



CWFHC MARKERS
AND
NATIONAL TEAM SELECTION PROCESS
Events occurring May 1, 2021 to April 30, 2022

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The CWFHC High-Performance Committee and the Executive Committee approved this document on February 13 2021. This document will be updated on an annual basis. .

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PURPOSE:

The purpose of this document is to provide athletes, coaches and officials a step-by-step outline of qualifications to become a member of CWFHC's international teams and represent Team Canada.

PHILOSOPHY ON TEAM CANADA SELECTION:

CWFHC is committed to growing the sport of weightlifting across the country. To accomplish this goal, we believe that athletes must have reasonable opportunities to participate in Local, Regional, National, and International events as they improve their skills and abilities. This is aligned with the Long-Term Athlete Development protocol that was established for the sport of weightlifting.

Setting standards for achievement are paramount to this process as they provide athletes and coaches with clear expectations and guidelines about the required performance to be selected for events.

CWFHC takes the view that selection should reflect current performance and athlete potential while ensuring a competitive position at all international events.

MARKER IDENTIFICATION:

The CWFHC is using the following 3 step process to establish markers for the respective weight classes:



EXAMPLE: WOMEN 81KG

STEP 1: TOP 8 LIFTS FROM 2019 WORLD CHAMPIONSHIPS

247 246 245 244 242 238 238 237

Average = 242.125

STEP 2: TOP 8 RANKED LIFTS FOR 2019 (1 PER COUNTRY AS LISTED BY IWF)

260 250 247 246 245 244 242 239

Average = 246.625

AVERAGE OF 2 SCORES = 244.375

WOMEN'S 81KG MARKER = 245 KG

EXCEPTIONS:

In situations where a single athlete achieves a total that significantly exceeds that of their competitors, the committee reserves the right to adjust the marker. These exceptions will be noted in the document that is released annually. The intent behind making the adjustment is to ensure Canadian athletes are not penalized for a single result within their designated weight class, thus providing them with opportunities to compete.

The chosen total will not be less than the total achieved by the 8th placed athlete at the previous world championship. Where there were less than 8 athletes participating, the chosen total will not be less than the lowest placement at the previous world championships.

Should the total for any given weight class be lower than the next lowest weight class, the total will be adjusted accordingly.

MINIMUM THRESHOLD OF PERFORMANCE (MTP)

Selecting athletes for various levels of competition requires multiple considerations. Primary consideration will be given to athletes seeking to qualify for the Olympics. The philosophy for all other decisions will be based on athlete performance relative to the markers, with minimum requirements for certain levels of competitions. Each year, the Minimum Threshold for Performance will be set for the following four categories of events:



WORLD AND CONTINENTAL CHAMPIONSHIPS (ELITE LEVEL)

- IWF World Championships
- IWF Junior World Championships
- IWF Youth World Championships
- Pan American Games
- Junior Pan American Games
- Commonwealth Games

MULTI-SPORT GAMES AND IWF GRAND PRIX (INTERNATIONAL LEVEL 2)

- Pan American Championships
- Junior Pan American Championships
- Youth Pan American Championships
- Youth, Junior and Senior Commonwealth Championships
- FISU World University Games

OTHER INTERNATIONAL COMPETITIONS (INTERNATIONAL LEVEL 1)

- American Open Series
- FISU World University Championships
- Various Invitational events as available from time to time

CANADIAN NATIONAL CHAMPIONSHIPS (NATIONAL LEVEL)

- Senior National Championships
- Junior National Championships

There are various events held annually at the local, regional, and international levels. Many of these events have standards set that are outside of CWFHC's control. Where a competition has established standards that exceed those established by the CWFHC, the competition standards will prevail. Where athletes wish to compete at an international event not listed above, the CWFHC will determine which qualification level will apply based on the information available at the time.



QUALIFYING TO REPRESENT TEAM CANADA

To be considered for an international team you must meet the following minimum requirements:

YOU MUST BE A CITIZEN OF CANADA OR A LANDED IMMIGRANT

If dual citizenship is held, your sport nationality must be registered as Canada with the IWF or other applicable body, at the time of the final qualification event.

YOU MUST HAVE A VALID CANADIAN PASSPORT

An athlete must possess a Canadian Passport with an expiration date no less than 6 months after the end of competition, or the entry requirement of the host nation, whichever is greater. The reason for this is a majority of nations require 6 months' validity after entry.

DOPING POOL REGISTRATION

You must be registered in the ADAMS system with Whereabouts completed for the required period prior to the competition through to the final day of the competition. The required period for most international competitions is two months. For world championship events and major games, the period is three months.

YOU MUST BE THE CORRECT AGE FOR THE COMPETITION

The IWF recognizes four (4) age groups:

Youth: 13-17 years of age

Junior: 15-20 years of age

Senior: 15+ years of age

Masters: 35+ years of age

All groups are calculated based on participant's age on December 31 of the year the competition takes place.

MEMBERSHIP

Athletes must be current members of their appropriate PSO and in good standing to compete.

ACTIVE COMPETITOR

Athletes must be actively training and must compete at least once during the qualification period at a meet subject to doping controls.



SELECTION TO A TEAM

CWFHC will select, by name, at the end of the qualifying window for any event, the maximum number of athletes per gender permitted by the Organizing Committee (generally limited by the IWF rules to ten (10) athletes per gender).

The athlete with the highest % of the Marker for each weight category, provided they meet the minimum threshold of performance, will be named to the team.

Additional athletes will be named to the team based on % of marker across each weight category, with a maximum of two (2) per IWF bodyweight category.

A further 2 athletes who have the highest % of the marker will be named as reserve athletes. One reserve may be the “3rd” in the bodyweight category and a second who has the highest % marker score regardless of bodyweight category. If invites are declined, CWFHC will proceed down in order of % marker until either 10 athletes (or the maximum permitted for the competition, whichever is greater) have been named or all athletes meeting the MTP have been identified.

In the event an athlete meets the MTP in more than one bodyweight category, the highest individual % of marker by weight category will be considered, unless the athlete declares that they wish to use the lower % of marker for the other weight category.

In the event an athlete who qualifies wishes to change bodyweight category, they may do so provided there are not already TWO athletes selected in that category.

In the event that % Marker scores are tied, the next highest total for the athletes are considered, with the athlete with the highest second % marker score in the qualifying period having the advantage.

FUNDING

CWFHC will prepare an annual budget outlining available funding for athletes. It is our desire to fund the top 2 athletes in both male and female categories when a Team Canada delegation is being sent to a competition. Due to funding constraints this may not be possible. Athletes may, however, choose to attend the competition that they have been selected for at their own expense. At a minimum, the CWFHC will attempt to fund for the World Championships

RIGHT OF AMENDMENT

CWFHC reserves the right to change the rules if the IWF or IOC changes any applicable rules. CWFHC will notify athletes and coaches promptly of any such changes.



INTERNATIONAL TEAM QUALIFICATION PERIODS

Qualification Periods for International events will be based on competition dates. The following table identifies the qualification periods for each type of competition (i.e. International 1, 2, Elite) as well as the minimum amount of notice for Team selection.

Competition Level	Qualification Period	Team Selection Notification
National	9 months preceding the competition date	Provincial discretion
International 1 and International 2	8 months prior to team selection cutoff	45 Days prior to competition date
Elite	6 months prior to team selection cutoff	60 Days prior to competition date

Due to the lack of certainty around competitions for this upcoming year, changes may be made to the qualification periods based on athlete access to qualifying competitions.



2021 SENIOR MARKERS

SENIOR FEMALE MARKERS

Weight Class	Marker	Comment
45	166	
49	197	
55	213	
59	229	
64	240	
71	230	
76	252	
81	245	
87	255	
87+	275	Adjusted from 299 to reflect 56kg difference between 1 st and 8 th place

SENIOR MALE MARKERS

Weight Class	Marker	Comment
55	265	
61	299	
67	324	
73	345	
81	363	
89	370	
96	393	
102	389	
109	400	Adjusted from 415 to reflect 35kg difference between 1 st and 8 th place
109+	425	Adjusted from 442 to reflect 60kg difference between 1 st and 8 th place



SENIOR MINIMUM THRESHOLD OF PERFORMANCE

FEMALE

	National 70%	International 1 78%	International 2 82%	Elite 85%	Marker
45	116	130	137	142	166
49	138	154	162	168	197
55	149	167	175	182	213
59	160	179	188	195	229
64	168	188	197	204	240
71	161	180	189	196	230
76	176	197	207	215	252
81	172	192	201	209	245
87	179	199	210	217	255
87+	193	215	226	234	275

MALE

	National 70%	International 1 78%	International 2 82%	Elite 85%	Marker
55	186	207	218	226	265
61	209	234	246	255	299
67	227	253	266	276	324
73	242	270	283	294	345
81	254	284	298	309	363
89	259	289	304	315	370
96	275	307	323	335	393
102	272	304	320	331	389
109	280	312	329	340	400
109+	298	332	349	362	425



2021 JUNIOR MARKERS

JUNIOR FEMALE MARKERS

Weight Class	Marker	Comment
45	160	
49	176	
55	197	
59	200	
64	213	
71	216	
76	217	Adjusted to be higher than 71kg (+1)
81	220	Adjusted to be higher than 76 kg (+8)
87	225	Adjusted to be higher than 81 kg (+6)
87+	247	Adjusted from 258 due to 95 kg difference between 1 st and 8 th (-11)

JUNIOR MALE MARKERS

Weight Class	Marker	Comment
55	234	
61	268	
67	302	
73	319	
81	343	
89	346	
96	351	
102	352	Adjusted to be higher than 96kg (+1)
109	359	
109+	389	



JUNIOR MINIMUM THRESHOLD OF PERFORMANCE

FEMALE

	National 70%	International 1 78%	International 2 82%	Elite 85%	Marker
45	112	125	132	136	160
49	124	138	145	150	176
55	138	154	162	168	197
59	140	157	164	170	200
64	150	167	175	182	213
71	152	169	178	184	216
76	153	170	179	185	217
81	154	172	180	188	220
87	158	176	185	192	225
87+	173	193	203	210	247

MALE

	National 70%	International 1 78%	International 2 82%	Elite 85%	Marker
55	164	183	192	199	234
61	188	210	220	228	268
67	212	236	248	257	302
73	224	249	262	272	319
81	241	268	282	292	343
89	243	270	284	295	346
96	246	274	288	299	351
102	247	275	289	300	352
109	252	281	295	306	359
109+	273	304	319	331	389



2021 YOUTH MARKERS

YOUTH FEMALE MARKERS

Weight Class	Marker	Comment
40	117	
45	138	
49	161	
55	173	
59	185	
64	195	
71	196	
76	200	
81	202	
81+	208	

YOUTH MALE MARKERS

Weight Class	Marker	Comment
49	185	
55	224	
61	247	
67	274	
73	276	
81	284	
89	297	
96	325	
102	301	
102+	322	



YOUTH MINIMUM THRESHOLD OF PERFORMANCE

FEMALE

	National 70%	International 1 78%	International 2 82%	Elite 85%	Marker
40	82	92	96	100	117
45	97	108	114	118	138
49	113	126	133	137	161
55	122	135	142	148	173
59	130	145	152	158	185
64	137	153	160	166	195
71	138	154	161	167	196
76	140	157	164	171	200
81	142	158	166	172	202
81+	146	163	171	177	208

MALE

	National 70%	International 1 78%	International 2 82%	Elite 85%	Marker
49	130	145	152	158	185
55	157	175	184	191	224
61	173	193	203	210	247
67	192	214	225	233	274
73	134	216	227	235	276
81	199	222	233	242	284
89	208	232	244	253	297
96	228	254	267	277	325
102	211	235	247	256	301
102+	226	252	265	274	322



COMPETITION CALENDAR

MAY 1, 2021 – APRIL 30, 2022

Date (DD-MM-YYYY)	Name of Competition	Location	Eligibility
22-05-2021	Canadian Senior Championships	Toronto	CWFHC Senior National
28-05-2021	2020/2021 Dotmar/Eleiko Club Challenge Period 3		Ontario Participating clubs
1-05-2021	Tournoi Provincial des jeunes Louis Cyr	TBD	Quebec
23-05-2021	IWF Junior World Championships	Jeddah, KSA	CWFHC Junior Elite
10-07-2021	Blue Mountain Open	Collingwood	Ontario
23-07-2021	Olympic Games	Tokyo	CWFHC / COC Selected
14-08-2021	Renfrew Weightlifting Open	Elmsdale	Ontario
15-09-2021	North American Open Series West	Calgary	NAO Qualification Standards
20-09-2021	2021 IWF Youth World Championships	Tashkent, UZB	CWFHC Youth Elite
15-10-2021	Pan-American Junior Championships	San Luis Potosi, Mex	CWFHC Junior International 2
20-10-2021	Commonwealth Senior, Junior and Youth Championships	Singapore	CWFHC International 2
6-11-2021	Ontario Championships (Elite)	Brampton	Ontario
1-11-2021	2021 Pan American Championships	Guayaquil, ECU	CWFHC Senior International 2
1-11-2021	2021 IWF World Championships	Lima, PER	CWFHC Senior Elite
4-12-2021	Junior Ontario Championships (Elite)	Peterborough	Ontario
20-03-2022	IWF Junior World Championships	Hersonissos, Greece	CWFHC Junior Elite

** NB – this calendar is only current to the date of publication. Future competitions that are added will be found on the Federation Website.

