



weightliftingcanada.ca

dfriesen@cwfhc.ca

To:
PSOs, Athletes, Coaches

Date:
August 10, 2022

RE: Updates and Information

A. AGM

This memo serves as formal notice of our AGM which will be held virtually on September 24, 2022. Meeting details and reports will be sent at least one week in advance of the meeting.

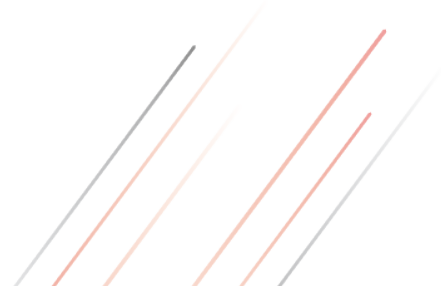
B. North American Open

A reminder that the North American Open is scheduled for Calgary, AB on September 15-18th. Information regarding the event is available on USAW website.

Please use the following link to register for the competition. It is specific to Canadian Residents.
<https://usaweightlifting.sport80.com/register/event?eid=11278>

C. International Competition Information

Based on recent feedback we are providing the following information regarding upcoming international competitions for athlete and coach planning purposes. Once we receive the competition regulations, we will be able to distribute further information about costs and accommodations.



D. JUNIOR PAN AMS – LIMA, PERU

The 2022 Pan American Junior Championships will take place in Lima, Peru from October 19 to 23. The Pan-American Weightlifting Federation has not yet released the competition regulation, and we expect the usual delays in receiving it. We are therefore releasing this preliminary memorandum to help you prepare in advance of any deadlines that may become imminent. This memo provides qualification information as well as some additional information to help you prepare.

Qualification Standards

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

Women

| Category | 45 | 49 | 55 | 59 | 64 | 71 | 76 | 81 | 87 | 87+ |
|----------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Junior | 132 | 145 | 162 | 164 | 175 | 178 | 179 | 180 | 185 | 203 |

Men

| Category | 55 | 61 | 67 | 73 | 81 | 89 | 96 | 102 | 109 | 109+ |
|----------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|
| Junior | 192 | 220 | 248 | 262 | 282 | 284 | 288 | 289 | 295 | 319 |

Qualification Period

The qualification period for this event, as modified by the WCH Board of Directors on July 23, 2022, is January 18, 2022 – September 18, 2022.

Expressions of Interest

Expressions of interest are due no later than August 17, 2022

Please provide the following link to athletes to express interest in this competition

<https://www.research.net/r/BGYWQVG>

The following QR code can also be used



Whereabouts

All athletes who wish to participate must file Whereabouts for the period running from August 19, 2022 through to October 23, 2022 (inclusive) to be eligible for selection to Team Canada. Athletes who file Whereabouts after August 19 will not be considered for selection. Athletes who are not yet registered in ADAMS should contact Nick Pilon at the CCES (npilon@cces.ca) to begin that process.

E. SENIOR WORLD CHAMPIONSHIPS – BOGOTA, COLOMBIA

The 2022 IWF World Championships will take place in Bogota, Colombia from December 7 to 16. The IWF has not yet released the competition regulation. We expect to receive a preliminary memorandum from the IWF within the next few weeks. This memo provides an update on qualification as well as other information to help you prepare

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 | 142 | 168 | 182 | 195 | 204 | 210 | 215 | 216 | 217 | 234 |

Men

| Category | 55 | 61 | 67 | 73 | 81 | 89 | 96 | 102 | 109 | 109+ |
|----------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|
| Senior | 226 | 255 | 276 | 294 | 309 | 315 | 335 | 337 | 340 | 362 |

The qualification period for this event is April 8, 2022 – October 8, 2022.

Expressions of Interest

Expressions of interest are due no later than August 22, 2022
Please provide the following link to athletes wishing to express interest in the competition

<https://www.research.net/r/BBBTZGH>

The following QR code can also be used



Whereabouts

All athletes who wish to participate must file Whereabouts for the period running from September 8, 2022 through to December 16, 2022 (inclusive) to be eligible for selection to Team Canada. Athletes who file Whereabouts after September 8, 2022 will not be considered for selection. Athletes who are not yet registered in ADAMS should contact Nick Pilon at the CCES (npilon@cces.ca) to begin that process.