

Date	Competition	2025 Pan Am JR Cuba March 9-16, 2025	2025 IWF World Youth Peru April 30 - May 5, 2025	2025 IWF World Junior Peru April 30 - May 5, 2025	2025 Pan Am Champs Colombia July 20-26, 2025	2025 Pan Am JR Games Asuncion, Paraguay August 9-23, 2025	2025 Commonwealth Champs Ahmadabad City, India August 24-30, 2025	2025 IWF World Champs Norway October 1-10, 2025	2025 Pan Am Youth Mexico November 10-15, 2025
September 17-21, 2024	Commonwealth Champs, Fiji	X	X	X					
September 19-27, 2024	2024 World JR, Spain	X	X	X					
November 9, 2024	Ontario Provincials	X	X	X					
November 16-17, 2024	Westerns	X	X	X					
November 30, 2024	Nova Scotia Provincials	X	X	X					
November 30, 2024	Quebec Provincials	X	X	X					
December 4 -14, 2024	2024 World Champs, Bahrain	X	X	X					
December 7, 2024	Ontario JR/Youth Provincials	X	X	X					
December 8-22, 2024	Youth Nationals	X	X	X					
Jan-March	2025 Provincials		X	X					
January 18, 2025	Variety Village Open		X	X					
March	Quebec Classic		X	X					
March	Atlantic Cup		X	X					
March 9-16, 2025	Pan Am JR, Cuba		X	X		X			
April 30-May 5, 2025	World Youth, Peru				X		X	X	X
April 30-May 5, 2025	World JR				X		X	X	X
May, 2025	SR Nationals				X		X	X	X
June, 2025	JR Nationals & Open Division				X		X	X	X
July 20-26, 2025	Pan Am Champs, Colombia						X	X	X
August, 2025	Ogopogo								X
August, 2025	Summerfest								X
August, 2025	Quebec Open								X
August 17-23, 2025	Pan Am JR Games, Asuncion								X
August 24-30, 2025	Commonwealth, India								X

\*Next Gen standard for athletes born in 2002 or later