Master II (50-59)	-	85	95	105	115	120	127.5	132.5	137.5
Master III (60-69)	-	75	82.5	90	100	105	110	115	120
Master IV (70+)	-	None	None	None	None	None	None	None	None

Men's Equipped Bench Only National Qualifying Standards (PROPOSED)

Weight Class	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Open	-	112.5	125	137.5	150	157.5	167.5	172.5	180
Sub-Junior	62.5	75	82.5	90	100	105	110	115	120
Junior	82.5	97.5	107.5	120	130	137.5	145	150	157.5
Master I (40-49)	-	97.5	107.5	120	130	137.5	145	150	157.5
Master II (50-59)	-	85	95	105	115	120	127.5	132.5	137.5
Master III (60-69)	-	75	82.5	90	100	105	110	115	120
Master IV (70+)	-	65	72.5	77.5	87.5	90	95	100	105

Men's Equipped Bench Only Regional Qualifying Standards (Current)

Weight Class	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Open	-	97.5	107.5	120	130	137.5	145	150	157.5
Sub-Junior	55	65	72.5	77.5	87.5	90	95	100	105
Junior	62.5	75	82.5	90	100	105	110	115	120
Master I (40-49)	-	85	95	105	115	120	127.5	132.5	137.5
Master II (50-59)	-	75	82.5	90	100	105	110	115	120
Master III (60-69)	-	65	72.5	77.5	87.5	90	95	100	105
Master IV (70+)	-	None	None	None	None	None	None	None	None

Men's Equipped Bench Only Regional Qualifying Standards (PROPOSED)

Weight Class	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Open	-	97.5	107.5	120	130	137.5	145	150	157.5
Sub-Junior	55	65	72.5	77.5	87.5	90	95	100	105
Junior	72.5	85	95	105	115	120	127.5	132.5	137.5
Master I (40-49)	-	85	95	105	115	120	127.5	132.5	137.5
Master II (50-59)	-	75	82.5	90	100	105	110	115	120
Master III (60-69)	-	65	72.5	77.5	87.5	90	95	100	105
Master IV (70+)	-	60	65	70	77.5	82.5	87.5	90	95

Women's Classic Bench Only National Qualifying Standards (Current)

Weight Class	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Open	-	42.5	47.5	52.5	57.5	60	67.5	70
Sub-Junior	27.5	27.5	30	32.5	35	37.5	42.5	45
Junior	30	32.5	35	37.5	42.5	45	50	52.5
Master I (40-49)	-	40	40	45	50	52.5	60	62.5
Master II (50-59)	-	32.5	35	37.5	42.5	45	50	52.5
Master III (60-69)	-	None	None	None	None	None	None	None
Master IV (70+)	-	None	None	None	None	None	None	None

Women's Classic Bench Only National Qualifying Standards (PROPOSED)

Weight Class	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Open	-	42.5	47.5	52.5	57.5	60	67.5	70
Sub-Junior	25	27.5	30	32.5	35	37.5	42.5	45
Junior	37.5	40	42.5	45	50	52.5	60	62.5
Master I (40-49)	-	40	42.5	45	50	52.5	60	62.5
Master II (50-59)	-	32.5	35	37.5	42.5	45	50	52.5
Master III (60-69)	-	27.5	30	32.5	35	37.5	42.5	45
Master IV (70+)	-	25	27.5	30	32.5	35	37.5	40

Women's Classic Bench Only Regional Qualifying Standards (Current)

Weight Class	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Open	-	40	40	45	50	52.5	60	62.5
Sub-Junior	None	None	None	None	None	None	None	None
Junior	27.5	27.5	30	32.5	35	37.5	42.5	45
Master I (40-49)	-	32.5	35	37.5	42.5	45	50	52.5
Master II (50-59)	-	27.5	30	32.5	35	37.5	42.5	45
Master III (60-69)	-	None	None	None	None	None	None	None
Master IV (70+)	-	None	None	None	None	None	None	None

Women's Classic Bench Only Regional Qualifying Standards (PROPOSED)

Weight Class	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Open	-	40	40	45	50	52.5	60	62.5
Sub-Junior	25	25	27.5	30	32.5	35	37.5	40
Junior	30	32.5	35	37.5	42.5	45	50	52.5
Master I (40-49)	-	32.5	35	37.5	42.5	45	50	52.5
Master II (50-59)	-	27.5	30	32.5	35	37.5	42.5	45
Master III (60-69)	-	25	27.5	30	32.5	35	37.5	40
Master IV (70+)	-	25	27.5	30	32.5	35	37.5	40

Women's Equipped Bench Only National Qualifying Standards (Current)

Weight Class	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Open	-	50	55	60	65	70	77.5	82.5
Sub-Junior	30	32.5	35	37.5	42.5	45	50	52.5
Junior	37.5	40	40	45	50	52.5	60	62.5
Master I (40-49)	-	42.5	47.5	52.5	57.5	60	67.5	70
Master II (50-59)	-	40	40	45	50	52.5	60	62.5
Master III (60-69)	-	32.5	35	37.5	42.5	45	50	52.5
Master IV (70+)	-	None	None	None	None	None	None	None

Women's Equipped Bench Only National Qualifying Standards (PROPOSED)

Weight Class	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Open	-	50	55	60	65	70	77.5	82.5
Sub-Junior	30	32.5	35	37.5	42.5	45	50	52.5
Junior	40	42.5	47.5	52.5	57.5	60	67.5	70
Master I (40-49)	-	42.5	47.5	52.5	57.5	60	67.5	70
Master II (50-59)	-	40	40	45	50	52.5	60	62.5
Master III (60-69)	-	32.5	35	37.5	42.5	45	50	52.5
Master IV (70+)	-	27.5	30	32.5	35	37.5	42.5	45

Women's Equipped Bench Only Regional Qualifying Standards (Current)

Weight Class	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Open	-	42.5	47.5	52.5	57.5	60	67.5	70
Sub-Junior	27.5	27.5	30	32.5	35	37.5	42.5	45
Junior	30	32.5	35	37.5	42.5	45	50	52.5
Master I (40-49)	-	40	40	45	50	52.5	60	62.5
Master II (50-59)	-	32.5	35	37.5	42.5	45	50	52.5
Master III (60-69)	-	27.5	30	32.5	35	37.5	42.5	45
Master IV (70+)	-	None	None	None	None	None	None	None

Women's Equipped Bench Only Regional Qualifying Standards (PROPOSED)

Weight Class	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Open	-	42.5	47.5	52.5	57.5	60	67.5	70
Sub-Junior	27.5	27.5	30	32.5	35	37.5	42.5	45
Junior	37.5	40	42.5	45	50	52.5	60	62.5
Master I (40-49)	-	40	42.5	45	50	52.5	60	62.5
Master II (50-59)	-	32.5	35	37.5	42.5	45	50	52.5
Master III (60-69)	-	27.5	30	32.5	35	37.5	42.5	45
Master IV (70+)	-	25	27.5	30	32.5	35	37.5	40

Men's Classic National Qualifying Standards (Current)

Weight Class	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Open	-	440	482	527.5	570	605	635	662.5	677.5
Sub-Junior	285	317.5	350	382.5	412.5	437.5	460	480	490
Junior	312.5	347.5	382.5	417.5	450	477.5	502.5	522.5	535
Master I (40-49)	-	375	415	452.5	487.5	517.5	545	565	580
Master II (50-59)	-	347.5	382.5	417.5	450	477.5	502.5	522.5	535
Master III (60-69)	-	317.5	350	382.5	412.5	437.5	460	480	490
Master IV (70+)	-	None	None	None	None	None	None	None	None

Men's Classic National Qualifying Standards (PROPOSED)

Weight Class	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Open	-	440	482	527.5	570	605	635	662.5	677.5
Sub-Junior	285	317.5	350	382.5	412.5	437.5	460	480	490
Junior	337.5	375	415	452.5	487.5	517.5	545	565	580
Master I (40-49)	-	375	415	452.5	487.5	517.5	545	565	580
Master II (50-59)	-	347.5	382.5	417.5	450	477.5	502.5	522.5	535
Master III (60-69)	-	317.5	350	382.5	412.5	437.5	460	480	490
Master IV (70+)	-	282.5	312.5	340	367.5	390	410	427.5	432.5

Men's Classic Regional Qualifying Standards (Current)

Weight Class	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Open	-	375	415	452.5	487.5	517.5	545	565	580
Sub-Junior	None	None	None	None	None	None	None	None	None
Junior	285	317.5	350	382.5	412.5	437.5	460	480	490
Master I (40-49)	-	347.5	382.5	417.5	450	477.5	502.5	522.5	535
Master II (50-59)	-	317.5	350	382.5	412.5	437.5	460	480	490
Master III (60-69)	-	None	None	None	None	None	None	None	None
Master IV (70+)	-	None	None	None	None	None	None	None	None

Men's Classic Regional Qualifying Standards (PROPOSED)

Weight Class	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Open	-	375	415	452.5	487.5	517.5	545	565	580
Sub-Junior	255	282.5	312.5	340	367.5	390	410	427.5	432.5
Junior	312.5	347.5	382.5	417.5	450	477.5	502.5	522.5	535
Master I (40-49)	-	347.5	382.5	417.5	450	477.5	502.5	522.5	535
Master II (50-59)	-	317.5	350	382.5	412.5	437.5	460	480	490
Master III (60-69)	-	282.5	312.5	340	367.5	390	410	427.5	432.5
Master IV (70+)	-	255	280	305	330	350	367.5	382.5	390

Men's Equipped National Qualifying Standards (Current)

Weight Class	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Open	-	485	535	585	630	670	702.5	730	750
Sub-Junior	312.5	347.5	382.5	417.5	450	477.5	502.5	522.5	535
Junior	337.5	375	415	452.5	487.5	517.5	545	565	580
Master I (40-49)	-	440	485	527.5	570	605	635	662.5	677.5
Master II (50-59)	-	375	415	452.5	487.5	517.5	545	565	580
Master III (60-69)	-	347.5	382.5	417.5	450	477.5	502.5	522.5	535
Master IV (70+)	-	None	None	None	None	None	None	None	None

Men's Equipped National Qualifying Standards (PROPOSED)

Weight Class	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Open	-	485	535	585	630	670	702.5	730	750
Sub-Junior	312.5	347.5	382.5	417.5	450	477.5	502.5	522.5	535
Junior	395	440	485	527.5	570	605	635	662.5	677.5
Master I (40-49)	-	440	485	527.5	570	605	635	662.5	677.5
Master II (50-59)	-	375	415	452.5	487.5	517.5	545	565	580
Master III (60-69)	-	347.5	382.5	417.5	450	477.5	502.5	522.5	535
Master IV (70+)	-	317.5	350	382.5	412.5	437.5	460	480	490

Men's Equipped Regional Qualifying Standards (Current)

Weight Class	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Open	-	440	485	527.5	570	605	635	662.5	677.5
Sub-Junior	285	317.5	350	382.5	412.5	437.5	460	480	490
Junior	312.5	347.5	382.5	417.5	450	477.5	502.5	522.5	535
Master I (40-49)	-	375	415	452.5	487.5	517.5	545	565	580
Master II (50-59)	-	347.5	382.5	417.5	450	477.5	502.5	522.5	535
Master III (60-69)	-	317.5	350	382.5	412.5	437.5	460	480	490
Master IV (70+)	-	None	None	None	None	None	None	None	None

Men's Equipped Regional Qualifying Standards (PROPOSED)

Weight Class	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Open	-	440	485	527.5	570	605	635	662.5	677.5
Sub-Junior	285	317.5	350	382.5	412.5	437.5	460	480	490
Junior	337.5	375	415	452.5	487.5	517.5	545	565	580
Master I (40-49)	-	375	415	452.5	487.5	517.5	545	565	580
Master II (50-59)	-	347.5	382.5	417.5	450	477.5	502.5	522.5	535
Master III (60-69)	-	317.5	350	382.5	412.5	437.5	460	480	490
Master IV (70+)	-	282.5	312.5	340	367.5	390	410	427.5	432.5

Women's Classic National Qualifying Standards (Current)

Weight Class	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Open	-	240	260	280	302.5	332.5	365	377.5
Sub-Junior	142.5	152.5	165	177.5	190	210	230	242.5
Junior	170	182.5	195	210	227.5	250	275	290
Master I (40-49)	-	210	227.5	245	265	292.5	320	337.5
Master II (50-59)	-	182.5	195	210	227.5	250	275	290
Master III (60-69)	None	None	None	None	None	None	None	None
Master IV (70+)	None	None	None	None	None	None	None	None

Women's Classic National Qualifying Standards (PROPOSED)

Weight Class	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Open	-	240	260	280	302.5	332.5	365	377.5
Sub-Junior	142.5	152.5	165	177.5	190	210	230	242.5
Junior	195	210	227.5	245	265	292.5	320	337.5
Master I (40-49)	-	210	227.5	245	265	292.5	320	337.5
Master II (50-59)	-	182.5	195	210	227.5	250	275	290
Master III (60-69)	-	152.5	165	177.5	190	210	230	242.5
Master IV (70+)	-	137.5	147.5	160	172.5	190	207.5	220

Women's Classic Regional Qualifying Standards (Current)

Weight Class	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Open	-	210	227.5	245	265	292.5	320	337.5
Sub-Junior	None	None	None	None	None	None	None	None
Junior	142.5	152.5	165	177.5	190	210	230	242.5
Master I (40-49)	-	182.5	195	210	227.5	250	275	290
Master II (50-59)	-	152.5	165	177.5	190	210	230	242.5
Master III (60-69)	-	None	None	None	None	None	None	None
Master IV (70+)	-	None	None	None	None	None	None	None

Women's Classic Regional Qualifying Standards (PROPOSED)

Weight Class	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Open	-	210	227.5	245	265	292.5	320	337.5
Sub-Junior	130	137.5	147.5	160	172.5	190	207.5	220
Junior	170	182.5	195	210	227.5	250	275	290
Master I (40-49)	-	182.5	195	210	227.5	250	275	290
Master II (50-59)	-	152.5	165	177.5	190	210	230	242.5
Master III (60-69)	-	137.5	147.5	160	172.5	190	207.5	220
Master IV (70+)	-	127.5	137.5	147.5	157.5	175	190	200

Women's Equipped National Qualifying Standards (Current)

Weight Class	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Open	-	270	292.5	315	340	372.5	410	442.5
Sub-Junior	170	182.5	195	210	227.5	250	275	290
Junior	195	210	227.5	245	265	292.5	320	337.5
Master I (40-49)	-	240	260	280	302.5	332.5	365	377.5
Master II (50-59)	-	210	227.5	245	265	292.5	320	337.5
Master III (60-69)	-	182.5	195	210	227.5	250	275	290
Master IV (70+)	-	None	None	None	None	None	None	None

Women's Equipped National Qualifying Standards (Proposed)

Weight Class	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Open	-	270	292.5	315	340	372.5	410	442.5
Sub-Junior	170	182.5	195	210	227.5	250	275	290
Junior	227.5	240	260	280	302.5	332.5	365	377.5
Master I (40-49)	-	240	260	280	302.5	332.5	365	377.5
Master II (50-59)	-	210	227.5	245	265	292.5	320	337.5
Master III (60-69)	-	182.5	195	210	227.5	250	275	290
Master IV (70+)	-	152.5	165	177.5	190	210	230	242.5

Women's Equipped Regional Qualifying Standards (Current)

Weight Class	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Open	-	240	260	280	302.5	332.5	365	377.5
Sub-Junior	142.5	152.5	165	177.5	190	210	230	242.5
Junior	170	182.5	195	210	227.5	250	275	290
Master I (40-49)	-	210	227.5	245	265	292.5	320	337.5
Master II (50-59)	-	182.5	195	210	227.5	250	275	290
Master III (60-69)	-	152.5	165	177.5	190	210	230	242.5
Master IV (70+)	-	None	None	None	None	None	None	None

Women's Equipped Regional Qualifying Standards (PROPOSED)

Weight Class	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Open	-	240	260	280	302.5	332.5	365	377.5
Sub-Junior	142.5	152.5	165	177.5	190	210	230	242.5
Junior	195	210	227.5	245	265	292.5	320	337.5
Master I (40-49)	-	210	227.5	245	265	292.5	320	337.5
Master II (50-59)	-	182.5	195	210	227.5	250	275	290
Master III (60-69)	-	152.5	165	177.5	190	210	230	242.5
Master IV (70+)	-	137.5	147.5	160	172.5	190	207.5	220

Points to Remember (current):

1. You must have qualified within the previous 24 months from the date of the intended Nationals.
2. You must satisfy your provinces additional requirements to be qualified for each Nationals.
3. A lifter who achieves a National qualifying standard is then eligible to compete at any chosen weight class at the National Championships.
4. All age categories begin on January 1 of the year the lifter reaches the minimum age limit. For example, a lifter become a Master 1 on January 1 of the year they turn 40. Similarly, a Junior ceases to be a Junior on Dec 31 of the year they turn 23.
5. A lifter can qualify for a higher level meet in their next age category within the 12 month period before meeting the minimum age requirement for the class they will compete in, but cannot claim awards in that category at that qualifying meet. For example, a lifter who turns 40 next year can qualify for next years Master Nationals at any time during THIS year, but would only win "Open" awards at that meet.
6. If you achieve the qualifying total for Equipped nationals, you are automatically qualified for Classic (unequipped) nationals.
7. Bench-Only qualifying lifts can come from other Bench-Only contests or from the Bench Press portion of a regular Powerlifting contest.
8. For parapowerlifters not considering competing Internationally the Classic weight classes and qualifying standards apply.
9. For Parapowerlifters wanting to go to International events check the [Minimum Qualification Standards and weight classes](#).

Points to Remember (Proposed):

1. You must have qualified within the previous 12 months from the date of the intended Nationals.
2. You must satisfy your provinces additional requirements to be qualified for each Nationals.
3. A lifter who achieves a National qualifying standard is then eligible to compete at any chosen weight class at the National Championships.
4. All age categories begin on January 1 of the year the lifter reaches the minimum age limit (with the exception of sub-junior which begins on the day the lifter turns 14). For example, a lifter become a Master 1 on January 1 of the year they turn 40. Similarly, a Junior ceases to be a Junior on Dec 31 of the year they turn 23.
5. A lifter can qualify for a higher level meet in their next age category within the 12 month period before meeting the minimum age requirement for the class they will compete in, but cannot claim awards in that category at that qualifying meet. For example, a lifter who turns 40 next year can qualify for next years Master Nationals at any time during THIS year, but would only win "Open" awards at that meet.
6. If you achieve the qualifying total for Equipped nationals, you are automatically qualified for Classic (unequipped) nationals.
7. Bench-Only qualifying lifts can come from other Bench-Only contests or from the Bench Press portion of a regular Powerlifting contest.
8. For parapowerlifters not considering competing Internationally the Classic weight classes and qualifying standards apply.
9. For Parapowerlifters wanting to go to International events check the [Minimum Qualification Standards and weight classes](#).