



2018 South Sask Push Pull

- SANCTIONED BY:** Global Powerlifting Committee
- CONTACT:** Lee Powell
lee@sspowerlifting.com
- Alternative Contacts:** Branden Fisher
b_fisher78@hotmail.com
- EVENT LOCATION:** Adrenaline Strength and Conditioning [Map](#)
1301 Osler Street
Regina, SK
S4R 1W6
- HOTEL:** Double Tree by Hilton Hotel & Conference Centre [Map](#)
1975 Broad Street
Regina, SK
(306) 525-6767
- ELIGIBILITY:** Open to all Raw/Equipped individuals. Lifters must be a member in good standing of GPC Canada and present their GPC membership card at weigh-ins. GPC membership is an ANNUAL \$45 fee required. Contact michellesenger@hotmail.com beforehand for GPC membership.
- WEIGH-IN:** Adrenaline Strength and Conditioning
1301 Osler Street
Regina, SK
November 30, 2018, 9:00 AM - 5:00 PM **No Day of Weigh-Ins**
- LIFTING SCHEDULE:** December 1, 2018 open to public at 8:30 AM lifting starts at 9:00 AM
- UNIFORM:** **Mandatory - Must have one piece lifting suit or wrestling singlet.**
GPC rules apply
- CONTEST LIFTS:** Push Pull (Bench/Deadlift), Bench Only, Deadlift Only Raw or Equipped
- ENTRY FEE:** \$110 First event, \$25 for each subsequent event entered. Corresponding fee must accompany the entry form and be received no later than November 1, 2018
\$50 late fee for any entries allowed in after the deadline
Make cheques payable to: SouthSask Powerlifters
Etransfers and entry forms to: gpccanadapowerlifting@gmail.com
- AWARDS & RECORDS:** 1-3rd place and Best Lifter in each category based on content of entries. Canadian GPC Bench Only and Deadlift Only records can be set at this meet.
- UPDATES & INFO:** www.independentpowerlifting.com
www.sspowerlifting.com