

**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 at **Don Valley Hotel 175 Wynford Dr, Toronto, M3C 1J3 and virtually via Zoom on Saturday, September 9th, 2023 at 1:00 p.m. EST (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:

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, September 7, 2022 at 13:00 EDT:**

by email: info@onweightlifting.ca
by mail: 18 King Street East, Suite 1400
Toronto, ON M5C 1C4