



2020 GPC World Powerlifting Championships

Sanctioned by: Global Powerlifting Committee

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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
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. 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

GPC World Championships 2020 - Regina, SK		
Date	Weigh ins	Lifting
Thursday	15.10.20	Equipped Lifters
		Raw Lightweight Women
Friday	16.10.20	Raw Lightweight Men
		Raw Heavyweight Women
Saturday	17.10.20	Raw Heavyweight Men
		Raw Lightweight Men
Sunday	18.10.20	Raw Heavyweight Men
Weighins will run 09:00 -12:00 & 16:00 - 19:00 each day		
Schedule Subject to Change		

Schedule:

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 September 18th, 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 for each event

Updates & Info: www.sspowerlifting.com
www.independentpowerlifting.com
<https://www.facebook.com/events/513022806095824/>