

## Highland Powerlifting Club to host 3rd annual competition

The Highland Powerlifting Club will again host the Orangeville Open Powerlifting Championships Sept. 10 at the Athlete Institute. This is a world-class training facility at the intersection of Highway 9 and Heart Lake Road.

This is the third year for this event, which will again include separate three-lift and a bench press only competitions. These championships are sanctioned by the Ontario Powerlifting Association and more than 40 men and women, ranging from teenagers to older than 60 years of age, will compete for best lifter honours across 11 weight categories.

The 2014 and 2015 events were both tremendous successes, with many lifters setting new provincial records in front of enthusiastic, standing-room-only audiences.

This event would not be possible without the support Highland Powerlifting has received from its sponsors, including Popeye's Supplements Orangeville, The Athlete Institute, Orangeville Equipment Rentals, Hyde-Whipp Heating and Air Conditioning, and Titan Support Systems Canada.

Lifting will commence at 9 a.m. and the public is encouraged to watch and cheer on the competitors.

Powerlifting is a sport that tests total body strength. Athletes compete in three separate lifting events to achieve a combined three-lift total.

The squat requires the lifter to first stand with a weighted barbell across his or her shoulders, then squat down until the hips are below the tops of the knees before standing back up.

In the bench press, the lifter lays on a bench and lowers a weighted barbell to the chest and holds it until the referee gives the command to press it back up to arm's length.

For the deadlift, competitors simply bend over and grip a weighted barbell, which is resting on the floor, and lift it until they stand completely upright with their shoulders back.

All lifts must comply with a strict set of rules and at least two out of three judges must agree that the lift has been properly executed for it to be successful. Competitors are given three attempts to register their highest successful lift in each event.

In the bench press only event, a competitor's best of the three attempts determines his or her total. In the three-lift event, the best squat, bench press and deadlift attempts are added together to record a three-lift total. Final results are determined by ranking the total scores of each competitor from highest to lowest in each weight division.

For more information about the Highland Powerlifting Club, contact James Newton at [Highlandpowerlifting@gmail.com](mailto:Highlandpowerlifting@gmail.com) or visit the club's Facebook profile page to view competition and training photos and videos.

For more information about the Ontario Powerlifting Association, visit the OPA website at [www.ontariopowerlifting.org](http://www.ontariopowerlifting.org)