

**CANADIAN WEIGHTLIFTING FEDERATION HALTÉROPHILE CANADIENNE
(CWFHC)**

2020 CANADIAN JUNIOR WEIGHTLIFTING CHAMPIONSHIPS



COMPETITION REGULATION
GENERAL INFORMATION
SCHEDULES, FORMS
DEADLINES

January 18, 2020

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ANNEX

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OFFICIAL INVITATION TO ALL CWFHC MEMBERS

The Alberta Weightlifting is are honoured to invite your athletes, coaches, technical officials, team staff and spectators to participate in the 2020 Canadian Junior Weightlifting Championships, to be held in Edmonton on the January 18, 2020.

All competition events will be hosted at the Ross Sheppard High School, which is located at Edmonton.

We wish your team the best of luck and hope you enjoy your stay in Edmonton.

Mr. Michael Korte
President
Alberta Weightlifting Association

2020 Canadian Junior Weightlifting Championships

PREAMBLE:

Objectives of the CWFHC for this competition:

- Enable CWFHC-affiliated provincial associations to register members of their junior team who have met the required performance thresholds.
- Provide eligible athletes with an opportunity to perform demonstrate their potential, experience a provincial team experience and identify Canadian junior champions in the categories on the program.
- Provide coaches with the required certification level with an opportunity to coach provincial teams at the national level.
- Give national and senior level officials an opportunity to judge the lift, in accordance with the rules.
- Provide organizing committees with the opportunity to host an event that allows participants to perform in a safe environment and showcases weightlifting at its best.

1 TITLE: 2020 Canadian Junior Weightlifting Championships

2 DATE: Saturday, January 18, 2020

3 ORGANISED BY

Alberta Weightlifting Association (AWA) with the hosting Ross Sheppard High School.

Ken Gavina – vptech@albertaweightlifting.com

Brennan Link – brennanlink@gmail.com

4 SANCTIONED BY

Canadian Weightlifting Federation Halterophile Canadienne (CWFHC).

5 COMPETITION VENUE

Ross Sheppard High School
13546, 111 Ave NW, Edmonton AB T5M 2P2

5.1 Competition site: Main South Gymnasium

5.2 Warm-up Room: Workout Room (Directly North of Gymnasium)

5.3 Weigh-in Room: TBC

5.4 Anti-doping Control Room: TBC

5.5 Technical Meeting: Hotel Hilton Double Tree

5.6 Officials room: TBC

6 EVENTS

6.1 Women categories (8): 49, 55, 59, 64, 71, 76, 81, +81 kg

6.2 Men categories (8): 55, 61, 67, 73, 81, 89, 96, +96 kg

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7. Minimal Thresholds of Performance (**MTP)
- .1 Participants in the CCJR-2020 must have achieved a total in a competition sanctioned by the provincial association in which he or she is a member in good standing or at a higher caliber competition. Normally the total be achieved in a subject to doping control (SDC).
 - .2 This total must be achieved from July 1st, 2019 to December 7, 2019 inclusive.
 - .3 Athletes are not permitted to submit an entry total *higher* than the total achieved in qualification.
 - .4 The deadline for preliminary entries is December 9, 2019.
 - .5 As usual, at the technical meeting or the verification of entries, the athlete could move up in the higher category as long as they met the Minimum Thresholds of Performance.

STANDARDS DE PARTICIPATION - HOMMES / Catégories / Standards							
55 kg	61 kg	67 kg	73 kg	81 kg	89 kg	96 kg	+96 kg
94 kg	101 kg	108 kg	113 kg	120 kg	125 kg	129 kg	132 kg

STANDARDS DE PARTICIPATION - FEMMES / Catégories / Standards							
49 kg	55 kg	59 kg	64 kg	71 kg	76 kg	81 kg	+81 kg
84 kg	91 kg	96 kg	101 kg	107 kg	110 kg	114 kg	117 kg

8. PARTICIPANTS ELIGIBILITY : (As adopted at the **2006 CWFHC AGM**)
- 8.1 An athlete participating in a national competition must be:
- duly affiliated member of his/her P/T Weightlifting Association;
 - a member in good standing (not currently being sanctioned) with his/her P/T Weightlifting Association; and
 - a citizen of Canada OR possesses a permanent resident status of Canada.
- 8.2 - Coaches registered to participate in a national championship (Junior or Senior) by a P/T Weightlifting Association must be Level #2 NCCP or Comp-Dev certified.
- The P/T Weightlifting Association may send a Level #1 NCCP or Club Coach certified coach with the team as a developing coach if (a) the developing coach is working under the supervision of a higher-level coach, and (b) if the CWFHC Executive Committee approves the Level #1/Club Coach's participation in advance
- 8.3 Coaches, team leaders and technical officials registered to participate in a national championship (Junior or Senior) by a P/T Weightlifting Association must be:
- duly affiliated member of his/her P/T Weightlifting Association;
 - a member in good standing (not currently being sanctioned) with his/her P/T Weightlifting Association.
- 8.4 All questions/concerns regarding eligibility must be addressed at the Technical Meeting. If requested, we encourage team leader(s) to be prepared to present copies

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of the permanent residence status of the athlete(s). After the Technical Meeting, eligibility of athlete(s) cannot be challenged.

8.5 Open to athletes born in 2000-2001-2002-2003-2004 and 2005 incl. who are nominated by their respective P/T Weightlifting Association (age group 15 to 20 years old).

8.6 There is a limit of two athletes per bodyweight category per team.

8.7 Team format:

Team format	Men	Women	Coaches	Team leader
A	6	6	2	1
B	2	2	2	

Each P/T Weightlifting Association may enter up to **two** teams per gender and all athletes must be designated to teams; either the “A” or the “B” team.

Team designation is confirmed at the Technical Meeting and cannot be challenged.

8.8 The CWFHC will recognize the best successful lift by a Canadian athlete in each bodyweight category for the Snatch, Clean & Jerk and Total.

8.9 The target number of athletes participating at the Canadian Junior Championships 2020 is 75. This is an agreed upon amount due to the limit the Organizing Committee.

9. ENTRIES

Only the CWFHC Provincial/Territorial Directors receive the Competition Regulation and Entry Forms.

9.1 Preliminary Team Entry Forms must be received by not later than **December 9, 2019**.

9.2 Final Team Entry Forms must be received by not later than **January 3rd, 2020**.

9.3 A single check to cover Entry Fees must accompany the Final Team Entry Form on **January 3rd, 2020**.

9.4 All forms must be sent to: Brennan Link – brennanlink@gmail.com

10. COMPETITION RULES AND REGULATIONS

The competition will be governed by the latest IWF Technical Rules IWF Handbook.

10.1 REMINDER: IWF – TCRR-2019 P. 69 Article #15

“An athlete who fails to make the bodyweight within the allotted weigh-in time of their respective bodyweight category, in which he/she is officially entered, is excluded from the competition of the Event”.

10.2 Like for the CCJR-2017-2018-2019, the 20 kg rule will NOT be used.

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- 10.3 We still use the process of presentation of the athletes of the session, period of 10 minutes for the warm-up. In this 10 minutes period, medals of the previous session could be given.
- 10.4 When 9 athletes or more are in a session, there will be no break between Snatch and Clean & Jerk.
11. EQUIPMENT
- 11.1 Competition platform Regulation - 4 square meters
Competition barbell IWF certified men's & women's bars Eleiko (230 kg)
Referee Lights
Scoreboard
Attempt board
- 11.2 Warm-up: 10 platforms with 10 Eleiko sets 180 kg
- 11.3 Electronic scale will be used.
12. **Each PA must ensure that the waiver/media release (provided separately) is signed by all participants (athletes, coaches and team leaders) and provided to LOC prior to the Technical Meeting. Further, each PA must ensure that a parent/guardian signs the waiver/media release for all minor participants (under the age of 18 as of the date the document is signed). Without this signed document, participants will be prohibited from participating in the Competition.**
13. ANTIDOPING
- 13.1 This competition is subject to doping control (SDC) administered by the Canadian Centre for Ethics in Sport - CCES.

IN CANADA, ANTIDOPING CONTROLS ARE ADMINISTERED BY THE
CANADIAN CENTRE FOR ETHICS IN SPORT - CCES.

Telephone : (613) 521-3340 Fax : (613) 521-3134 1-800-672-7775

www.cces.ca

E-mail: info@cces.ca

Information on substances: substances@cces.ca

All athletes participating in the competition can be tested because it is a competition
subject to doping control.

It is important to remember that in in the world of anti-doping,
in sport, CANNABIS IS PROHIBITED. ([CCES – link](#))

Athletes and coaches are strongly encouraged to familiarize themselves with the
procedures and rules. For more information go to the website:

<http://cces.ca/athletezone>

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Video : http://cces.ca/sample-collection-procedures
See Antidoping Quick Reference Card in annex – for distribution to athletes
If you take supplements, drugs (Ritalin, Concerta or other similar products, anti-inflammatory, etc.) make sure they are allowed by the CCES. In case you need to use a banned medication for a legitimate medical reason TUE, you must make the request to the CCES. When you get this therapeutic exemption of the CCES - TUE, bring the document with you when you can be tested.
Authorization to use for therapeutic exemption: tue-aut@cces.ca
A new Canadian anti-doping policy CADP came into force on January 1 st , 2015. New rules will be applied in the coming months. So you have to meet deadlines in ADAMS, for example. For more information:
http://cces.ca/canadian-anti-doping-program
The International Weightlifting Federation IWF has also adopted a new anti-doping policy under the new anti-doping policy World Antidoping Agency WADA.
REMEMBER: EACH ATHLETE IS RESPONSIBLE FOR WHAT HE/SHE CONSUMES

14. AWARDS

- 14.1 Gold, Silver and Bronze medals will be awarded for the Total in each bodyweight category.
- 14.2 Best Athlete awards for men and women are determined by Sinclair points based on actual bodyweight of the athlete. Sinclair Coefficients 2017-2020.
- 14.3 Team prizes will be awarded to the best teams for the men and women. There will be no combined team prizes. Team awards are based on IWF scoring for the Total.
In case of a tie:
(A) The team with the largest number of first place totals shall be declared the winner;
(B) If still tied, the team with the largest number of second place totals shall be declared the winner;
(C) If still tied, the team with the most total Sinclair points using the body weight category will be declared winner (see Note 12.2 in regards of Sinclair coefficients).
- 14.4 Zero in the Snatch does not eliminate athletes from the Championships. Athletes are allowed to continue in the Clean & Jerk, but do not receive points for the Total. Points are earned in Total only.

15. ACCOMMODATION

- 15.1 Team leaders or participants are responsible for contacting the official event accommodation, noted below and making their own arrangements.

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A block of rooms has been reserved.

Hotel: Hilton Double Tree

16615-109 Avenue

Edmonton, AB T5P 4K8

Phone: local 780-484-0821

Email:

Website: <https://doubletree3.hilton.com>

GROUP NAME: Weightlifting Junior National

GROUP BOOKING CODE: **WJN**

BOOKING LINK : [LINK](#)

DATE	Deluxe Double	Jr. King Suite	King Suite
Friday, January 17,	30	5	5
Saturday, January 18,	30	5	5

GUEST ROOM RATES & SPECIAL AGREEMENTS

Room	Single Rate	Double Rate	Triple Rate	Quad Rate
Deluxe Double Queen	\$149+tax	\$149+tax	\$149+tax	\$149+tax
Jr. King Suite	\$155+tax	\$155+tax	\$155+tax	\$155+tax
King Suite	\$159+tax	\$159+tax	\$159+tax	\$159+tax

- All rates are net, non-commissionable, subject to 5% GST, 4% Tourism Levy and 3% DMF (taxes are subject to change without notice).
Ex.: \$149 + 5% (\$7.45) + 4% (\$5.96) + 3% (\$4.42) = \$166.88
- Full Buffet Breakfast for 2 included in rate.

PRE AND POST DATES

The Hotel will extend the above Client rates three (3) days before and three (3) days after the contracted dates, subject to guestroom availability.

COMPLIMENTARY FOR REGISTERED GUESTS

- Complimentary high-speed internet access
- Complimentary Parking with approximately 1,000 parking stalls available
- Free local phone calls from all guest rooms
- In-Room Coffee, tea, iron/ironing board
- 24/7 use of our fitness room & business centre
- Full use of hotel pool

BLOCK CUT-OFF DATE

Rooms will be held in the group block until Monday, December 30th, 2019. After this date, any rooms not booked within the block may be released for general sale.

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CHECK IN/CHECK OUT

The Hotel's check in time is 4:00 pm. Check out is by 12:00 noon. Guests arriving prior to 4:00pm will be accommodated as rooms become available.

The Hilton Double Tree Hotel is located at 4 km from the Ross Sheppard High School, competition site.

The Edmonton International Airport (YEG) is 43 kilometers from the hotel.

16. TRANSPORTATION

Each team is responsible for its transportation arrangements.

Edmonton International Airport - YEG
1000 Airport Rd, Edmonton International Airport, AB T9E 0V3
<https://flyeia.com/>

17. FINANCIAL CONDITIONS

17.1 Entry Fee:

17.1.1 \$ 100: all athletes, coaches and team leaders.

17.1.2 \$ 50: referees and officials.

17.2 Team leaders are responsible for the collection of all fees from all team members/participants.

17.3 Team leaders must send one cheque **only** for the payment of all Entry Fees, plus Entry Forms.

Deadline: Must be received January 6th, 2020

Method: Single cheque or money order

Payed: Alberta Weightlifting Association

Send with: Final Team Entry Form & Financial Remittance Form

Send to: Brennan Link
969 Valour Way, Edmonton, AB T5E 6P2
brennanlink@gmail.com

17.4 Payment for accommodations is arranged directly with the Hilton Double Tree.

18. FINANCIAL RESPONSIBILITIES – ORGANISING COMMITTEE

18.1 Offers the participants a discounted rate for accommodation at the Centre to be guaranteed until the date stated in this regulation, access to the competitions, and participation in official meetings, training, small reception and other usual technical services for all participants.

18.2 Provides, free of charge, the technical organization at all facilities (equipment, hall, rooms with adequate furnishing, technical staff, first aid, etc.) for the Competition,

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as required by the applicable CWFHC rules.

- 18.3 Collect from their participants and pay to the Organizing Committee, the designated fees for each participant.

19. FINANCIAL RESPONSIBILITIES – PROVINCIAL ASSOCIATION

- 19.1 Select a Team Leader (who accompanies the team) or a Team Coordinator (who does not accompany the team) and notify the Organizing Committee who that person is.

- 19.2 Pay the invoice for participation fees to be sent by the CWFHC. The basic fee is 60 \$ per athlete participant.

19.3 TECHNICAL OFFICIALS

P/T Weightlifting Associations with participating teams are eligible to submit names of Technical Officials with Certified National level (Level III) or higher qualifications wishing to officiate at the Championships.

Maximum of 2 Technical Officials nominations per P/T Weightlifting Association who enter athlete in the competition.

If selected, Technical Officials are interested in upgrading their Officials Certification during the Championships, please indicate it on the Entry Form.

Each P/T is responsible for the expenses of their selected Technical Officials.

Please ensure the Technical Officials' email and mailing address is also noted in order for Organizing Committee to distribute the Technical Official schedule.

- 20 The CWFHC Technical Delegate for these Championships will be nominated prior to the Championships. If the CWFHC Technical Delegate is unable to settle a technical dispute, the CWFHC Executive Committee shall act as final court of appeal. The Jury, if appointed, is not a jury of appeal.

21. ACCREDITATION

- 21.1 A Technical Meeting will be held at the Hilton Double Tree (Hotel) Friday January 17, 2020 at 7:00 PM.

The Technical Meeting will consist of the following:

- Verification of eligibility athletes, coaches, team leaders and technical officials;
- Verification of Waiver from every participant;
- Verification of Final Entries into bodyweight categories;
- Final declaration of athletes to Team A or B;
- Lot numbers will be made available; lot numbers are drawn prior to the Technical Meeting.
- Sessions and groups will be determined.
- Any other pertinent information.

Following the above noted meeting, Technical Officials assignments will be determined.

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22. AFTER ARRIVAL / BEFORE COMPETITION :

22.1 All athletes, coaches, team leaders and technical officials will be accredited at the Technical Meeting.

22.2 If required, team leaders will be provided the following information after the Technical Meeting:

- Updated Start List
- Competition Schedule
- Technical Officials schedule and assignments.

23. DURING COMPETITION:

Coaches will be provided Competition Protocol as soon as possible after each weigh-in.

24. AFTER THE COMPETITION:

The results package will be sent electronically.

25. In consideration of the acceptance of this entry, all participants hereby waive and release for themselves, their heirs, their executors and their administrators any and all rights and claims for damages they may have against the CWFHC, Alberta Weightlifting Association and its directors, employees, and volunteers, and any sponsors of the competition, for any injuries they may suffer or may have suffered at the Competition. All P/T associations certify that all of their respective participants have agreed to these conditions as a consequence of entering the competition, including the fact that those under the age of majority (18 years) have parental or guardian permission to participate.

SCHEDULE & DEADLINES

October 2019	Distribution of competition regulations
Monday – December 9, 2019	Preliminary Team entries – (form available by e-mail upon request)
Monday – December 30, 2019	Last day for booking rooms at the hotel
Friday – January 3, 2020	Final Team Entry Form and cheque sent to the Organizing Committee
Friday – January 17, 2020	All day arrival of participants 7:00 pm – Technical Meeting at the Hotel Hilton Double Tree
Saturday – January 18, 2020	Competition
Sunday – January 19, 2020	Departure

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COMPETITION PRELIMINARY SCHEDULE				
SATURDAY, JANUARY 19, 2019 (AS AN EXAMPLE)				
SESSION	CATEGORIES		WEIGH-IN	COMPETITION
1	Women	49, 55, 59, 64 kg	7:30 A.M.	9:30 A.M.
2	Women	71, 76, 81, +81 kg	9:00 A.M.	11:00 A.M.
3	Men	55, 61, 67 kg	11:00 A.M.	1:00 P.M.
4	Men	73, 81 kg	12:30 P.M.	2:30 P.M.
5	Men	89, 96, +96 kg	2:00 P.M.	4:00 P.M.
END OF COMPETITION AT 7:00 PM; Awards ceremonies.				
Note :	There will be no break between Snatch and Clean & Jerk for groups with nine athletes or more.			
<i>Following the preliminary entries, we will see how the distribution by session can be done.</i>				

WAIVER AND RELEASE OF LIABILITY

This form must be completed by athletes, coaches and team leaders

In consideration of entering and participating in the 2020 Canadian Junior Weightlifting Championships (the "Competition") and any and all activities related to the Competition, the undersigned acknowledges and agrees that:

The risk of injury from the activities involved in the Competition is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, coaching and personal discipline may reduce this risk, the risk of serious injury exists.

I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and I assume full responsibility for my participation.

I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such hazard immediately to the attention of the Canadian Weightlifting Federation Halterophile Canadienne, the Alberta Weightlifting Association and/or its officials immediately;

I, FOR MYSELF AND ON BEHALF OF MY HEIRS, ASSIGNS, PERSONAL REPRESENTATIVES AND NEXT OF KIN, HEREBY RELEASE AND HOLD HARMLESS THE ALBERTA WEIGHTLIFTING ASSOCIATION AND THE CANADIAN WEIGHTLIFTING FEDERATION HALTEROPHILE CANADIENNE, THEIR RESPECTIVE OFFICERS, DIRECTORS, OFFICIALS, AGENTS AND/OR EMPLOYEES, OTHER PARTICIPANTS, SPONSORING AGENCIES, ADVERTISERS, AND, IF APPLICABLE, OWNERS AND LESSORS OF PREMISES USED TO HOST TRAINING OR CONDUCT THE EVENT ("RELEASEES"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, OR LOSS OR DAMAGE TO PERSON OR PROPERTY, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

NAME _____ DATE _____

SIGNATURE _____ WITNESS _____

SIGNATURE OF PARENT OR GUARDIAN (for participants under the age of 18) _____

MEDIA CONSENT AND RELEASE FORM

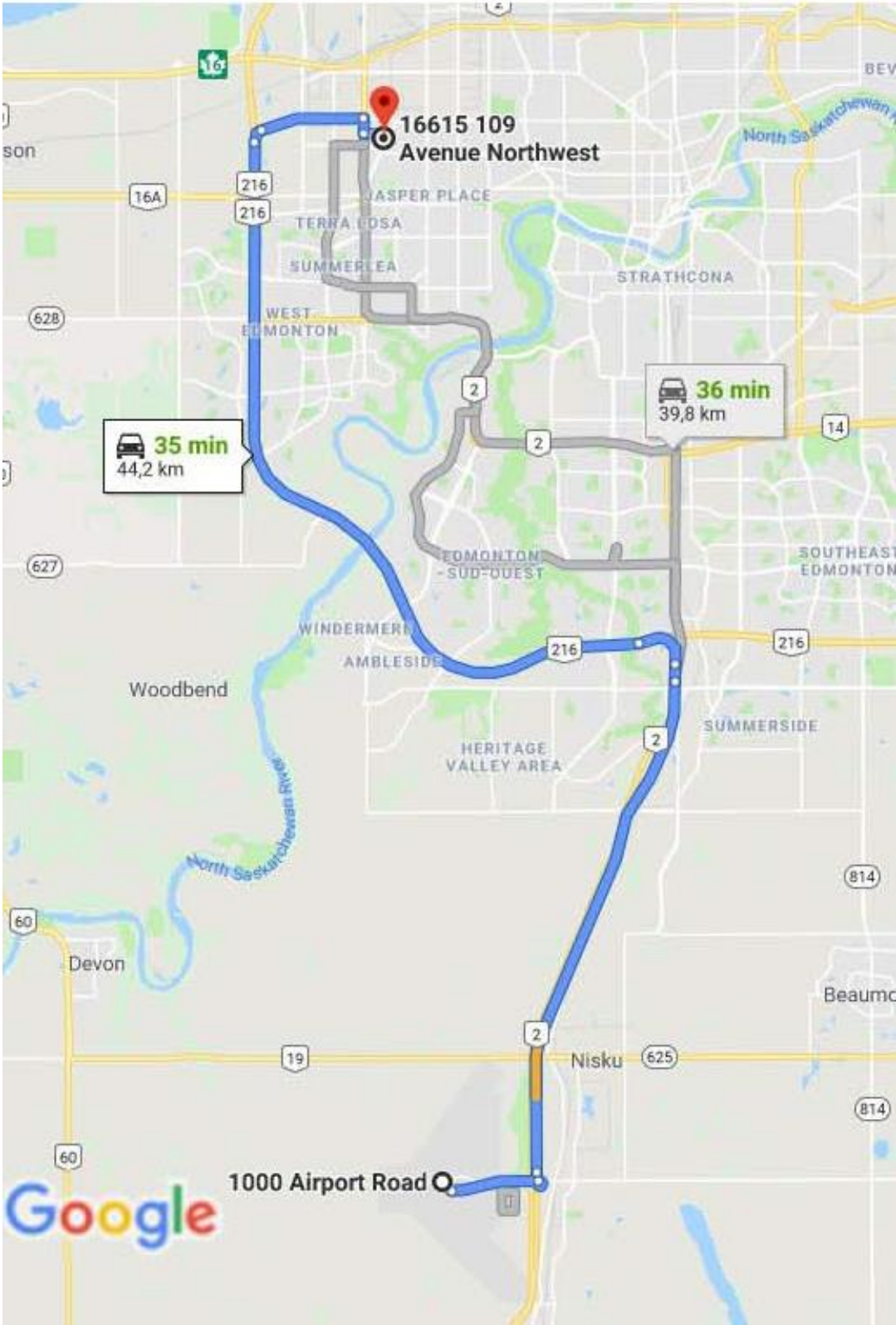
I, _____, hereby consent to the collection and use of my personal images by photography or video recording without any compensation whatsoever. I acknowledge these may be used on, but not limited to, the Canadian Weightlifting Federation Halterophile Canadienne's (CWFHC) and/or Alberta Weightlifting Association (AWA) website, in newsletters and publications as well as distributed to members. I further acknowledge that my image may be used by the CWFHC and/or the AWA to promote the sport of weightlifting in the future. I understand that no personal information, such as names, will be used in any publications unless express consent is given. I also understand that my consent can be withdrawn at any time in writing to the CWFHC executive board. I give this consent voluntarily.

NAME _____ DATE _____

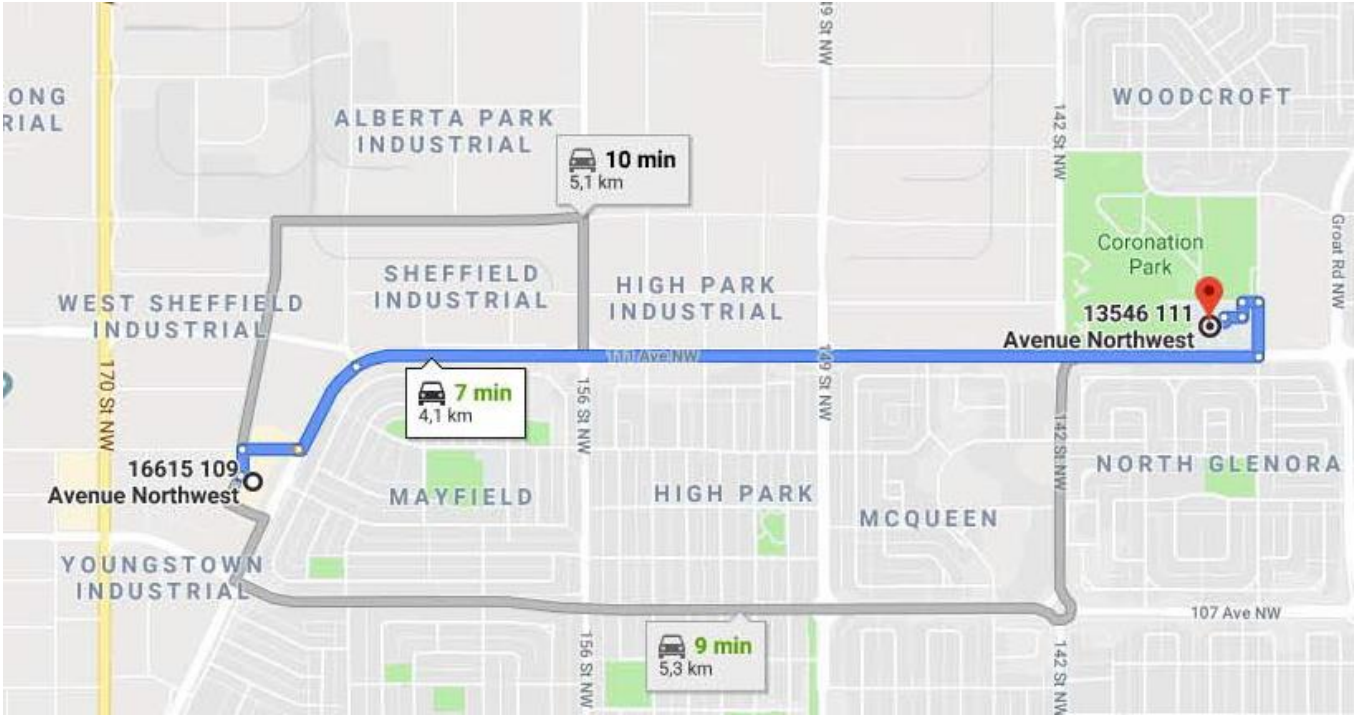
SIGNATURE _____ WITNESS _____

SIGNATURE OF PARENT OR GUARDIAN (for participants under the age of 18) _____

Map Airport: 1000 airport Rd, Calmar, AB T0C 0V0
Hotel: 16615-109 Avenue, Edmonton, AB T5P 4K8



Map Hotel: 16615-109 Avenue, Edmonton, AB T5P 4K8
Site Competition : 13546, 111 Ave NW, Edmonton AB T5M 2P2



**Your sport.
Your reputation.
Your responsibility.**

Check all medications before taking them. Make sure they don't contain banned ingredients.

Apply for a medical exemption if you need to use a banned medication for a legitimate medical reason.

Be aware of the risks of supplement use. Take all necessary precautions prior to using products like supplements, energy drinks and herbal remedies.

Know your anti-doping requirements, including whereabouts, medical exemptions and sample collection.

Find out more at:

www.cces.ca/athletezone

©2012

During sample collection...

You have the right to:

- Have a representative and, if available, an interpreter.
- Ask for additional information about the sample collection process.
- Request a delay in reporting to the doping control station for valid reasons (e.g., victory ceremony, media commitment, further competitions, cool down). You will be chaperoned at all times during the delay.
- Request modifications if you are a minor or an athlete with a disability.
- Comment on the sample collection process or report any perceived procedural irregularities.



Caution!

Strict Liability means that you are 100% responsible for what you consume, and for what is found in your urine or blood sample.

Marijuana is prohibited in competition and can be detected in your urine for more than a month after use.

Pseudoephedrine, a common cold remedy ingredient, is banned in competition.

Supplements can contain banned substances such as steroids, stimulants, diuretics, and synthetic cannabis.

Find out more at:



www.cces.ca/athletezone

Watch the collection procedures video at:

www.cces.ca/athletezone

Check it first...

It's your responsibility to check the status of all medications, including prescription or over-the-counter products. Use the CCES substance inquiry resources:

Global DRO
www.globaldro.com
Substance Classification Booklet
www.cces.ca/scb

Email the CCES
substances@cces.ca

Call the CCES Infoline
1-800-672-7775 (in North America)



Join the True Sport Movement at
www.truestport.ca
TRUE SPORT
LIVES HERE

**Votre sport.
Votre réputation.
Votre responsabilité.**

Vérifiez vos médicaments avant de les prendre afin de vous assurer qu'ils ne contiennent aucune substance interdite.

Faites une demande d'exemption médicale si vous devez prendre un médicament interdit pour une raison médicale.

Vous êtes conscients des risques liés aux suppléments. Prenez toutes les précautions nécessaires avant de prendre des produits comme des suppléments, des boissons énergisantes ou des plantes médicinales.

Connaissiez vos responsabilités liées au dopage, y compris les renseignements de localisation, les exemptions médicales et le prélèvement d'échantillon.

Pour de plus amples renseignements :

www.cces.ca/zoneathlete

©2012

Durant le prélèvement des échantillons...

Vous avez droit à :

- Être accompagné d'un représentant et par un interprète, s'il y en a un de disponible.
- Obtenir plus de renseignements sur le processus de prélèvement d'échantillon.
- Demander un délai avant de vous présenter au poste de contrôle du dopage pour des raisons valables (p. ex. cérémonie de remise des médailles, obligations médicales, autres compétitions, récupération). Vous serez sous la supervision d'une escorte en tout temps durant le délai.
- Demander des modifications si vous êtes un mineur ou un athlète avec un handicap.
- Partager vos commentaires et signaler les irrégularités concernant les procédures.



Soyez prudent!

Selon la règle de la **responsabilité stricte**, vous êtes entièrement responsable de ce que vous ingérez et pour ce qui est trouvé dans votre échantillon d'urine ou de sang.

La **marijuana** est interdite en compétition et peut être détectée dans votre urine plus d'un mois après avoir été consommée!

La **pseudoéphédrine**, un ingrédient utilisé souvent pour soigner le rhume, est interdite en compétition.

Les **suppléments** peuvent contenir des substances interdites tel que des stéroïdes, des stimulants, des diurétiques et du cannabis synthétique.

Pour de plus amples renseignements :



www.cces.ca/zoneathlete

Visionnez la vidéo sur le prélèvement des échantillons à :

www.cces.ca/zoneathlete

Vérifiez d'abord!

Vous avez la responsabilité de vérifier le statut de tous les médicaments, incluant les produits prescrits et en vente libre. Utilisez les ressources de vérification des substances du CCES :

DRO Global
www.droglobal.com

Livret de classification de substances
www.cces.ca/lcs

Écrivez au CCES
substances@cces.ca

Info Ligne du CCES
1-800-672-7775 (en Amérique du nord)



Adhéciez au Mouvement Sport pur à www.sportpur.ca
SPORT PUR
ÇA SE VIT ICI!

CHAMPIONNATS CANADIENS JUNIOR - CANADIAN JUNIOR WEIGHTLIFTING CHAMPIONSHIPS

STATISTICS OF PARTICIPATION 2002 - 2019

FEMMES - WOMEN

Prov. Assoc.	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
AB-A	0	1	0	1	0	0	0	0	1	0	0	0	2	3	3	4	4	6
AB-B	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	4	0
BC-A	3	3	4	4	4	4	4	4	4	4	4	4	2	4	4	4	4	6
BC-B	0	0	0	4	4	0	4	0	0	0	3	3	1	2	2	0	2	1
MB	1	1	1	0	0	0	0	0	0	0	0	0	2	3	3	1	2	4
ON-A	3	3	4	4	4	4	3	4	4	4	4	4	4	4	4	4	4	6
ON-B	3	1	2	1	4	1	0	3	2	1	4	4	4	1	0	4	1	2
QC-A	3	3	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	6
QC-B	0	0	4	0	4	4	0	4	4	2	4	4	4	1	1	4	2	2
SK-A	3	2	4	4	4	4	4	2	4	3	3	3	4	4	4	4	4	6
SK-B	0	2	0	4	0	2	0	0	0	3	0	0	0	0	4	3	3	2
NB-A	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	2	2
NB-B	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0
NL	1	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NS-A	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	3	2
NS-B	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0
YT-A	2	2	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
YT-B	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
TOTAL	19	18	28	26	28	23	19	21	23	21	26	26	27	26	29	38	40	45
Prov. Assoc.	7	7	7	6	4	4	4	4	5	4	4	4	6	6	6	8	8	8
Average prov. Assoc.																		5,7
Average nbr Athlete																		26,8

CHAMPIONNATS CANADIENS JUNIOR - CANADIAN JUNIOR WEIGHTLIFTING CHAMPIONSHIPS
HOMMES - MEN

Prov. Assoc.	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
AB-A	0	0	0	2	1	1	2	1	1	4	0	6	6	3	2	5	4	6
AB-B	0	0	0	0	0	0	0	0	0	0	0	2	0	0	0	0	0	2
BC-A	5	5	6	6	6	6	6	6	4	6	5	6	3	6	6	6	4	6
BC-B	0	0	0	5	0	4	5	1	0	0	0	0	1	0	1	0	1	2
MB-A	0	0	1	3	5	2	3	4	3	4	3	2	0	1	3	3	1	1
MB-B	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0	0	0	0
ON-A	5	5	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
ON-B	5	1	2	0	6	5	0	5	6	1	4	6	3	1	0	6	2	2
QC-A	5	5	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
QC-B	0	0	6	0	6	6	0	6	6	2	6	6	6	1	3	6	3	2
SK-A	5	5	6	6	5	5	5	4	4	4	4	5	6	6	6	4	4	4
SK-B	0	4	0	4	2	0	0	0	0	0	0	0	0	1	3	0	0	0
NB	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0
NL	3	3	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NS	0	0	0	0	0	0	0	0	0	0	0	0	0	1	1	1	2	0
YT	1	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
TOTAL	29	28	38	38	43	41	33	39	37	34	34	45	37	32	37	43	34	37
Prov. Assoc.	6	5	7	6	6	6	6	6	6	6	5	6	5	7	7	7	8	6
Average prov. Assoc.																		6,2
Average nbr Athlete																		36,6

	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019
H + F - M &	48	46	66	64	71	64	52	60	60	55	60	71	64	58	66	81	74	82
Average:																		63
% part. F - V	40%	39%	42%	41%	39%	36%	37%	35%	38%	38%	43%	37%	42%	45%	44%	47%	54%	55%
Average:																		42%

2001	Winnipeg, MB	2006	Ottawa, ON	2011	Regina, SK	2016	Regina, SK
2002	North Bay, ON	2007	Lachute, QC	2012	Scarborough, ON	2017	Brossard, QC
2003	Regina, SK	2008	Lake Country, C.B.	2013	Mississauga, ON	2018	Halifax, NS
2004	Lachute, QC	2009	Scarborough, ON	2014	Scarborough, ON	2019	Brossard, QC
2005	Port Alberni, C.B.	2010	Lachute, QC	2015	Winnipeg, MB	2020	Edmonton, AB