



MANITOBA
POWERLIFTING
ASSOCIATION

572 LINDEN AVE. WINNIPEG, MB.
R2K-0N8
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2012

17 Wing Open

POWERLIFTING AND BENCHPRESS COMPETITION

Location: **17 Wing Base Rec Center (Multi Purpose Room)**
Building 90 Whytewold Rd
Winnipeg, Manitoba

Date: **Sunday February 5, 2012 (09:00 – 18:00)**

Entry Deadline: **Friday January 27, 2012 (LATE ENTRY FEE WILL APPLY)**

Important Times to Remember

Weigh-in/Equipment Check: **9:00 am**

Lifting Time: **11:00 am**

Weight Classes (Kg.):

Women: (43.0 Sub-Junior only), 47, 52, 57, 63, 72, 84, 84+kg

Men: (53.0 Sub-Junior only), 59, 66, 74, 83, 93, 105, 120, 120+kg

Note

ALL COMPETITORS MUST WEAR A SINGLET, T-SHIRT,
KNEE HIGH SOCKS (DEADLIFT ONLY), AND CLOSED TOE ATHLETIC FOOT WEAR

SANCTION

SANCTIONED BY THE MANITOBA POWERLIFTING ASSOCIATION, AS REPRESENTATIVE OF THE CANADIAN POWERLIFTING UNION (C.P.U.), AND THE INTERNATIONAL POWERLIFTING FEDERATION (I.P.F.).

ALL RULES IN ACCORDANCE WITH THE INTERNATIONAL POWERLIFTING FEDERATION.

MEET DIRECTORS

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We ask that all not participating in this event as a competitor, consider the possibility of participating as a volunteer, spotter, loader, head table, etc.

Competitions such as this can only function with a fine base of volunteers such as the Manitoba Powerlifting Association has within its ranks.

