

2023 GPC Canadian Powerlifting Championships

Sanctioned by: Global Powerlifting Committee

Contact: **Jessie and Tanya**
gpcalgary@yahoo.com

Event Location: **THE STRENGTH EDGE**
4828 Pacific Rd NE #1
Calgary, Alberta

Host Hotel:
BEST WESTERN PLUS PORT O'CALL HOTEL
1935 McKnight Blvd NE, Calgary Alberta
403-291-4600

* State GPC Powerlifting for special room rate **

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 \$50 fee required. This must be paid before you are allowed to weigh in. Please contact gpccalgary@yahoo.com if you have any questions. Waiver must also be signed prior to lifting.

There will be no refunds of ANY FEES PAID or transfers to another event or person.

Weigh-ins / Equipment Check:

THE STRENGTH EDGE

Friday May 5th 8 am -12 pm and 4 pm-6 pm

No one will be permitted to weigh-in on the day they lift

Schedule:

Date: Saturday May 6th

Doors open: 7am

Lifters Meeting 8:00 AM

Start Time: 8:15 AM

Females will lift first, followed by the men.

Uniform:

Mandatory must have one piece lifting suit or wrestling singlet.

GPC rules apply. Please make sure you are aware of the relative rules.

Contest Lifts:

Full Power (Squat, Bench Press, Deadlift), Squat Only, Bench Only, Deadlift Only All either Raw & Equipped

Entry Fee:

\$125 First event , \$45 for each subsequent event entered. \$30 per T-shirt. Corresponding fee must accompany the entry form and be received **no later than MARCH 17, 2023**
\$50 late fee for any entries in after the deadline
Make cheques payable to: Tanya Krupka
E-transfers and entry forms to: gpcalgary@yahoo.com
Please make password **powerlifting2023**

Awards & Records:

1st – 3rd Place in each category based on content of entries

GPC Canadian & World Records can be set at this meet.

Updates & Info:

www.sspowerlifting.com
www.independentpowerlifting.com
Instagram: GPC CANADA
Facebook: GPC Powerlifting YYC