



February 21, 2022

To: Provincial Sport Organization Representatives

Re: Updates

The following memo serves to provide an update to PSOs and their membership regarding the operations of Weightlifting Canada Haltérophilie (WCH).

1. Canadian Invitational:

Waivers: Please make sure all athletes, coaches and support personnel have completed their waivers and that they have been sent to dfriesen@cwfhc.ca prior to Thursday February 24, 2022.

Hotel Information: The hotel is the Toronto Don Valley Inn. The address is 175 Wynford Drive, Toronto M3C 1J3. You do not need a confirmation number, simply approach the front desk on arrival and you will be given your room.

A sauna is available at the hotel, please enquire at the front desk upon arrival to confirm access requirements.

A designated hotel room will serve as the competition headquarters. A certified scale will be available for use in that room. Additional details will be provided upon check in.

Draft Start List

A draft start list has been posted on our website

Competition Address:

Variety Village
3701 Danforth Ave
Scarborough, ON

Pre-Competition Training:

Variety Village will host athletes for training prior to the competition between the hours of noon and 9pm. Please just let the front desk know you are there for the competition and you will not be charged admission.

Verification of Final Entries and Technical Meeting:

Verification of final entries will take place at 6pm on Friday February 25. We are confirming location, however we expect it to take place at the competition hotel.

COVID Protocols:

Masks will be expected for all participants unless they are actively training, warming up or competing. All athletes, coaches, technical officials and support personnel can expect to take a rapid test prior to entry into the competition area.

We ask people to be aware of the COVID requirements

Accreditations:

Accreditations will be available upon check in provided the competition waiver has been signed and the respect in sport course has been completed. You will not be permitted to enter the competition area if you do not have proper accreditation.

Airport Transportation:

If you are flying into Toronto and staying at the competition hotel, please note that ground transportation has been reserved for you for this event (from Pearson Toronto Airport to the hotel and back).

PLEASE NOTE THE FOLLOWING IMPORTANT INSTRUCTIONS REGARDING YOUR TORONTO AIRPORT PICK-UP:

Clear customs (if applicable), pick-up your luggage and proceed to the pre-arrange limo pickup area at the arrivals level.

Location for pre-arranged pickup:

- TERMINAL 1 - at area/door "A"

Details regarding your return to the airport will be provided closer to departure dates.

Transportation to and from Competition Venue:

On Saturday and Sunday there will be two 28 passenger vehicles cycling between the competition venue and the hotel between 6am and 6pm. It is about 30 minutes to get from the hotel to the venue. Please ensure you give yourself plenty of time to make weigh-ins etc.

Event Photography:

Flanker Media and Captured in Kilos will be available to take photos/video of the event. Both are experienced with weightlifting competitions and their fees are not set by WCH. If you wish to book your specific session with them please reach out to them directly.

Flanker Media: flankermedia.ca@gmail.com

Captured in Kilos: nquero53@gmail.com

We assume no responsibility for the quality of images/videos obtained through the event.

Emergencies can be directed to Deanne Friesen at 587-990-7754 and Craig Walker 587-896-2655

2. Youth Pan Ams

For those that have submitted their intent to compete at Youth Pan Ams, the following information is required prior to March 1, 2022:

- Photo of passport
- Headshot for accreditation
- Travel details for transportation purposes

This applies to any coaches or family wishing to attend as well. If family member(s) is attending they will need to pay registration and hotel fees as stated in the regulation that is located on our website.

Please note that any coaches attending must be certified as Competition Development.

Please send all information to dfriesen@cwfhc.ca

