



2020 GPC Canadian Powerlifting Championships

Sanctioned by: Global Powerlifting Committee

Contact:
Lee Powell
lee@sspowerlifting.com
Branden Fisher
b_fisher78@hotmail.com

Event Location & Hotel: **Double Tree by Hilton Hotel & Conference Centre**
1975 Broad Street
Regina, SK
(306) 525-6767
anita.nevrekar@Hilton.com
www.sspowerlifting.com for booking code

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 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:

GPC Canadian Championships 2020 - Regina, SK		
Date	Weigh Ins	Lifting
Thursday	8.13.20	Equipped Lifters
		Raw Light Weight Women
Friday	8.14.20	Raw Heavy Weight Women
		Equipped Lifters Raw Light Weight Men
Saturday	8.15.20	Raw Heavy Weight Women
		Raw Heavy Weight Men Raw Light Weight Men
Sunday	8.16.20	Raw Heavy Weight Men
Weigh ins 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 July 17th, 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

Awards & Records: 1st – 3rd 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
www.independentpowerlifting.com
<https://www.facebook.com/events/866293277104825/permalink/949890828745069/>