



# 2024 CANADIAN SENIOR WEIGHTLIFTING CHAMPIONSHIPS

COMPETITION REGULATION  
GENERAL INFORMATION  
SCHEDULES, FORMS  
DEADLINES

Halifax, Nova Scotia  
MAY 17-19, 2024

**ELEIKO**

## OFFICIAL INVITATIONS TO ALL PARTICIPANTS

On behalf of the organizing committee, we would like to extend a warm welcome to all participants coming to Halifax, Nova Scotia for the 2024 Canadian Senior Championships. This event is a testament to your hard work, dedication, and passion, and we are honored to have you here.

Halifax is a storied and friendly city located on the ancestral land of the Mi'kmaq people. We are grateful for their hospitality.

Please accept this invitation as a celebration of your successes up to this point and the success we are sure you will have on the platform.

Kate Meagher  
President – Weightlifting Nova Scotia

John Garden  
Competition Director

# REGULATIONS

## 1. COMPETITION TITLE

The competition is the 2024 Canadian Senior Weightlifting Championships (the “Competition”).

## 2. COMPETITION DATES

May 17 - 19, 2024.

## 3. ORGANISERS

Weightlifting Nova Scotia (“WNS”) and Weightlifting Canada Haltérophilie (“WCH”). The Competition Organizing Committee is the official Local Organizing Committee (the “LOC”) of the Competition.

## 4. SANCTIONING BODY

WCH

## 5. COMPETITION VENUE

<b>5.1 Competition Site</b>	<b>Halifax Convention Centre</b> <b>1650 Grafton St, Halifax, NS B3J 0E8</b>
<b>5.2 Competition area</b>	TBA
<b>5.3 Warm-up area</b>	TBA
<b>5.4 Weigh-in</b>	TBA
<b>5.5 Changing rooms</b>	Public Locker Rooms
<b>5.6 Check Scale</b>	TBA
<b>5.6 Anti-Doping control</b>	TBA
<b>5.7 Volunteers &amp; Officials</b>	TBA
<b>5.8 Technical meeting</b>	Centennial Room at the Cambridge Suites Halifax
<b>5.9 Medical</b>	TBA

- All rooms subject to change by the LOC.

**- Only registered participants have access to facilities, equipment, food and any other amenities listed in these regulations.**

## **6. EVENTS**

**6.1 Women:** 45, 49, 55, 59, 64, 71, 76, 81, 87, +87 kg categories.

**6.2 Men:** 55, 61, 67, 73, 81, 89, 96, 102, 109, +109 kg categories.

## **7. QUALIFYING TOTALS**

<b>WOMEN</b>									
45 kg	49 kg	55 kg	59 kg	64 kg	71 kg	76 kg	81 kg	87 kg	+87 kg
131	140	152	160	168	178	185	191	197	207

<b>MEN</b>									
55 kg	61 kg	67 kg	73 kg	81 kg	89 kg	96 kg	102 kg	109kg	+109 kg
203	220	234	248	263	277	286	295	301	316

## **8. PARTICIPANTS**

### **ELIGIBILITY**

**8.1** An athlete participating in a national competition must be:

- a duly affiliated member of his/her Provincial/Territorial weightlifting association (“PSO”);
- a member in good standing (not currently being sanctioned) with his/her PSO;
- an athlete not currently suspended by WCH, the IWF, or, in the case of Canadian Anti-Doping Program (“CADP”) violations, an athlete suspended by another signatory to the CADP
- registered in the CCES National Athlete Pool (“NAP”) and have completed all NAP requirements, including the Athlete Agreement, by **April 28, 2024**. For details on registration in the NAP, please speak to your PSO.
- a Canadian Citizen of Canada OR person possessing permanent resident status in Canada
- must be 15 years of age or older in 2024.

**8.2** Coaches registered to participate in the Competition by their PSO must be certified as NCCP Competition Development level (provisional or full certification) or the previous

NCCP Level 2. PSOs may bring coaches who are not yet fully certified as NCCP Competition Development if those coaches are being evaluated for Competition Development Certification at the Competition. PSOs may also bring a development coach who is not yet fully certified as Competition Development with the prior written consent of WCH. Where WCH provides such consent, the development coach must be working under the direct supervision of a fully certified Competition Development coach.

**8.3** Coaches, team leaders and referees registered to participate in the Competition by their respective PSO must:

- be duly affiliated members of their respective PSO
- be members in good standing (not currently being sanctioned) with their respective PSO
- not currently suspended (provisional or otherwise) by WCH, the IWF, or, in the case of Canadian Anti-Doping Program (“CADP”) violations, suspended by another signatory to the CADP
- complete Respect in Sport certification by **April 28, 2024**. Access to course registration is available here: <https://CWFHC.respectgroupinc.com>. Individuals who have already completed Respect in Sport certification do *not* need to repeat the course.
- complete an Enhanced Background Check (E-PIC) consistent with the WCH Screening Policy, available here: <https://weightliftingcanada.ca/wp-content/uploads/2023/03/WCH-Safe-Policy-Suite-Final-With-Appendix.pdf>  
PSOs are responsible to ensure all background check documentation has been submitted to the WCH Screening and Privacy Officer ([cwalker@cwfhc.ca](mailto:cwalker@cwfhc.ca)) no later than **April 28, 2024**. A Vulnerable Sector Check will not be considered an equivalent to an Enhanced Background Check.

**8.4** Any questions about eligibility should be addressed at the Technical Meeting on May 17, 2024. We encourage team leaders to provide WCH copies of team members’ proof of citizenship or permanent resident status in advance and, if necessary, to bring such documentation to the Technical Meeting. The eligibility of athletes cannot be challenged after the Technical Meeting.

**8.5** The Competition is open to all qualified athletes nominated by their respective PSOs who meet the qualifying standard before the qualification deadline as well as the eligibility criteria set out in section 8.1 above.

*Athletes must achieve their qualifying performance in a competition that is subject to doping control (SDC).*

**8.6** The respective PSOs may nominate an additional 2 women and 2 men who have not reached the qualifying standard (“Wildcard Athletes”), as long as they are 23 years of age or under (calculated in the calendar year of the athlete’s birthday).

*Wildcard Athletes must have participated in a competition subject to doping control during the qualifying period.*

NOTE: Wildcard Athletes may not compete more than two times at the Canadian Senior Weightlifting Championships as Wildcard Athletes.

- 8.7 A senior elite athlete is able to apply for a qualification exemption due to injury for the purposes of International qualification in order to appear in a mandatory Olympic qualification event. An exemption needs to be approved by both the High-Performance Manager and PSO and supported by medical documentation that indicates the athlete was unable to qualify for the Competition.

## 9. ENTRIES

Only the provincial directors receive Entry Forms from WCH.

- 9.1 **Preliminary Team Entry Form** – The Preliminary Team Entry form must be *received* by the LOC no later than midnight (AST) on **April 7, 2024**.
- 9.2 **Final Team Entry Form** - The Final Team Entry Form must be *received* by the LOC no later than midnight on **April 28, 2024**.
- 9.3 **Payment of Fees** - A single e-transfer to cover all Team Entry Fees for each PSO must be *received* by **WCH** not later than midnight on **April 28, 2024**.
- 9.4 **Entry Lists** - The Entry List will be distributed by the LOC to the PSO Team Leaders as soon as it becomes available.

## 10. COMPETITION RULES & REGULATION:

The IWF Technical and Competition Rules & Regulations – 2023, as updated from time to time, will govern the Competition, subject to the following exceptions:

- 10.1 Athletes must be weighed in their weightlifting costume. Athletes must not wear shoes or socks or any other footwear during weigh-in. If an athlete is over their officially entered bodyweight category, 250 grams can be deducted from the weight shown on the scales to allow for the weight of the Costume. If the athlete is within their officially entered bodyweight category the weight on the scales will be recorded as shown.

## 11. EQUIPMENT

### 11.1 Competition area

Competition platform:	Regulation - 4 square metres
Competition bars/weights:	IWF-Certified Eleiko Men's & Women's sets
Referee Results Light System:	OWLCMS
Scoreboard:	OWLCMS
Attempt board:	OWLCMS
Clock:	OWLCMS

### 11.2 Warm-up area

Warm-up platforms:	10 platforms
Warm-up bars/weights:	Eleiko, Rogue
Scoreboard:	TBD
Clock:	Yes
Water:	Yes

### 11.3 Weigh-in Area

Scale:	Electronic
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12. **RESULTS PACKAGE** Will be sent electronically

### 13. **DOPING CONTROL**

This competition is subject to doping control (SDC) administered by the Canadian Centre for Ethics in Sport (CCES). All athletes and coaches are strongly encouraged to familiarize themselves with the applicable rules and procedures.

For more information visit: <http://www.cces.ca/en/antidoping>

### 14. **AWARDS**

14.1 Gold, Silver and Bronze medals will be awarded for the “Snatch,” Clean & Jerk” plus “Total” in each weight category.

14.2 Best Athletes Awards (Male – Female): Awarded at the conclusion of the event, based on the Sinclair formula (calculated on TOP OF THE CLASS WEIGHT for all categories other than +87 kg and +109 kg).

### 15. **ACCOMMODATIONS**

#### 15.1 Reservation Deadline

- In order to take advantage of the rate specified below all reservations must be made by **April 16, 2024**.

#### 15.2 Local Hotels

##### **Cambridge Suites Halifax**

1583 Brunswick Street, Halifax, Nova Scotia, B3J 3P5

- The rate is \$229.00 per night plus applicable taxes.
- The Cambridge Suites offers a complimentary deluxe hot continental breakfast; &
- All of the suites contain a small fridge, microwave, and dishes upon request.

Please book using this link:

<https://reservations.travelclick.com/13605?groupID=3925903>

Or

Call 1-800-565-1263 and ask for the “Canadian Senior Weightlifting block”

## **16. TRANSPORTATION FOR TEAM MEMBERS AND DELEGATES**

Each PSO is responsible for the transportation of its team members to the Accommodations and Competition.

## **17. FINANCIAL CONDITIONS**

### **17.1 Entry Fees:**

The PSOs will collect from their delegation members and subsequently pay the designated fees by e-transfer ([dfriesen@cwfhc.ca](mailto:dfriesen@cwfhc.ca)) for each participating delegation member to WEIGHTLIFTING CANADA by **April 28, 2024**. The designated fees are:

- Entry Fee of \$155/athlete,
- Entry Fee of \$105 for coaches and/or team leader
- Entry Fee of \$55/technical official
- WCH Sanction Fee of \$80/athlete

WCH will remit a single payment to WNS less the WCH Sanction Fees upon receipt of payments from the PSOs.

**\*\* WNS will charge a \$5 fee for spectators at the event.\*\***

**17.2 Collection:** PSOs are responsible for collection of all fees from their respective participants.

**17.3 Accommodations:** The PSOs will pay for their own accommodations, according to conditions stipulated in the Competition Regulations for the Competition.

**17.4 Liability:** Each PSO participating in the Competition does so at its own and its individual members' risk. The PSOs must undertake the full moral and financial responsibility for their members participating, regarding their health and in the case of accidents or damages. Participants who do not complete and sign the Competition Waiver will not be permitted to participate in the Event.

## **18. FINANCIAL RESPONSIBILITIES – LOC**

**18.1** Offers the participants the option of reasonably priced accommodation, access to the competitions, and participation in official meetings, training, and other usual technical services for all participants.

**18.2** Provides, free of charge, the facilities for the Technical Meeting.



18.3 Provides, free of charge, the technical organization at all facilities (equipment, hall, rooms with adequate furnishing, technical staff, first aid, etc.) for the Competition, as required by the applicable WCH rules.

18.4 Provides, free of charge, the Best Athlete Awards.

## 19. RESPONSIBILITIES OF ATHLETES

19.1 Each athlete who wishes to participate in the Competition must become part of the National Athlete Pool. That athlete authorizes, by his or her registration in the Competition, the director of the PSO of which he/she is a member to provide his/her email to WCH, which WCH will provide to the CCES.

19.2 The CCES will provide to the athlete the instructions to complete an online anti-doping course. The athlete must complete the online course before **April 28, 2024**. When the athlete has completed the course, they must inform their PSO. Athletes who have already completed the 2024 coursework and athlete agreement do not need to complete it again.

19.3 **Each PSO must ensure that the waiver and media releases (provided separately) are signed by all participants (athletes, coaches and team leaders) and provided to the LOC by midnight (AST) on April 28, 2024. Further, each PSO must ensure that a parent/guardian signs the waiver/media release for all minor participants (under the age of 18 as of the date the document is signed). Without this signed document, participants will be prohibited from participating in the Competition.**

<p>IN CANADA, ANTIDOPING CONTROLS ARE ADMINISTERED BY THE CANADIAN CENTRE FOR ETHICS IN SPORT - CCES.</p>
<p>Telephone : (613) 521-3340 Fax : (613) 521-3134 1-800-672-7775</p> <p><a href="http://www.cces.ca">www.cces.ca</a></p>
<p>E-mail: <a href="mailto:info@cces.ca">info@cces.ca</a></p>
<p>Information on substances: <a href="mailto:substances@cces.ca">substances@cces.ca</a></p>
<p>All athletes participating in the competition can be tested because it is a competition subject to doping control.</p>
<p>Athletes and coaches are strongly encouraged to familiarize themselves with the procedures and rules. For more information go to the website: <a href="http://www.cces.ca/en/antidoping">http://www.cces.ca/en/antidoping</a></p>
<p>If you take supplements, drugs (Ritalin or other similar products, anti-inflammatories, etc.), make sure they are allowed by the WADA Code. If you need to use a banned medication for a legitimate medical reason, you must apply for a Therapeutic Use Exemption (“TUE”) from the CCES. When you get this therapeutic exemption of the CCES - TUE, bring the document with you when you can be tested.</p>
<p>Authorization to use for therapeutic exemption: <a href="mailto:tue-aut@cces.ca">tue-aut@cces.ca</a></p>
<p>The 2021 Canadian Anti-doping Policy came into force on January 1<sup>st</sup>, 2021 and will be updated for 2024. For more information, see: <a href="https://cces.ca/canadian-anti-doping-program">https://cces.ca/canadian-anti-doping-program</a></p>
<p>The International Weightlifting Federation IWF also updates its anti-doping rules from time to time. For details on the IWF Anti-Doping Program, please visit <a href="https://iwf.sport/">https://iwf.sport/</a></p>
<p><b>REMEMBER: YOU ARE RESPONSIBLE FOR WHAT YOU CONSUME</b></p>

## 21. ACCREDITATION

Accreditation will take place at the Technical Meeting.

## 22. OFFICIATING

**22.1** Duties of the Host Province – appoint a Competition Secretary and appropriate assistants, to ensure the proper operation of the competition including verifying the final nomination of athletes to categories at the Technical Meeting.

**22.2** Duties of the Participating PSOs – Each PSO shall, via all Entry Forms, submit the names of their National level or higher referees who wish to officiate at the Championships by April 14, 2024 (5 weeks before the Competition). PSOs are *not* limited to sending just two technical officials. The LOC will forward a list of qualified officials to WCH by April 18, 2024. An email address and phone number are required for communication of the referee assignments at the Competition. Some preference will be given to officials participating in the Women in Officiating Initiative. The LOC reserves the right to invite technical officials beyond those nominated by the Participating PSOs and from outside of Canada, if necessary, with the consent of WCH.

If any such referee desires to sit for promotion, please indicate this on the Entry Form.

Each PSO is responsible for paying all travel, accommodation, meals and entry fees expenses of their selected officials in accordance with their respective provincial policies.

**22.3 Duties of WCH** – The WCH Technical Delegate will settle any technical disputes that arise during the Competition. If the Technical Delegate is unsure of the rule, or is unable to render a decision, the WCH Board members will act in his or her stead.

**23** In consideration of the acceptance of this entry, all participants hereby waive and release for themselves, their heirs, their executors and their administrators any and all rights and claims for damages they may have against WCH, Weightlifting Nova Scotia, and its directors, employees, and volunteers, and any sponsors of the competition, for any injuries they may suffer or may have suffered at the Competition. All PSOs certify that all of their respective participants have agreed to these conditions as a consequence of entering the competition, including the fact that those under the age of majority (18 years) have parental or guardian permission to participate.

# GENERAL INFORMATION

## 1. LOCAL ORGANIZING COMMITTEE (LOC) PERSONNEL:

1.1 Event Chairperson: Kate Meagher  
E-mail: [president@nsweightlifting.ca](mailto:president@nsweightlifting.ca)

Competition Director: John Garden  
E-Mail: [meet.director@nsweightlifting.ca](mailto:meet.director@nsweightlifting.ca)

## 2. TECHNICAL MEETING

2.1 The Technical Meeting will take place Thursday, May 16<sup>th</sup>, from 7pm until 9pm in the Centennial Room at the Venue under the direction of the WCH Technical Delegate.

2.2 The Competition Director/Secretary will verify the final entries into the categories.

2.3 Verification of the Waiver form from all participants (athl. + coaches + TL)

2.4 Verification that every participant completed the CCES online course.

2.5 The WCH delegate will assist the Competition Director in assigning all LOC Technical Officials (speakers, timekeepers) for the sessions.

## 3. FOOD & REFRESHMENTS

TBD

## 4. ACCESS TO TRAINING FACILITY AND CHECK SCALE

4.1 There is no training space available at the venue. We invite competitors to visit one of the three closest gyms listed below:

4.1.1 CrossFit Ironstone

4.1.2 Blended Athletics

4.1.3 CrossFit Basinview

4.2 There will be a check scale accessible either in the hotel or at the venue. The location and access windows will be announced prior to the competition.

## 5. LIVE STREAM

5.1 Links will be made available closer to the date of competition.

# SCHEDULE & DEADLINES

	<u>Date</u>
1) Beginning of Qualifying Period	August 1, 2023
2) Distribution of competition regulations	December, 2023
3) Last Day of Qualifying Period	March 31, 2024
4) Preliminary List of entries sent to the LOC	April 7, 2024
5) Final Team Entry Form and payment received by WCH	April 28, 2024
6) Last day for booking rooms at preferred rates	n/a

## COMPETITION EVENTS

May 16th-20th: Arrival of Participants

PRELIMINARY SCHEDULE OF COMPETITION				
(Note: It will be very important for the athletes to notify their provincial directors if they will participate in the Competition.)				
<b>NOTE: Sessions added Friday, May 19 to accommodate Awards Ceremonies throughout the Competition. Possibility of a short Opening Ceremony added Friday</b>				
The schedule below is just a rough draft and subject to change once all Final Entries have been received.				
<i>Friday, May 17</i>				
<u>Session</u>		<u>Category</u>	<u>Weigh-in</u>	<u>Start</u>
1	Men	M55/M61/M67	1pm	3pm
2	Women	F45/F49	3pm	5pm
3	Men	M73	5pm	7pm
<i>Saturday, May 18</i>				
<u>Session</u>		<u>Category</u>	<u>Weigh-in</u>	<u>Start</u>
4	Women	F55	7am	9am
5	Men	M81	9am	11am
6	Women	F59	11am	1pm
7	Men	M89B	1pm	3pm

8	Women	F64	3pm	5pm
9	Men	M89A	5pm	7pm
<i>Sunday, May 19</i>				
10	Women	F71B	7am	9am
11	Men	M96/M102	9am	11am
12	Women	F71A	11am	1pm
13	Women	F76/F81/F87/F+87	1pm	3pm
14	Men	M109/M+109	3pm	5pm
There will be a 10-minute break between Snatch and C&J for all sessions				
Introduction of Athletes will begin at the designated Start time with competition beginning 10 minutes after Introduction of the Athletes				

Monday, May 19th

Departure of Delegations

**WAIVER OF LIABILITY FOR ALL CLAIMS AND RELEASE OF LIABILITY**

**PLEASE READ CAREFULLY BEFORE SIGNING.** Completed waivers must be returned with registration or prior to attending the Organizer’s event: **2024 Canadian Senior Weightlifting Championships** (the “**Event**”).

By signing below, the Participant (named below) and/or the Participant’s Guardian represents that the Participant:

1. Does not knowingly have COVID-19;
2. Is not experiencing known symptoms of COVID-19, such as fever, cough, or shortness of breath, and if experiences such symptoms during the Event will immediately depart from the Event;
3. Follows government-recommended guidelines in respect of COVID-19, if in place, and will do so to the best of the Participant’s ability during the Event.

In addition, by signing below the Participant and/or the Participant’s Guardian understands, acknowledges and assumes the inherent risks in participating in the Event, including, but not limited to: the potential for bodily injury or illness (including contraction of COVID-19); contact or interaction with others who may have been exposed to COVID-19; permanent disability, paralysis, or loss of life; collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect venue or field of play conditions; equipment failure; participants of varying skill levels; inadequate safety measures; circumstances known, unknown or beyond the control of Weightlifting Canada Haltérophilie, its partners, sponsors, agents, members (including Weightlifting Nova Scotia), directors, employees, officer, therapists, or volunteers (together, the “**Organization**”); and negligence or omission of the Organization (collectively, the “**Risks**”).

In consideration for allowing the Participant to participate in the Event, the Participant and/or the Participant’s Guardian: (a) release, discharge and forever hold harmless the Organization from any and all liability for damages or loss arising as a result of the Risks of participation in or in connection with the Event; (b) waive any right to sue the Organization in respect of all causes of action (including for injuries or illness caused by their own negligence), claims, demands, damages or losses of any kind that may arise as a result of the Risks of participation in or in connection with the Event, including without limitation the right to make a third party claim or claim over against the Organization arising from the same; and (c) freely assumes all risks associated with the Risks, anything incidental to the Risks, which may arise as a result of participation in or in connection with the Event. **YOU ARE GIVING UP LEGAL RIGHTS TO ANY AND ALL FUTURE CLAIMS AGAINST THE ORGANIZATION.**

I confirm that I have read and fully understand this waiver and release of liability. I sign this waiver and release of liability voluntarily without any inducement, assurance, or warranty being made to me.

**Print Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_  
the “**Participant**” (mm/dd/yyyy)

**Print Name:** \_\_\_\_\_  
The “**Guardian**” (if Participant is a minor)

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
Participant or Guardian for minor (mm/dd/yyyy)

## MEDIA CONSENT AND RELEASE FORM

I, \_\_\_\_\_, hereby consent to the collection and use of my personal images by photography or video recording without any compensation whatsoever. I acknowledge these may be used on, but not limited to, the Weightlifting Canada Haltérophilie (“WCH”) website and/or social media accounts, in newsletters and publications as well as distributed to members. I further acknowledge that my image may be used by WCH and/or Weightlifting Nova Scotia to promote the sport of weightlifting in the future. I understand that no personal information, such as names, will be used in any publications unless express consent is given. I also understand that my consent can be withdrawn at any time in writing to the WCH Board of Directors. I give this consent voluntarily.

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

SIGNATURE OF PARENT OR GUARDIAN (for participants under the age of 18):

\_\_\_\_\_