



To:
PSOs, Athletes, Coaches

Date:
December 28, 2022

RE: 2023 Senior Pan-American Championships

The 2023 Senior Pan-American Senior Championships will take place in Bariloche, Argentina from March 25 to April 2, 2023. The Argentine Weightlifting Federation has released the competition regulation, which we have attached with this memo. This memo provides an update on qualification as well as our funding model and confirmation of our team selection criteria.

Qualification Standards

To qualify, athletes must achieve the following totals in competition:

Women

Category	45	49	55	59	64	71	76	81	87	87+
Senior	137	162	175	188	197	202	207	209	210	226

Men

Category	55	61	67	73	81	89	96	102	109	109+
Senior	218	246	266	283	298	304	323	325	329	349

Qualification Events

WCH has accepted the recommendation of the High-Performance Committee that the following events serve as qualifiers for the 2023 Senior Pan-American Championships:

1. Commonwealth Games
2. 2022 Senior, Youth and Junior Pan American Championships
3. All provincial championships that took place in November – December 2022
4. Western Canadian Championships (Calgary): November 2022
5. 2022 IWF World Championships (Bogota): December 2022
6. North American Open Finals (Atlanta): December 2022
7. PSO "Last Chance" Qualifiers:
 - a. 2023 Mistletoe Challenge, January 14 (Toronto)
 - b. Cold Steel Open, February 4 (Alberta)
 - c. A&R Open, February 4 (BC)
 - d. Coupe d'Amitie #3, January 28 (QC)
 - e. Apple Valley Invitational Qualifier, January 29 (NS)
 - f. SWA Masters Provincials/Open, February 4 (SK)



Expressions of Interest

At this time we are seeking an expression of interest from athletes. Please complete the form found at the link below to express interest.

<https://form.jotform.com/223556918582063>

Please note that you should submit interest if you believe have a reasonable chance of hitting the standard by the deadline so we can plan accordingly.

This information is due no later than January 20, 2023 – 10 pm Mountain Time

Athletes expressing interest are required to pay a \$100 non-refundable administration fee prior to the deadline above.

Whereabouts

As an Olympic qualification events, Article 5.5.16 of the IWF Anti-Doping Rules and Regulations requires that all athletes who wish to participate file Whereabouts for the entire 3-month period prior to the start of the competition (i.e., starting December 27) through to the final date of the competition (inclusive) to be eligible for selection to Team Canada. Athletes who have not filed Whereabouts by the deadline set by the IWF will not be considered for selection.

We will provide additional information on the competition as soon as it becomes available.

Registration Fees

Registration fees for this event are as follows:

Athletes: US\$255 (includes US\$50 IWF Special Anti-Doping Fee + US\$50 Pan-American Anti-Doping fee)

Officials, Coaches, and Team Support: US\$125

Accommodations

Official accommodations for participants will be at two hotels:

1. Hotel Monte Claro (www.monteclarohotel.com.ar)
2. Hotel Aguas de Sur (www.aguasdelsurhotel.com.ar)

Double and triple rooms are available for **US\$90/night/person**, subject to availability.

Single rooms are available for **US\$140/night/person**.

Participants are required to stay a minimum of 4 nights in official accommodations.



Team Canada Funding

Funding levels for this competition have not yet been established. Due to the high cost of flying to Bariloche from most locations in Canada, WCH may have to limit funding to a specific capped amount rather than a percentage of flight, hotel, and registration fees.