



Saskatchewan Powerlifting

2023 Calendar of Important Dates

Updated October 4, 2023

January	28	SPA Provincial Team Training Camps* North: Saskatoon, SK – Synergy Strength Info: saskpowerlifting@gmail.com
February	4	SPA Provincial Team Training Camps* South: Moose Jaw, SK - Unparalleled Info: saskpowerlifting@gmail.com
	13 - 18	CPU National Championships Richmond, British Columbia Info: https://www.cpunationals.com/
May	20	Foundation Fitness Open Regina, SK Info: Jaime Otitoju, jaime@foundationfitness.ca
	20 - 28	IPF World Classic & Equipped Bench Press Championships Sun City, South Africa
June	6 - 12	IPF World Classic Open Powerlifting Championships Valetta, Malta
July	8 - 9	Rise Strength Open Saskatoon, SK Info: Daniel Heintz, bridgecitybarbellyxe@gmail.com and Russell Agnew, russellagnew@gmail.com
	7 - 17	IWGA World Games Birmingham, AL USA
August	7 - 12	NAPF North American Regional Championships Grand Cayman, Cayman Islands
	11 - 13	CPU Western Canadian Championships Brandon, Manitoba Info: Mathew Bowen, cpuwesterns23@gmail.com
	24	Deadline for 2023 SPA Open Meet Applications Submit to secretary@saskpowerlifting.ca
August/ September	24 - 3	IPF World Classic & Equipped Sub-Junior & Junior Powerlifting Championships Cluj-Napoca, Romania
October	1	Deadline for Proposals, New Business and Discussion items at AGM Submit to secretary@saskpowerlifting.ca
	8 - 15	IPF World Classic & Equipped Masters Powerlifting Championships Ulaanbaatar, Mongolia
	20-22	SPA Provincials Weyburn, Knox Hall: 136 2nd Street NE
	21 @ 7:30pm	SPA Annual General Meeting Weyburn, Knox Hall: 136 2nd Street NE
	28 - 29	NAPF North American Bench Press Championships Mexico, Mexico

November	13 - 19	IPF World Equipped Open Championship Vilnius, Lithuania
December	9	Last Chance Open Moose Jaw, SK Info: Rhaea Stinn, rhaea.stinn@gmail.com
* Open to SPA athletes registered to compete at the 2023 CPU National Championships only		
SPA Executive Meetings	SPA Executive Meeting – January 10, 2023 SPA Executive Meeting – June 6, 2023 SPA Executive Meeting – August 15, 2023 SPA Executive Meeting – September 6, 2023 SPA Executive Meeting – October 4, 2023 October/November <i>TBA</i> , 2023 – SPA AGM Follow Up December/January – CPU AGM Agenda Discussion	
Special Meetings	As needed. Notice will be given to members via email and social media.	