



MILITARY POWERLIFTING COMPETITION



THURSDAY 20 NOVEMBER 2025

Lifts to be performed : Squat, Bench Press, Deadlift

— Weigh In from 1500 - 1600 hrs —

— Competition begins at 1800 hrs —

Competition takes place in the Rogue Area of the Field House

**All participants must register by
EOD 13 November 2025 with either
Jonathan Menjivar or Les Gilson**

All Military Members Interested please
contact: Jonathan.Menjivar@forces.gc.ca
or Les.Gilson@forces.gc.ca

Note: This competition will follow IPF rules for Personal Equipment and Weight Categories