



# 2025 CANADIAN JUNIOR WEIGHTLIFTING CHAMPIONSHIPS

COMPETITION REGULATION  
GENERAL INFORMATION  
SCHEDULES  
FORMS DEADLINES

Saskatoon, SASKATCHEWAN  
JUNE 6-8, 2025

# ELEIKO

## OFFICIAL INVITATIONS TO ALL PARTICIPANTS

The Local Organizing Committee (LOC), Saskatchewan Weightlifting Association (SWA), and Weightlifting Canada Haltérophilie (WCH) wish to extend our warm welcome and invitation to Saskatoon for the 2025 Canadian Junior National Weightlifting Championships. It is with great respect that we acknowledge we are hosting this event in Treaty 6 Territory, and the Homeland of the Métis.

The SWA is proud to host you in this step of your athletic journey, whether this is your first or last year competing at the Junior National Championships your pursuit of excellence and dedication to your craft is worth celebrating. We are excited to witness the culmination of your months of training on the platform.

Saskatoon is a diverse and beautiful city that comes alive during the summer months. While you are here for the competition it is our hope that you will have a chance to experience the culture and hospitality our city has to offer. It is our distinct pleasure to welcome you to Paris of the Prairies!

The LOC has been hard at work to create a competition environment for you to showcase your strength and prowess on the national stage. We want to recognise our graphic designer behind our competition logo, Bella Thompson-Hill. She was the 2022 Junior National Champion in the 87 kg category and her understanding of our sport is demonstrated in her artistic work, capturing the energy and spirit of competition in this year's design

Christopher Reid  
President – SWA



Sydney Jensen  
Competition Director

# REGULATIONS

## 1. COMPETITION TITLE

The competition is the 2025 Canadian Junior Weightlifting Championships (the “Competition”).

## 2. COMPETITION DATES

JUNE 6 - 8, 2025

## 3. ORGANISERS

Saskatchewan Weightlifting Association (“SWA”) and Weightlifting Canada Haltérophilie (“WCH”). The 2025 Canadian Junior Championships Organizing Committee is the official Local Organizing Committee (the “LOC”) of the competition.

## 4. SANCTIONING BODY

WCH

## 5. COMPETITION VENUE

### Competition Site

#### **Nutana Curling Club**

2002 Arlington Ave, Saskatoon, SK S7J 2H5

- 5.1 Competition area TBA – on site
- 5.2 Warm-up area TBA – on site
- 5.3 Weigh-in TBA – on site
- 5.4 Changing rooms TBA – on site
- 5.5 Check Scale TBA – on site
- 5.6 Doping Control TBA – on site
- 5.7 Volunteers & Officials TBA – on site
- 5.8 Technical meeting TBA
- 5.9 Medical TBA – on site

- All rooms subject to change by the LOC.
- **Only registered participants have access to facilities, equipment, food and any other amenities listed in these regulations**

## 6. EVENTS

**6.1 Women:**                   • 48, 53, 58, 63, 69, 77, 86, and +86 kg categories.

**6.2 Men:**                       • 60, 65, 71, 79, 88, 94, 110, and +110 kg categories.

## 7. QUALIFYING TOTALS

Since there are no qualifying competitions with the new weight categories, athletes will qualify from an old weight category and select their new weight category, either the one above or below it. For example, a female that qualifies as a 71 kg, can compete as either a 69 kg or 77 kg. This is a one-year exception due to the implementation of the new weight categories.

<b>WOMEN</b>									
45 kg	49 kg	55 kg	59 kg	64 kg	71 kg	76 kg	81 kg	87 kg	+87 kg
83	89	97	102	107	113	118	121	125	132

<b>MEN</b>									
55 kg	61 kg	67 kg	73 kg	81 kg	89 kg	96 kg	102 kg	109kg	+109 kg
129	140	149	157	167	176	182	187	191	201

**An athlete must hit the qualifying total within the qualification period which is from August 1st, 2024 – May 4, 2025.**

## 8. PARTICIPANTS' ELIGIBILITY

**8.1** An athlete participating in a national competition must be:

- a duly affiliated member of his/her Provincial/Territorial weightlifting association (“PTSO”);
- a member in good standing (not currently being sanctioned) with his/her PTSO;
- an athlete not currently suspended by WCH, the IWF, or, in the case of Canadian Anti-Doping Program (“CADP”) violations, an athlete suspended by another signatory to the CADP
- a Canadian Citizen of Canada OR person possessing permanent resident status in Canada
- Athlete must be born between 2005 and 2012 inclusive.

- All individuals (athlete, coach, technical official, volunteers, support personnel, etc.) participating at either of our National Championships, or any international competitions must complete the training and sign the consent form prior to their next event. We encourage you to get all individuals started on this process right away as they will not be permitted to compete without it. Information can be found at <https://saskweightlifting.com/junior-nationals-june-2025> or contact your team leader.

**8.2** Coaches registered to participate in the Competition by their PTSO must be certified as NCCP Competition Development level (provisional or full certification) or the previous NCCP Level 2. PTSOs may bring coaches who are not yet fully certified as NCCP Competition Development if those coaches are being evaluated for Competition Development Certification at the Competition. PTSOs may also bring a development coach who is not yet fully certified as Competition Development with the prior written consent of WCH. Where WCH provides such consent, the development coach must be working under the direct supervision of a fully certified Competition Development coach.

**8.3** Coaches, team leaders, provincial delegates, and referees registered to participate in the Competition by their respective PTSO must:

- be duly affiliated members of their respective PTSO
- be members in good standing (not currently being sanctioned) with their respective PTSO
- not currently suspended (provisional or otherwise) by WCH, the IWF, or, in the case of Canadian Anti-Doping Program (“CADP”) violations, suspended by another signatory to the CADP
- complete Respect in Sport certification by **May 19, 2025**. Access to course registration is available here: <https://CWFHC.respectgroupinc.com>. Individuals who have completed the Respect in Sport certification within the past 5 years do not need to retake the course. If more than 5 years have passed since their certification, they will need to complete the course again.
- complete an Enhanced Police Information Check (E-PIC) consistent with the WCH Screening Policy, available here: <https://weightliftingcanada.ca/wp-content/uploads/2023/03/WCH-Safe-Policy-Suite-Final-With-Appendix.pdf> PTSOs are responsible to ensure all background check documentation has been submitted to the WCH Screening and Privacy Officer ([cwalker@cwfhc.ca](mailto:cwalker@cwfhc.ca)) no later than **May 19, 2025**. A Vulnerable Sector Check will not be considered an equivalent to an E-PIC for the purposes of the Competition, as it is less comprehensive.

**8.4** Any questions about eligibility should be addressed at the Technical Meeting on Thursday, June 5, 2025. We encourage team leaders to provide WCH copies of team members’ proof of citizenship or permanent resident status in advance and, if

necessary, to bring such documentation to the Technical Meeting. The eligibility of athletes cannot be challenged after the Technical Meeting.

- 8.5** The Competition is open to all qualified athletes nominated by their respective PTSOs who meet the qualifying standard before the qualification deadline as well as the eligibility criteria set out in section 8.1 above.

*Athletes must achieve their qualifying performance in a competition that is subject to doping control (SDC).*

- 8.6** The respective PTSOs may nominate 3 additional women and 3 men who have not reached the qualification standard ("Wildcard Athletes"). Wildcard Athletes must still have competed in their province. In addition, Wildcard Athletes must be identified by their PTSO during preliminary and final registration for the competition.

## **9. ENTRIES**

Only the provincial directors receive Entry Forms from the LOC.

- 9.1 Preliminary Team Entry Form** – The Preliminary Team Entry form must be *received* by the LOC no later than midnight (MST) on **May 10, 2025**.
- 9.2 Final Team Entry Form** - The Final Team Entry Form must be received by the LOC no later than midnight on **May 19, 2025**.
- 9.3 Payment of Fees** – The SWA will invoice each province and a single e-transfer to cover all Team Entry Fees for each PTSO must be received by WCH no later than midnight on **May 26, 2025**.
- 9.4 Entry Lists** - The Entry List will be distributed by the LOC to the PTSO Team Leaders as soon as it becomes available.

## **10. COMPETITION RULES & REGULATION:**

The IWF Technical and Competition Rules & Regulations – 2024 (TCRR 2024), as updated from time to time, will govern the Competition. If the IWF releases an updated version of the TCRR 2024, the updated version shall govern unless WCH stipulates otherwise.

## **11. EQUIPMENT**

### **11.1 Competition area**

Competition platform:	Regulation - 4 square metres
Competition bars/weights:	IWF-Certified Eleiko Men's & Women's sets
Referee Results Light System:	OWLCMS
Scoreboard:	OWLCMS
Attempt board:	OWLCMS

Clock: OWLCMS

### 11.2 Warm-up area

Warm-up platforms: 10 platforms  
Warm-up bars/weights: Eleiko, Rogue, Gorilla Fitness  
Scoreboard: 2 x 55" TV's  
Clock: Yes  
Water: Yes

### 11.3 Weigh-in Area

Scale: Electronic

## 12. RESULTS PACKAGE

Will be sent electronically.

## 13. DOPING CONTROL

This competition is subject to doping control (SDC) administered by the Canadian Centre for Ethics in Sport (CCES). All athletes and coaches are strongly encouraged to familiarize themselves with the applicable rules and procedures.

For more information visit: <http://www.cces.ca/en/antidoping>

## 14. CANADIAN SAFE SPORT PROGRAM

This Event and all participants in the event are subject to the requirements of the Canadian Safe Sport Program (CSSP). For information on the CSSP, please visit: <http://www.cces.ca/en/canadian-safe-sport-program>

The CSSP comes into effect on April 1, 2025. All participants in the Event will be required to complete a CSSP course called *Safe Sport 2025* and sign the *CSSP Consent Form*. **However**, at the time of publication of these Regulations, the CSSP course and consent forms are not ready. The LOC and WCH will circulate a link to the course as soon as it becomes available. Your patience is appreciated.

## 15. AWARDS:

- 15.1 Gold, Silver and Bronze medals will be awarded for the "Snatch", "Clean & Jerk" plus "Total" in each weight category.
- 15.2 Best Athletes Awards (Male – Female): Awarded at the conclusion of the event, based on the Sinclair formula (calculated on TOP OF THE CLASS WEIGHT for all categories other than +86 kg and +110 kg).

## 16. ACCOMMODATIONS

### 16.1 Athlete / Coach Reservation Deadline

Varies by Hotel, please see table below for specific deadlines

<b>Travelodge</b>	<b>Room Type</b>	<b>Dates</b>	<b>Cost/Night</b>
106 Circle Drive	Double Queen	June 5-9	\$149
<a href="#">Website</a>			
Book by: May 5th			
Code: 060525AUN			

<b>Sandman Signature</b>	<b>Room Type</b>	<b>Dates</b>	<b>Cost/Night</b>
2815 Lorne Ave	Standard (2 queens)	June 5-9	\$169
<a href="#">Website</a>	Deluxe	June 5-9	\$169
Book by: May 9th	Suites	June 5-9	\$169
Code: "2506SASKWE"			

<b>Townplace Suites Stonebridge</b>	<b>Room Type</b>	<b>Dates</b>	<b>Cost/Night</b>
247 Willis Crescent	Studio (2 queens)	June 5-8	\$159
<a href="#">Website</a>	Studio (king + sofa)	June 5-8	\$149
Book by: May 6th			
Code: for phone booking "CJN"			
<a href="#">Web booking link</a>			

<b>Best Western Airport</b>	<b>Room Type</b>	<b>Dates</b>	<b>Cost/Night</b>
317 Aerogreen Cres	2 Queens	June 5-8	\$149
<a href="#">Website</a>	King + Sofa	June 5-8	\$149
Book by: May 5th			

### 16.2 Officials Accommodations

<b>Parktown Hotel</b>	<b>Room Type</b>	<b>Dates</b>	<b>Cost/Night</b>
924 Spadina Cres E	King suites	June 5-9	\$169
reservations@parktownhotel.com	Two queens	June 5-8	\$169

Book by May 5

Code: JNW

306-244-5564

NOTE: The Parktown Hotel offers a shuttle to the guests of the hotel.



## **17. TRANSPORTATION FOR TEAM MEMBERS AND DELEGATES**

Each PTSO is responsible for the transportation of its team members to the Accommodations and Competition.

## **18. FINANCIAL CONDITIONS:**

**18.1 Entry Fees:** Entry Fees: The PTSOs will collect from their delegation members and subsequently pay the designated fees by e-transfer (treasurer@cwfhc.ca) for each participating delegation member to WCH by MAY 19, 2025. The designated fees are:

- Entry Fee of \$255/athlete (including WCH Sanction Fee of \$80/athlete)
- Entry Fee of \$175 per coach, and/or team leader
- Entry Fee of \$50 per technical official

*There will also be an entry fee for non-participant spectators - \$10/day or \$20/weekend pass.*

**Upon receipt of payments from the PTSOs, WCH will remit a single payment to SWA, less the WCH Sanction Fees.**

**18.2 Collection:** PTSOs are responsible for collection of all fees from their respective participants.

**18.3 Accommodations:** The PTSOs will pay for their own accommodations, according to conditions stipulated in the Competition Regulations for the Competition.

**18.4 Liability:** Each PTSO participating in the Competition does so at its own and its individual members' risk. The PTSOs must undertake the full moral and financial responsibility for their members participating, regarding their health and in the case of accidents or damages. Participants who do not complete and sign the Competition Waiver will not be permitted to participate in the Event.

## **19. FINANCIAL RESPONSIBILITIES – Local Organizing Committee (LOC)**

**19.1** Offers the participants the option of reasonably priced accommodation, access to the competitions, and participation in official meetings, training, and other usual technical services for all participants.

**19.2** Provides, free of charge, the facilities for the Technical Meeting.

**19.3** Provides, free of charge, the technical organization at all facilities (equipment, hall, rooms with adequate furnishing, technical staff, first aid, etc.) for the Competition, as required by the applicable WCH rules.

**19.4** Provides, free of charge, the Best Athlete Awards.

## **20. RESPONSIBILITIES OF ATHLETES**

**20.1** Each athlete who wishes to participate in the Competition must become part of the National Athlete Pool. That athlete authorizes, by his or her registration in the Competition, the director of the PTSO of which he/she is a member to provide his/her email to WCH, which WCH will provide to the CCES.

**20.2** Each PTSO must ensure that the waiver and media releases (provided separately) are signed by all participants (athletes, coaches and team leaders) and provided to LOC prior to the Technical Meeting. Further, each PTSO 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.

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](http://www.cces.ca)

E-mail: [info@cces.ca](mailto:info@cces.ca)

Information on substances: [substances@cces.ca](mailto:substances@cces.ca)

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

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

<http://www.cces.ca/en/antidoping>

The current version of the CADP came into force on January 1, 2021. The consultation for the 2027 CADP will begin in early 2026 after the 2027 Code has been approved

The International Weightlifting Federation IWF also updates its anti-doping rules from time to time. For details on the IWF Anti-Doping Program, please visit

<https://iwf.sport/>

**REMEMBER: YOU ARE RESPONSIBLE FOR WHAT YOU CONSUME**

## 21. ACCREDITATION

Accreditation will take place at the Technical Meeting.

## 22. OFFICIATING

**22.1** Duties of the Host Province – appoint a Competition Secretary and appropriate assistants, to ensure the proper operation of the competition including verifying the final nomination of athletes to categories at the Technical Meeting.

**22.2 Duties of the Participating PTSOs** – Each PTSO shall, via all Entry Forms, submit the names of their National level or higher referees who wish to officiate at the Championships by April 18, 2025 (6 weeks before the Competition). PTSOs are **not** limited to sending just two technical officials. The LOC will forward a list of qualified officials to WCH by April 25, 2025. A mailing or email address is required for communication of the referee assignments at the Competition.

If any such referee desires to sit for promotion, please indicate this on the Entry Form.

Each PTSO is responsible for paying all travel, accommodation, meals and entry fees expenses of their selected officials in accordance with their respective provincial policies.

**22.3 Duties of WCH** – The WCH Technical Delegate will settle any technical disputes that arise during the Competition. If the Technical Delegate is unsure of the rule, or is unable to render a decision, the WCH Board members will act in his or her stead. WCH may appoint Technical Officials at its discretion to assist with the competition. WCH appointments are not subject to PTSO approval.

## GENERAL INFORMATION

### 1. LOCAL ORGANIZING COMMITTEE (LOC) PERSONNEL:

- 1.1 Event Chairperson and Competition Director: Sydney Jensen: [sydney.emmons@gmail.com](mailto:sydney.emmons@gmail.com)
- 1.2 Competition Secretary: Sydney Jensen and Sarah Honeysett
- 1.3 Provincial Technical Delegate: Kathee Le-Korchinski: [kathee.le@gmail.com](mailto:kathee.le@gmail.com)
- 1.4 Accommodations and Media: Laura Carruthers: [lauraccarruthers12@gmail.com](mailto:lauraccarruthers12@gmail.com)
- 1.5 Financial Controller: Sarah Honeysett: [edir@saskweightlifting.com](mailto:edir@saskweightlifting.com)

### 2. TECHNICAL MEETING

- 2.1 The Technical Meeting will take place Thursday June 5 at 7:00 pm at a location to be announced, under the direction of the WCH delegate. This will be in person and online.
- 2.2 The Competition Director/Secretary will verify the final entries into the categories.
- 2.3 Verification of the Waiver form from all participants (athl. + coaches + TL)
- 2.4 Verification that every participant completed the CCES online course.
- 2.5 The WCH delegate will assist the Competition Director in assigning all LOC  
Technical Officials (speakers, timekeepers) for the sessions.

### 3. FOOD & REFRESHMENTS

TBD

### 4. ACCESS TO TRAINING FACILITY AND CHECK SCALE

- 4.1 Only registered participants are granted access to training facilities, warm-up areas and equipment.
- 4.2 Training Facilities

#### **CrossFit 306**

Location: Unit B - 3634 Mitchelmore Avenue, Saskatoon, SK, S7P 0B9. North end of the city, 15 minute drive from Nutana Curling Club.

Access Information: Drop in from 6am-8pm Thursday and Friday. Saturday 9am-12pm. No confirmation needed. Coaches and athletes are all welcome.

Facility Information: 6 platforms, Rogue and Pendlay plates

### **Rise Strength Lab**

Location: 2630 Jasper Ave S, Saskatoon, SK S7J 2K2. South end of the city, 8 minute drive from Nutana Curling Club.

Access Information: Drop in from 6:30am-9:30pm Thursday and Friday. Saturday 9am-5pm. Upon arrival, check in with the front desk and let them know you are in town for Junior Nationals. A waiver will need to be filled out. No drop in fee.

Facility Information: 6 platforms, Rogue plates

### **CrossFit Ashlar**

Location: 368 Edson St, Saskatoon, SK S7J 0P9. South end of the city, 11 minute drive from Nutana Curling Club.

Access Information: To be confirmed

Facility Information: To be confirmed

*More training facilities may be added. This will be communicated closer to the event.*

## **5. LIVE STREAM**

**5.1** Links to be announced.

## **6. WAIVERS and MEDIA RELEASE**

The waivers and media release forms are located at the end of this regulation.

## SCHEDULE & DEADLINES

- |     |   |                  |
|-----|---|------------------|
| 1.  | Beginning of Qualifying Period                | August 1, 2024   |
| 2.  | Distribution of competition regulations       | March 2025       |
| 3.  | PTSO to indicate TOs to LOC                   | April 18, 2025   |
| 4.  | LOC forward TO list to WCH                    | April 25, 2025   |
| 5.  | Last Day of Qualifying Period                 | May 4, 2025      |
| 6.  | Last day for booking rooms at preferred rates | *varies by hotel |
| 7.  | Preliminary List of entries sent to the LOC   | May 10, 2025     |
| 8.  | SWA to invoice PTSOs                          | May 12, 2025     |
| 9.  | Final Team Entry Form                         | May 19, 2025     |
| 10. | Final Payment to WCH                          | May 26, 2025     |
| 11. | E-PIC submission                              | May 27, 2025     |
| 12. | Complete Respect in Sport Certification       | May 27, 2025     |
| 13. | OSIC Consent Form                             | May 27, 2025     |
| 14. | Online signing of Media Release and Waiver    | June 3, 2025     |
| 15. | Technical Meeting                             | June 5, 2025     |
| 16. | Coaching Clinic                               | June 6, 2025     |

## **COMPETITION EVENTS**

June 5-8: Arrival of Participants

<b>PRELIMINARY SCHEDULE OF COMPETITION</b>				
(Note: It will be very important for the athletes to notify their provincial directors if they will participate in the Competition.)				
<b>NOTE: Sessions added Friday, Jun 6 to accommodate Awards Ceremonies throughout the Competition and Special Sessions. Possibility of a short Opening Ceremony added Friday</b>				
The schedule below is just a rough draft and subject to change once all Final Entries have been received.				
<i>Friday, June 6</i>				
<i>Session (session 1 &amp; 2 are special sessions)</i>		Category	<u>Weigh-in</u>	<u>Start</u>
1	Women	All weight classes	10 am	12pm
2	Men	All weight classes	1pm	3pm
Opening Ceremonies				3:30pm
3	Men	M60/M65	2:15pm	4:15pm
Coaching Clinic			6:30pm	
<i>Saturday, June 7</i>				
<u>Session</u>		Category	<u>Weigh-in</u>	<u>Start</u>
4	Women	F48/F53	7am	9am
5	Men	M71	9am	11am
6	Women	F58	11am	1pm
7	Men	M79	1pm	3pm
8	Women	F63	3pm	5pm
<i>Sunday, June 8</i>				
<u>Session</u>		Category	<u>Weigh-in</u>	<u>Start</u>
9	Men	M88	7am	9am
10	Women	F69	9am	11am
12	Men	M94/M110/M110+	11am	1pm
13	Women	F77/F86/F86+	1pm	3pm



There will be a 10-minute break between Snatch and C&J for all sessions

Introduction of Athletes will begin at the designated Start time with competition beginning 10 minutes after Introduction of the Athletes

Monday, June 9: Departure of Delegations

## **WAIVER OF LIABILITY FOR ALL CLAIMS AND RELEASE OF LIABILITY**

PLEASE READ CAREFULLY BEFORE SIGNING. Completed waivers must be returned with registration or prior to attending the Organizer's event: 2025 Canadian Junior Weightlifting Championships (the "Event").

By signing below the Participant and/or the Participant's Guardian understands, acknowledges and assumes the inherent risks in participating in the Event, including, but not limited to: the potential for bodily injury or illness (including contraction of COVID-19); contact or interaction with others who may have been exposed to COVID-19; permanent disability, paralysis, or loss of life; collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect venue or field of play conditions; equipment failure; participants of varying skill levels; inadequate safety measures; circumstances known, unknown or beyond the control of Weightlifting Canada Haltérophilie, its partners, sponsors, agents, affiliates (including the Saskatchewan Weightlifting Association, directors, employees, officer, therapists, or volunteers (together, the "Organization"); and negligence or omission of the Organization (collectively, the "Risks").

In consideration for allowing the Participant to participate in the Event, the Participant and/or the Participant's Guardian: (a) release, discharge and forever hold harmless the Organization from any and all liability for damages for loss arising or as a result of the Risks of participating in or in connection with the Event; (b) waive any right to sue the organization in respect of all causes of action (including for injuries or illness caused by their own negligence), claims, demands, damages or losses of any kind that may arise as a result of the Risks of participation in or in connection with the Event, including without limitation the right to make a third party claim over and/or against the Organization arising from the same; and (c) freely assumes all risks associated with the Risks, anything incidental to the Risks, which may arise as a result of participation in or in connection with Event. **YOU ARE GIVING UP LEGAL RIGHTS TO ANY AND ALL FUTURE CLAIMS AGAINST THE ORGANIZATION.**

This waiver and any rights, duties and obligations addressed in waiver shall be governed by and interpreted solely in accordance with the laws of the Province of Alberta, and I agree to attorn solely to the jurisdiction of the Courts of the Province of Alberta. Any litigation involving the signatory or subject of this waiver shall be brought solely within the Province of Alberta and shall be within the exclusive jurisdiction of the Courts of the Province of Alberta.

I confirm that I have read and fully understand this waiver and release of liability. I sign this waiver and release of liability voluntarily without any inducement, assurance, or warranty being made to me.

**Print Name:**

**Date of Birth:**

\_\_\_\_\_ : \_\_\_\_\_  
the "Participant"

\_\_\_\_\_ . \_\_\_\_\_  
(mm/dd/yyyy)

Print Name:

The "Guardian" (if Participant is a minor)

Signature:

Date:

\_\_\_\_\_  
Participant or Guardian for minor

\_\_\_\_\_ . \_\_\_\_\_  
(mm/dd/yyyy)

## 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 Weightlifting Canada Haltérophilie (“WCH”) website and/or social media accounts, in newsletters and publications as well as distributed to members. I further acknowledge that my image may be used by WCH and/or the SASKATCHEWAN WEIGHTLIFTING ASSOCIATION 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 WCH Board of Directors. I give this consent voluntarily.

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

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