



2022 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

Booking code: available soon check www.sspowerlifting.com

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.

Weigh-ins:

Friday May 13, 2022

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

Lifting:

Saturday May 14, 2022

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 Form & 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 April 15, 2022

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

Make cheques payable to: South Sask Powerlifters

Etransfers gpccanadapowerlifting@gmail.com

Password: 2022gpcnats

Online Entry: <https://forms.gle/BGs4kxD3PPLaLpER8>

Awards & Records:

1st – 3rd Place in each category based on content of entries. As well as Best Lifter Awards for each event

Updates & Info:

www.sspowerlifting.com

www.independentpowerlifting.com

<https://fb.me/e/2rM9jlpRf>