

ONTARIO WEIGHTLIFTING ASSOCIATION  
PROXY FORM

I, \_\_\_\_\_, a Regular Member in good standing of the Ontario Weightlifting Association, hereby give my proxy to \_\_\_\_\_, also a Regular Member in good standing, to attend, act, and vote on my behalf at the Annual General Meeting of members to be held Saturday, July 21, 2018 on or about 17:00 EST at CrossFit Trent (including adjournments thereof).

OPTIONAL

Further, I wish to register the following limitations to the exercise of my proxy with respect to any agenda item(s) or amendments thereto:

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

It is the responsibility of the member to determine whether the person to whom they assign proxy is able and agrees to act in the manner described.

Proxy limits: A Regular Member is not permitted to cast more than five proxy votes in addition to his or her own vote.

In accordance with OWA by-laws (Article III – Voting at Meetings of Members, Point 3.15), please ensure delivery of the completed proxy to OWA **no later than Thursday, July 19, 2018** at 23:59 EST:

by email:      [owamembership@gmail.com](mailto:owamembership@gmail.com)  
by mail:        10 Blue Lake Avenue  
                    Port Dover, ON N0A 1N9