

**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 Civic Recreation Centre 99 Thornton Road South, Oshawa, ON L1J 5Y1 and virtually via Zoom on **Saturday, August 6, 2022** 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, August 4, 2022** at 23:59 EST:

by email: info@onweightlifting.ca
by mail: 3-2375 Brimley Road, Suite 257
Scarborough, ON M1S 3L6