



# 2020 GPC Canadian Powerlifting Championships

**Sanctioned by:** Global Powerlifting Committee

**Contact:**  
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**Event Location & Hotel:** **Double Tree by Hilton Hotel & Conference Centre**  
1975 Broad Street  
Regina, SK  
(306) 525-6767  
[anita.nevrekar@Hilton.com](mailto:anita.nevrekar@Hilton.com)  
**Booking code: SSP**  
<http://bit.ly/SouthSaskPowerliftingChampionships>

**Eligibility:** Open to all individuals. Lifters must be a member in good standing of their national federation and present their GPC membership number at weigh-ins. GPC Canada membership is an ANNUAL \$45 fee required. Contact [michellesenger@hotmail.com](mailto:michellesenger@hotmail.com) beforehand for GPC membership

**Weigh-ins:** **Double Tree by Hilton Hotel & Conference Centre**  
1975 Broad Street  
Regina, SK  
**No one will be permitted to weigh-in of the day they lift**

**Schedule:**

Date		Weigh ins	Lifting
Thursday	30.4.20	Equipped Lifters	
		Raw Lightweight Women	
Friday	1.5.20	Raw Lightweight Men	Equipped Lifters
		Raw Heavyweight Women	Raw Lightweight Women
Saturday	2.5.20	Raw Heavyweight Men	Raw Heavyweight Women
			Raw Lightweight Men
Sunday	3.5.20		Raw Heavyweight Men
			Banquet
Weighins will run 09:00 -12:00 & 16:00 - 19:00 each day			
***Schedule Subject to Change***			

**Uniform:**

**Mandatory must have one piece lifting suit or wrestling singlet.  
GPC rules apply**

**Contest Lifts:**

**Powerlifting (Squat, Bench Press, Deadlift), Squat Only, Bench Only, Deadlift Only  
Raw & Equipped**

**Entry Fee:**

**\$125 First event (includes T-shirt), \$45 for each subsequent event entered.  
Corresponding fee must accompany the entry form and be received no later  
than March 30, 2020**

**\$50 late fee for any entries allowed in after the deadline**

**Make cheques payable to: South Sask Powerlifters**

**Etransfers and entry forms to: [gpccanadapowerlifting@gmail.com](mailto:gpccanadapowerlifting@gmail.com)**

**Awards & Records:**

**1<sup>st</sup> – 3<sup>rd</sup> Place in each category based on content of entries. As well as Best Lifter  
Awards and SSP Championship Bench Press & Deadlift Belts.  
GPC Canadian & World Records can be set at this meet.**

**Updates & Info:**

**[www.sspowerlifting.com](http://www.sspowerlifting.com)**

**[www.independentpowerlifting.com](http://www.independentpowerlifting.com)**

**<https://www.facebook.com/events/866293277104825/permalink/949890828745069/>**