

Ontario Weightlifting Association Competition Synopsis

Ontario Weightlifting Association (OWA) sanctions, hosts and participates in multiple competitions throughout the calendar year. The following text defines OWA annual competitions, club and interclub meets as well as notes sanctioned national championships.

Annual OWA Competitions

Preamble: As part of its programming the OWA offers an annual competition calendar¹ aligned with recognized Canadian Sport for Life/Long Term Athlete Development (CS4L/LTAD) phases as directed by the Canadian Weightlifting Federation Haltérophile Canadienne (CWFHC) LTAD *Transition Phase* plan² as well as supports the Ontario Ministry of Tourism, Culture and Sport³ (MTCs) policies and objectives.

CWFHC LTAD Phases

- FUNDamentals
- L2T – Learn to Train
- T2T – Train to Train
- L2W – Learn to Win
- T2W – Train to Win
- L4L – Lift for Life

For information regarding Ontario Athlete Assistance Program (OAAP) Quest for Gold funding, please visit www.ontarioweightlifting.ca/questforgold

For information regarding qualification for team selection at international events and Major Games, please visit www.halterophiliecanada.ca

The following annual OWA competitions listed in order of annual calendar provide, unless otherwise noted:

- ✓ CWFHC LTAD phases
- ✓ Subject to Doping Control⁴
- ✓ OWA Qualification Standards required
- ✓ OWA Qualification Event
- ✓ Qualified Coaches and Technical Officials
- ✓ Qualified Event Management and volunteer staff
- ✓ Standardized RFP process
- ✓ Health and Safety
- ✓ Assessed Risk Management and insured
- ✓ Venues and dates may vary

¹ <http://www.ontarioweightlifting.ca/news.htm>

² http://www.weightliftingcanada.ca/documents/CWF_Book-v9_fev2012.pdf

³ http://www.mtc.gov.on.ca/en/sport/sport_index.shtml

⁴ *May change from time to time; please confirm*

http://www.halterophiliecanada.ca/documents/CWFHC_Cal_Jan_2012-Dec_2013_022.pdf

1. **Competition:** Winter Lift
Month: February
Location: changes annually
LTAD: All
SDC: Yes
Qualification Standard: No
Qualifying Event: Canadian Championships
2. **Competition:** Mini Hercules
Month: March
Location: changes annually
LTAD: FUNdamentals; L2T; T2T
SDC: No
Qualification Standard: No
Qualification Event: No
3. **Competition:** Ontario Championships
Month: March
Location: changes annually
LTAD: T2T; L2W; T2W
SDC: Yes
Qualification Standard: Yes
Qualification Event: Canadian Championships
4. **Competition:** Scholastics
Month: April
Location: North Bay
LTAD: FUNdamentals; L2T; T2T; L4L
SDC: No
Qualification Standard: No
Qualification Event: No
5. **Competition:** Toronto Pro Supershow
Month: June
Location: Toronto
LTAD: T2T; L4L
SDC: No
Qualification Standard: No
Qualification Event: No
6. **Competition:** Variety Village Open
Month: July
Location: Toronto
LTAD: All
SDC: No
Qualification Standard: No
Qualification Event: No

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7. **Competition:** Blue Mountain Open
Month: August
Location: Collingwood
LTAD: All
SDC: Yes
Qualification Standard: No
Qualification Event: Ontario Championships
 8. **Competition:** Ray Hamilton Classic
Month: October
Location: North Bay
LTAD: T2T; L2W; T2W
SDC: Yes
Qualification Standard: No
Qualification Event: Ontario Championships; Canadian Championships
 9. **Competition:** Ontario Open
Month: November
Location: changes annually
LTAD: All
SDC: Yes
Qualification Standard: No
Qualification Event: Ontario Championships; Canadian Championships
 10. **Competition:** Ontario Junior Championships
Month: December
Location: changes annually
LTAD: T2T; L2W
SDC: Yes
Qualification Standard: No
Qualification Event: Ontario Championships; Canadian Championships

The OWA also participates annually within the CWFHC competition calendar⁵.

The CWFHC annually sanctions:

1. Canadian Junior Championships (T2T; L2W) - January
2. Canadian Championships(T2T; L2W; T2W) - May

Each event is hosted in various locations throughout Canada and allocated by way of a bid process and voted on by the CWFHC Board of Directors. The OWA and its registered clubs actively host both of these national events. For further information; visit www.halterophiliecanada.ca

⁵ http://www.halterophiliecanada.ca/documents/CWFHC_Cal_Jan_2012-Dec_2013_022.pdf

Club & Interclub Meets (may or may not be hosted annually)

Preamble: As part of its programming registered clubs within the OWA membership structure offer club and interclub competitions aligned with recognized CS4L/LTAD as directed by the CWFHC *Transition Phase* document while supporting recognized Ontario MTCS policies and objectives.

The following alphabetically listed OWA club and interclub competitions will provide:

- ✓ CWFHC LTAD phases
- ✓ Qualified Technical Officials, coaches and volunteers
- ✓ Health and Safety
- ✓ Venues and dates may vary

1. **Competition:** GTA Weightlifting Challenge
Month: September
Location: Toronto
LTAD: All
2. **Competition:** Ottawa Elite Closed Meet
Month: February
Location: Ottawa
LTAD: L2W; T2W
3. **Competition:** School Of Champions Club Competition
Month: December
Location: Ottawa
LTAD: T2T; L2W; T2W; L4L
4. **Competition:** Toronto Weightlifting Club Meet
Month: February
Location: Toronto
LTAD: T2T; L2W; T2W
5. **Competition:** We Are Weightlifting Club Competition
Month: December
Location: Sarnia
LTAD: T2T; L2W; T2W

Ontario Games (currently not active)

Preamble: Currently the OWA is not an active sport within the Ontario Games⁶ system; however, efforts are underway by the OWA Executive Board to reinstate the sport. The completion and approval of the CWFHC LTAD document; as well as, the newly implemented OWA High Performance Plan⁷ will assist the OWA in this endeavour. The Ontario Games program targets the LTAD phases of T2T and L2W.

⁶ <http://www.sportallianceontario.com/>

⁷ <http://www.ontarioweightlifting.ca/highperformance2012program.htm>