



## Canadian Weightlifting Fédération Haltérophile Canadienne

June 29, 2021

Dear Sir / Madam:

**Re: 2021 Youth World Championship**

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On behalf of the CWFHC, we are pleased to provide you with this brief introductory memorandum for the 2021 Youth World Championships (the “**Competition**”) taking place in Jeddah, Saudi Arabia from October 3-12, 2021. This memo is to provide you with some important information to help you and your athletes make the decision to declare interest in participating.

### 1. QUALIFICATION STANDARDS

The qualification standards for the Competition are as set out below. These are based on the markers established by the CWFHC High Performance Committee (February 13, 2021). CWFHC reserves the right to further verify any declared totals that were achieved in an online competition.

#### Women

	<b>40</b>	<b>45</b>	<b>49</b>	<b>55</b>	<b>59</b>	<b>64</b>	<b>71</b>	<b>76</b>	<b>81</b>	<b>81+</b>
<b>Total</b>	100	118	137	148	158	166	167	171	172	177

#### Men

	<b>49</b>	<b>55</b>	<b>61</b>	<b>67</b>	<b>73</b>	<b>81</b>	<b>89</b>	<b>96</b>	<b>102</b>	<b>102+</b>
<b>Total</b>	158	191	210	233	235	242	253	277	256	274

### 2. CONFIRMATION OF PARTICIPATION

All qualified athletes, coaches, and support personnel who would like to participate in the Competition must notify the CWFHC of their intent to participate in the Competition by **July 4, 2021** at the latest. Please send your notification to Secretary – Treasurer Deanne Friesen at [dfriesen@cwfhc.ca](mailto:dfriesen@cwfhc.ca). Athletes who confirm their intent to participate must also pay the \$100 CWFHC Administration Fee by e-transfer to [dfriesen@cwfhc.ca](mailto:dfriesen@cwfhc.ca). Coaches do not have to pay the Administration Fee. Athletes will need to send a copy of their passport as well as a headshot with their declaration.

If you are withdrawing from the Competition, whether as an athlete, coach, or support personnel, please notify Ms. Friesen as soon as possible so that we can finalize the team before the **September 5, 2021** deadline for Final Entries.

### 3. REGISTRATION FEES

- (a) The registration fee for each athlete is \$200 (USD).
- (b) The registration fee for each delegate, coach, team leader, or other support team support person is \$200 (USD).

### 4. ACCOMMODATIONS

- (a) Official accommodations for the Competition are at the InterContinental Jeddah Hotel.
- (b) All participants must stay a minimum of four (4) nights at the hotel.
- (c) The room rates are:
  - Single room:       **\$180 (USD)/person/night**
  - Double room:      **\$160 (USD)/person/night**
- (d) Meals are included with the accommodation fee.
- (e) As per Section 5 of the Competition Regulation, hotel “No Show” charges will be applied to anyone who does not arrive on the date specified on the Team Accommodation Form unless you provide the Organizing Committee with 10 days’ advance notice of any changes in your arrival date and time. The charges will be applied to keep your room available and to cover food expenses already incurred by the Organizing Committee.
- (f) Please notify the CWFHC by email ([dfriesen@cwfhc.ca](mailto:dfriesen@cwfhc.ca)) if you would prefer a single, or double room. If you choose a double room, please let us know your choice of roommate. We will do our best to accommodate your choice.

### 5. FUNDING FOR COACHES AND ATHLETES

**CWFHC is planning to send a large delegation to the Commonwealth Championships in Singapore in the same month of this competition. Funding will be limited for this competition as a result.**

- (a) **Athletes:** The top female and top male athletes will receive a maximum of \$1,000 support for registration fees, accommodations for 4 nights based on double room, and flight to Jeddah, Saudi Arabia (Air Canada Basic Economy fare or equivalent).
- (b) **Coaches:** The coach of the top female athlete and of the top male athlete will receive \$1,000 support for registration fees, accommodations, and flight to Jeddah, KSA (Air Canada Basic Economy fare or equivalent).

## 6. PRELIMINARY SCHEDULE

<b>Saturday, 02.10.2021</b>	Arrival			
<b>Sunday, 03.10.2021</b>	10:00	IWF Executive Board Meeting		
	18:00	Verification of the Final Entries		
<b>Monday, 04.10.2021</b>	10:00	IWF Executive Board Meeting		
	17:00	Technical Officials' Meeting		
	20:00	Opening Ceremony		
<b>Tuesday, 05.10.2021</b>	11:00	Men	49	B
	13:30	Women	40	B
	16:00	Men	49	A
	19:00	Women	40	A
<b>Wednesday, 06.10.2021</b>	08:30	Men	55	B
	11:00	Women	45	B
	13:30	Men	61	B
	16:00	Men	55	A
	18:30	Women	45	A
	21:00	Men	61	A
<b>Thursday, 07.10.2021</b>	08:30	Women	49	B
	11:00	Men	67	B
	13:30	Women	55	B
	16:00	Women	49	A
	18:30	Men	67	A
	21:00	Women	55	A
<b>Friday, 08.10.2021</b>	08:30	Men	73	B
	11:00	Women	59	B
	13:30	Men	81	B
	16:00	Men	73	A
	18:30	Women	59	A
	21:00	Men	81	A

## 7. ANTI-DOPING

- (a) **IWF Policy.** This competition is subject to the IWF Anti-Doping Policy, a copy of which is available for download on the IWF website: [www.iwf.net](http://www.iwf.net)

Under Section 7.4 of the IWF Anti-Doping Policy, all athletes participating in IWF World Championship events must be registered in ADAMS and have submitted their Whereabouts for the full 90-day period prior to the start of the Competition through the end of the competition. Athletes who file their Whereabouts even one day late will be considered ineligible to compete by the IWF. Athletes who wish to compete in Jeddah who are not already registered in ADAMS are encouraged to register as soon as possible by contacting Mr. Richard Mason ([vpadmin@cwfhc.ca](mailto:vpadmin@cwfhc.ca)) to create an account.

- (b) **Athletes**

All athletes are required to complete the **IWF iLiftCLEAN E-learning Course** before the Competition.

To successfully complete the iLiftCLEAN course, the Athlete must take the final test at the end of the course and obtain a final score of at least 80%. The course is available in English, French, Spanish, Russian, Arabic and Japanese. It takes approximately 30 minutes to complete.

The IWF Anti-Doping E-learning platform can be reached on the following website:  
<https://iliftclean.com>

Here are the steps to follow:

**Step 1:** Register;

**Step 2:** Create an account on the platform for yourself;

**Step 3:** Confirm your account by clicking on the link received by e-mail from the website;

**Step 4:** Sign in with your username and password;

**Step 5:** Watch the Anti-Doping videos and complete the test after;

**Step 6:** Receive your Certificate;

**Step 7:** Show your Certificate to the IWF by sending it to  
**www.education@iwfnet.net**