

## Movement Powerlifting Classic 3.0 – Meet Report

Powerlifting is BACK in Canada! The Movement Powerlifting Classic 3.0 was the first meet in Canada since the pandemic put a hold on competitions and took place on August 8<sup>th</sup>, 2020 after being postponed from the original date of April 18<sup>th</sup>, 2020 due to COVID-19. This event had an abundance of preparation with all lifters, coaches, referees, and volunteers needing to complete pre-screening forms 1-week prior to the meet, as well as, being pre-screened upon entering the venue.

Leading up to the meet there was an abundance of excitement and inquires as to how the meet was going to be ran and protocols put in place on meet day. For the safety of everyone at the event, upon completing the pre-screening assessment which included a contactless temperature check, they were provided with a mask if they did not provide their own to which they wore throughout the meet. We are excited to report that not one person challenged or argued this protocol we put in place. The layout of the meet was quite different when compared to previous meets held at Movement Fitness and Performance because there were no spectators. Lifters were given their assigned warmup stations and weights that were designated beforehand.

Session #1 had two flights of 13 athletes total with weigh-ins occurring at 7am and lifting starting at 9am. Session #2 had two flights of 11 athletes total with weigh-ins occurring at 11am and lifting starting at 1pm. This meet had a fast pace nature because the sessions were split into two flights of 6 and 7 lifters in session #1 and 6 and 5 lifters in session #2. This gave us the ability to uphold social distancing protocols as the lifters shared racks with lifters in opposing flights to which we had volunteers wiping down racks, bars, plates, and collars between flights.

A MASSIVE SHOUTOUT to all the volunteers involved at this meet as it was a true testament to the sport of powerlifting in Manitoba. We had last minute volunteer's step-up to fill major rolls in announcing, spotting, and cleaning: and some veteran volunteers step-up in scorekeeping and platform managing. There is no-way this meet would have been a success without these people involved!

Now for the lifting!

### Session #1 – Female/Male Masters and Male Open

The whole meet was being livestreamed via the Movement Fitness and Performance YouTube page because of the restriction of no spectators. This gave friends and families of the lifters that ability to watch a very exciting am session. 13 lifters with no shortage of personal records, qualifying totals and provincial records. To start the record-breaking Donald Marcelo from the male M1 66kg category set the Squat, Bench, Deadlift and Total provincial records! Alex Clayton raised the bar in the male Open 105kg category in his first meet by hitting a whopping 282.5kg squat in his third attempt for the provincial squat record and breaking the total record by 50kg with a monstrous 750kg total! Looks like there will be plenty more coming from this young man as he went 9-for-9 on this record setting day. Great job by everyone in this session who hit competitions PR's, national qualifying totals, and had a successful meet. We hope to see you at Provincials in October!

### Session #2 Female Junior/Open and Male Junior

The second session weighed in at 11am and while the first session was wrapping up awards at around 11:30am they had taken over the warmup area for a smooth transition obeying social distancing

standards. The meet director (Joe) and multiple volunteers were able to bring an ER rack outside for the second session to confirm rack heights for weigh-ins right after the first session was doing using it to warm up for bench, hats off to them as it was not an easy feat to make sure that both sessions had an equal playing field with weigh-in and warmup times between sessions. For a session of 11 lifters there was a widespread of lifters that were competing in their first meet, coming back from a couple years away from the sport, and continuing their powerlifting career, this meant that there was no scarcity of records being set and broken. Emily Watson in her first powerlifting meet had a great showing setting the provincial records for the Squat, Bench, Deadlift, and Total in the Female Subjunior 84+kg category! Samantha Ang from the Female Open 63kg category, brought the energy into this session by breaking the provincial Squat record in her third attempt with an outrageous 148kg squat! Michael Cooper from the Male Junior 93kg category broke the provincial deadlift record in his second attempt with 280.5 kg, and then crushed 295kg on his third attempt for a healthy 14.5kg cushion on the provincial deadlift record. Jared McIntyre from the Male Junior 74kg category rounded out this session with a very impressive 155kg for the new provincial bench record, this all while going 9-for-9 showing he is looking to chase down other records in this class in the near future. Great work to all the athletes in this session and a special thanks to both the athletes and coaches for adhering to the mask protocols and social distancing measures put in place at this event.

Awards,

Best Junior Female – Fionna Faye

Best Junior Male – Jared McIntyre

Best Open Female – Samantha Ang

Best Open Male – Alex Clayton

Best Masters Female – Tanya Buchko

Best Masters Male – Donald Marcelo

Congratulations to all lifters at this event, this was a fast-paced meet that challenged you in many ways. You should be proud of your performance and we hope to see you again next year!

Thank you again to all the volunteers, referees, athletes, and coaches for making this meet possible,

Meet Directors,

Joe Louangamath

Tommy Howell