



2024 Calendar of Important Dates

Updated July 25, 2024

NOTE: Events marked with * are tentative and pending APU Sanction. Meet Directors have expressed intent to host to give APU members an idea of when local meets will be held. Event is not confirmed until Meet Directors have submitted bid and sanction by APU Board has been approved.

January	20	2024 Grit Power Open Edmonton, AB Evolve North - 13457 147 St NW Info: Tim Nadeau & Samantha Fung - timnadeau@gritpower.ca Instagram: @gritpower
March	7-10	CPU Western Championships Moose Jaw, SK Moose Jaw Convention Centre – 250 Thatcher Dr. Info: Ryand & Rhaea Stinn – truenorthstrongproductions@gmail.com
March	31	Calgary Spring Cup Calgary, AB The Strength Edge - 4828 Pacific Road NE, Unit #1 3-Lift: 56 Lifter Info: Dani Calvelle, Danny Li, and Max Amey - calgaryspringcup@gmail.com Instagram: @calgary.spring.cup
April	13	The Gravity Games Calgary, AB Location: Evolve Strength Sunridge - 985 23 Ave NE Unit #125 Lifter Cap: 56 3-Lift Info: Kamille Lim, Kiley Morrissey, Mohanad Ibrahiem - thegrvtvgames@gmail.com Instagram: @thegrvtvgames
May/June	21 - 1	IPF World Classic & Equipped Bench Press Championships Austin, Texas, USA
June	6-9	2024 APU Provincial Championships Calgary, AB Garrison Curling Club - 2288 47 Ave SW Info: Pamela Hodder & Max Hall - apuprovincials2024@gmail.com Website: www.apuprovincials.com
June	16 - 23	IPF World Classic Open Powerlifting Championships Vilnius, Lithuania
July	14	APU Annual General Meeting Online Meeting via Zoom

August	24	Viking Strong Open Lethbridge, AB Location: FUEL Lethbridge Lifter Cap: 28 3-Lift Info: Max Hall and Justin Sturm - maxwell.hall6573@gmail.com Instagram: @vikingstrongopen
August	4 - 10	NAPF North American Regional Powerlifting Championships Scottsdale, Arizona, USA
August/ September	23 - 4	IPF World Classic & Equipped Sub-Junior & Junior Powerlifting Championships Valletta, Malta
September	9 - 14	2024 CPU National Championships Summerside, PEI 511 Notre Dame St. Info: www.cpunationals.com
September	28	Wylie Strength Open Edmonton, AB Location: Evolve Strength South Lifter Cap: 56 3-Lift and 14 Bench Only Info: Byrin Wylie and Samantha Fung - wyliestrengthopen@gmail.com Instagram: @wyliestrengthopen
October	4 - 13	Commonwealth Championships Sun City, South Africa
October	4 - 13	IPF World Classic & Equipped Masters Powerlifting Championships Sun City, South Africa
October	17 - 19	NAPF North American Bench Press Championships San Jose, Costa Rica
October	26	3 Peaks Open Calgary, AB Location: Evolve Strength Seton Lifter Cap: 56 3-Lift and 14 Bench Only Info: Vicky lasenzanero and Cathleen - 3peaksopen@gmail.com Instagram: @3peaksopen
November	11 - 17	IPF World Equipped Open Championships Reykjavik, Iceland
November	17	Powersurge XIV Edmonton, AB Location: Universiade Pavilion (Butterdome), University of Alberta Lifter Cap: 56 3-Lift, 14 Bench Only, and 6 Para Powerlifting Info: UAPA (Garrett Warren) Instagram: @uofapowerlifting

December	7	* 2024 Cowtown Showdown Calgary, AB Location: TBD Lifter Cap: TBD
-----------------	---	--