



Ontario Weightlifting Association Quest for Gold – Ontario Athlete Assistance Program 2024-2025

ATHLETE SELECTION CRITERIA

1.0 Quest for Gold – Ontario Athlete Assistance Program 2024-2025 (OAAP) is funded by the Government of Ontario, through the Ministry of Tourism, Culture, and Sport (MTCS), and operated through the Sport, Recreation & Community Programs Division. The overarching goal of the Quest for Gold – OAAP is directly related to the High Performance Sport goal of the Canadian Sport Policy – that Canadians are systematically achieving world-class results at the highest levels of international competition – by improving the performance and number of Ontario athletes performing at the national and international level, thereby contributing to the improved performance of Canada at international competitions.

Specific objectives of the program are:

- a) To help athletes continue their pursuit of athletic excellence at the highest levels of national and international competition;
- b) To encourage athletes to stay in Ontario to live and train;
- c) To compensate athletes for earnings lost while training;
- d) To enable athletes to successfully pursue excellence in sport while fulfilling their educational goals;
- e) To increase athlete access to improved high-performance coaching; and
- f) To enhance training and competitive opportunities available to athletes.

The intent of the OAAP is to provide funding to individual athletes in the sport's Train to Train through Train to Win categories based on their demonstrated commitment to high performance sport, allowing them to continue to pursue athletic excellence at the highest levels of national and international competition. **Only those athletes that meet the required minimum performance standard detailed in this Selection Criteria will be considered for this program.** Ideally an athlete will first receive a Quest for Gold "Ontario Card" for 1 to 3 years, which will allow them to train towards the goal of a national team position in subsequent years. Once an Ontario athlete reaches the national level and becomes a recipient of Sport Canada's carding program, they become eligible for the Quest for Gold "Canada Card". Athletes who are not planning to train towards this level of competition should not apply for this program.

2.0 How does it work?

In accordance with the OAAP guidelines, Ontario Weightlifting Association (OWA) develops sport-specific selection criteria and forms a Selection Committee that will apply these criteria. If there is no selection committee in place, the OWA will act in lieu of the committee to make the necessary athlete selections based on previous criteria. The top-ranked athletes, based on the criteria, will be awarded Ontario Card status in 2024-2025. This Selection Criteria has been approved by the OWA Board of Directors. Nominated athletes will be required to sign and comply with an Athlete Agreement between the athlete and OWA. Carding status will be for one year starting **April 1, 2025 ending March 31, 2026**. Carded athletes will be required to compete exclusively on behalf of the Province of Ontario at National Championship events and for Canada at International Championship events, for the duration of the carding period. Athletes must acknowledge Ontario

as their permanent place of residence on athlete profiles, Media Guides, PSO/NSO and personal websites, and in similar types of public communications.

- 2.1** For 2024-2025, the MTCS has allocated OWA a total of 4 Ontario cards (split evenly as 2 male and 2 female Cards).

OWA has also decided to exercise the option made available by MTCS to split up to 30% of its carding allotment (i.e. issue ½ cards in designated categories).

- 2.2** As a result, the 4 cards issued to OWA will be allocated as follows:

Category	Number of cards
Senior level athletes Born 2004 or earlier	2 Full Cards (1 male, 1 female)
Junior level athletes Born 2005 or later	2 Full Cards = 4 Half Cards (2/2 male, 2/2 female)

The athlete's age will be determined based on the calendar year of birth as described in the chart above.

OWA is not obligated to assign all Ontario Cards if there are an insufficient number of athletes who have demonstrated potential to be considered for future National Teams.

- 2.3** The Selection Committee:

The OWA's goal is to have the Quest for Gold (QFG) selection process overseen by a dedicated committee that is free from conflicts of interest and appropriately composed to represent elite performance. In lieu of such a committee, the process will be administered by the OWA Board of Directors.

How much funding is available?

The exact level of funding for the 2024-2025 carding year has been determined to be \$ 15,000. This amount is to be distributed among the full and half cards as mentioned above.

How will the OWA Selection Committee decide who receives funding?

The OWA board of directors will use the Ministry of Heritage, Sport, Tourism and Culture Industries Eligibility Criteria and the Sport Specific Selection Criteria detailed below to determine which athletes will be nominated for Ontario Card status in 2024-2025:

- 3.0** Ministry of Heritage, Sport, Tourism and Culture Industries Eligibility Criteria:

All athletes must meet the Ministry of Heritage, Sport, Tourism and Culture Industries' minimum athlete eligibility criteria:

- Athlete must be a Canadian citizen or permanent resident (previously known as a Landed Immigrant).
- Athlete must be a permanent resident of Ontario for one year prior to his/her nomination for carding status, (and continue to be a permanent resident throughout the term of the agreement).
- Athletes who have achieved Canada Card status (carded by Sport Canada) are not eligible for Ontario Cards.
- Athletes must be living in and continuing to train in Ontario.

- 3.1** Residency Exceptions:

Exceptions to these criteria, known as a "Residency Exception" will be considered on a case specific basis by the OWA Selection Committee provided that the athlete can substantiate in writing that:

(a) He/She cannot receive the required level of training in Ontario and is out of the province temporarily during the year (i.e. due to lack of facilities, coaching, competitions);

(b) He/She must attend a post-secondary institution out-of-province either because the course of study is not offered by an Ontario institution; or

(c) It is more financially feasible to attend a post-secondary institution out-of-province, or other extenuating circumstances that require the athlete to be out of the province.

Any change in an athlete's residency status must be communicated in writing to the PSO/MSO immediately.

The onus is on the athlete to demonstrate that they need to be out-of-province for one of the above reasons. The athlete must submit written documentation to the OWA within fourteen (14) calendar days of leaving the province, clearly indicating how they meet the criteria for a residency exception. Submissions made beyond this period may still be considered at the discretion of the OWA if accompanied by a valid explanation for the delay. Failure to provide timely notice may result in ineligibility under the residency exception policy.

Athlete's applying for a Residency Exception related to exception (a) above, who are training at an NSO-approved National Training Centre MUST include a letter from the NSO outlining their support for the athlete, the progress the athlete is making and the athlete's potential to make the national team level. Additional documentation may include, but shall not be limited to an explanation of why the athlete is training out of province, whether or not the athlete was formally invited by the NSO, what additional opportunities are being made available beyond those provided in Ontario; and any other information that will illustrate that the athlete is receiving enhanced training while still meeting all obligations of the OWA.

3.2 Length of time living outside Ontario:

Athletes living outside Ontario for more than 30 consecutive days within the ministry fiscal year 2024-2025 for athletic or academic purposes must demonstrate, to the satisfaction of the PSO/MSO Selection Committee, that appropriate training programs are in place and are being monitored by the PSO/MSO. The onus is on the athlete to:

1. Provide a written plan outlining their training and competition plans to the PSO/MSO within fourteen (14) calendar days of their departure from Ontario, as part of their Residency Exception request.; and
2. Adhere to the PSO/MSO-approved competition and training plan throughout the carding cycle. At a minimum, this requires regular (monthly) contact by the athlete with OWA Administrator,, by email correspondence); and
3. Submit regular (monthly) training logs to the PSO/MSO to track progress against the PSO/MSO-approved competition and training plan.

***Athletes who were formally invited to and are currently participating in their NSO's national team training program are exempt from this requirement. ***

3.3 Ministry criteria continued:

- Athlete must be a member in good standing with PSO/MSO and NSO where applicable;
- Athlete must have entered into a Sports Organization - Athlete Agreement with his or her PSO/MSO and must be in full compliance with the terms and conditions of that agreement;
- Athlete must have met all terms and conditions of any previous Quest for Gold Sports Organization – Athlete Agreements to the satisfaction of the PSO/MSO in order to be eligible for consideration in 2024-2025;
- Athlete must demonstrate a commitment and dedication to a proper training and competitive program, the goal of which is to continue to train towards a national team position and Sport Canada carding;
- Athlete's coach should be minimum NCCP Competition Development or trained status Competition Stream or the sport's equivalent in the Instruction Stream, or be engaged in completing this training, as determined by the PSO;
- Athlete must not be under an official or provisional sanction that prohibits competition as per the Canadian Anti-Doping Policy.;
- Athlete must be attending an educational institution full-time (i.e. elementary and secondary schools):
 - ☐ Exceptions will be made provided that the athlete can substantiate that his/her training will not allow for full-time attendance or if an athlete requires special needs that preclude full or part-time attendance (e.g. Athlete with a disability (AWAD) athlete);

- Athletes who have completed their area of study at the secondary level (i.e. high school) and who continue to train towards participation in major national or international competitions will also be considered;
- If eligible, the athlete must compete, and continue to compete solely for Ontario and/or Canada for one year from the date of the Minister's letter informing the athlete of acceptance into OAAP program, at Canada Games and other national competitions involving provincial team competitions;
- Athlete must not receive financial support from any other provincial/territorial athlete assistance program. This does not include academic scholarships, bursaries, student grants, student loans, social assistance, disability pensions, and other forms of financial assistance that have nothing to do with competitive sport.
- Eligibility will be limited to Ontario junior-aged athletes, ages 15-20 ("junior-aged" refers to chronological age, not a sport's specific age category). The only exception is for PSO/MSOs using 30% of Ontario Card allotment for athletes older than 20 years of age who have been identified as a potential next generation national team athlete by the PSO/MSO's selection process.

To be deemed a potential next generation national team athlete, the athlete must be age-eligible to compete on the national team in the year following receipt of Ontario Card funding.

All athletes under the age of 18 must have their parent or legal guardian sign their OAAP application form.

Cheques will be processed in the name of the eligible athlete.

An athlete can only be nominated to receive Quest for Gold funding in one sport.

- 3.4 Residency Exemption for Military Families: The one-year Ontario residency requirement is waived for any Ontario Card or Canada Card applicant who is a spouse or dependant of a: Regular Force member of the Canadian Forces; or Reservist currently deployed by the Canadian Forces into active service and who takes up residence in Ontario during the fiscal year. This means that eligible military family members now qualify for OAAP funding immediately upon becoming residents of Ontario. Please contact OWA for more information if you are applying for this exemption.

4.0 Athletes funded through the Sport Canada AAP:

Ontario athletes who have been nominated and accepted for funding through Sport Canada's AAP within the government of Ontario's fiscal year (April 1, 2025 to March 31, 2026) and who continue to meet AAP and OAAP eligibility requirements will automatically be considered for a Quest for Gold 'Canada Card'. MTCS will contact those athletes directly at the mailing and email addresses the athlete provided to Sport Canada. Athletes are solely responsible for ensuring that their contact information is kept accurate and up to date at all times.

An athlete who received Sport Canada AAP carding during any part of Ministry fiscal year April 1, 2023 to March 31, 2024 and/or any part of fiscal year April 1, 2024 to March 31, 2025 and is no longer in receipt of Sport Canada Athlete Assistance shall not be eligible to receive Quest for Gold funding during fiscal year 2024-2025 (April 1, 2025 to March 31, 2026).

The intent of this rule is to prevent athletes whose performance levels and rankings no longer qualify them for Sport Canada carding from taking an Ontario Card from a future national-level athlete.

4.1 Canada Card Exception (CCE)

Exceptions may apply to this rule (known as a Canada Card Exception (CCE)) and will be considered by the Ministry on a case-by-case basis. Exceptions may include, but may not be limited to logistical or administrative changes (e.g. reduction in Sport Canada carding allocation), injuries, etc.

It is the sole responsibility of the athlete to notify the Ontario Weightlifting Association Board of Directors within fourteen (14) calendar days of being notified that they are no longer in receipt of Sport Canada AAP carding, should they wish to request a Canada Card Exception (CCE). The athlete must submit, in writing, an explanation of why they have not been, or do not expect to be re-carded by their NSO. The submission must include a statement from the NSO, signed and dated on official letterhead, confirming that the athlete

continues to have potential to return to the NSO's carding program in the future. It is the responsibility of the athlete to obtain and submit this letter to the OWA; the OWA will not seek documentation from the NSO on the athlete's behalf.

Please note that the OWA will not hold or reserve Ontario Card funding for athletes who are appealing the loss of their Sport Canada AAP carding status. Any request for a CCE will be considered based solely on the athlete's current status and the documentation provided at the time of submission.

OWA will then contact MTCS in writing prior to the submission of the Athlete Nomination Form to seek individual Canada Card Exceptions.

5.0 National College Athletic Association (NCAA):

On August 1, 2013, the NCAA revised their By-law that previously prevented an athlete from accepting grants from a governmental entity, such as Quest for Gold. Despite this change, any athlete considering an application to an NCAA institution is strongly encouraged to contact the NCAA Eligibility Center prior to applying for QFG funding.

The onus is entirely on the athlete to determine the impact of accepting OAAP funding on current or future NCAA eligibility and to decide whether or not to accept OAAP funding. The athlete will be required to acknowledge this onus and responsibility when signing the OAAP Ontario Card application form and agreeing to the related terms and conditions of the program. Athletes are strongly encouraged to contact the NCAA Eligibility Center to determine the impact of Quest for Gold - OAAP funding on current or future eligibility for a NCAA scholarship or on eligibility to compete in a non-scholarship NCAA sport.

National Collegiate Athletic Association www.ncaa.org

NCAA Eligibility Center mailing address:
700 W. Washington Street
P.O. Box 6222
Indianapolis, Indiana 46206-6222
Phone: 317-917-6222

6.0 OWA Athlete Selection Criteria:

The following sport specific athlete selection criteria will be utilized in the identification, ranking and selection of athletes for Ontario Cards:

- 1) Only OWA members that are in good standing will be eligible for selection. Athletes will be excluded from consideration if they have violated the Quest for Gold Athlete Contract in the previous carding cycle.
- 2) For the purpose of this selection, the term Junior will apply to athletes that are born 2005 or later. The term Senior will apply to athletes born 2004 or earlier.
- 3) Subject to #6 below, full cards will only be allocated to 1 senior female and 1 senior male.
- 4) Half cards will only be allocated to 2 junior females and 2 junior males.
- 5) Carding qualification period applies to those athletes with the highest results from the period of January 1, 2024, to December 31, 2024. Their totals will be expressed as the total of the best two (2) competition performances, expressed as the percentage of the 2024 Junior/Senior marker for the respective weight, gender and age categories. The marker will not be rounded up or down but truncated to 3 decimals. For example, a calculated marker of 74.999572615 will be truncated to 74.999

Table of 2024 100% National Performance Markers

Class	55kg	61kg	67kg	73kg	81kg	89kg	96kg	102kg	109kg	+109kg
Senior Male	274	296	316	334	355	373	386	396	406	426
Junior Male	219	237	253	267	284	298	309	317	325	341
	45kg	49kg	55kg	59kg	64kg	71kg	76kg	81kg	87kg	+87kg
Senior Female	176	189	205	216	227	240	249	257	265	279
Junior Female	141	151	164	173	182	192	199	206	212	223

- 6) Notwithstanding #3 above, if the top Junior athlete (male or female) obtains a higher Senior marker than the top Senior athlete (male or female) that Junior athlete will be nominated for carding in place of the Senior athlete. If this occurs, then the next best Junior athlete (who meets the minimum standard and does not have a negative increase, as per #13 below) will be nominated for the Junior card. If no Junior athlete meets the minimum standard, then the most improved Junior athlete from that year will be nominated for the Junior card but with the condition that in order to be reconsidered for carding, that athlete will be required to meet the minimum standard by the next carding cycle. For greater clarity, a Junior male athlete can be nominated for either a Junior male half card or a Senior male full card; and a Junior female can be nominated for either a Junior female half card or a Senior female full card.
- 7) Results from any drug-tested competition (a competition subject to Doping Control) within the selection period will be used in ranking athletes to determine eligibility for OAAP funding. Competitions must appear on the OWF, WCH, or OWA calendar to be considered. The onus of responsibility rests with the athlete to submit results from any out-of-province competition if they wish those results to be included in the rankings.
- 8) For Junior athletes a minimum total marker of 135.0% (combined total of best two (2) competition performances) of the Junior National marker (as set out in the above Table) is needed for nomination.
- 9) For Senior athletes a minimum total marker of 145.0% (combined total of best two (2) competition performances) of the Senior National marker (as set out in the above Table) is needed for nomination.
- 10) The athlete must show a minimum percentage point increase of marker as in Table 1-1 below, from their best single result at a drug-tested, sanctioned event in the 2023 calendar year to their best single result during this year's Selection Period as listed in #5 above. The marker for both will be calculated using the 2024 Junior and Senior National markers. The marker will not be rounded up or down but truncated to three (3) decimals. For example, if an athlete had a marker of 81.500% in 2014, they would need a marker of 83.000% in 2024 to remain eligible for nomination.

Table 1-1

Best Marker	Minimum Percentage Point Increase
Less than 77.500%	+2.500%
77.500 - 79.999%	+2.000%
80.000 - 82.499%	+1.500%
82.500 - 84.999%	+1.000%
85.000 - 87.500%	+0.500%
Over 87.500%	0.000%

- 11) To be eligible for carding status, athletes must have competed at either the 2024 Canadian Senior Championship and 2024 Ontario Senior Provincial Championship, and/or the 2024 Canadian Junior Championship and 2024 Ontario Junior Provincial Championship. Notwithstanding the above requirement, in determining an athlete's eligibility, the OWA may review reasons given by an athlete that may be considered to be extenuating or special circumstances which precluded the athlete from competing at one of the above mandatory competitions (such as, but not limited to, injury, illness or conflicting date with an international competition); provided those reasons were made known to the OWA prior to, or shortly after, the missed competition.
- 12) In order to receive funding, all eligible athletes will be required to enter into an Athlete Agreement with the OWA (provided by the OWA), requiring them to fulfil specific standards during the course of their funding period.
- 13) Athletes must promptly disclose any changes that may affect their eligibility, including but not limited to disciplinary status, changes in coaching or training location, withdrawal from school, residency changes, or any other relevant factors. Notice must be provided in writing to the OWA within seven (14) calendar days of the change. Failure to disclose such information may result in disqualification from selection or revocation of Ontario Card funding

7.0 Breaking a Tie:

If there is a tie in the final score between 2 athletes, the Selection will be based on each athlete's next highest competition performances (by marker as set out in part #5 of the above Sport Specific Athlete Selection Criteria), until a difference is obtained between scores (e.g., the highest three (3) or more competition performances until the tie is broken). Only drug-tested competitions during the Selection Period will be used for tie-breaking.

8.0 OWA has no criteria for ranking an athlete who is unable to meet these requirements as detailed above due to illness, injury or pregnancy.

9.0 **Alternates:** OWA will also nominate alternates to those athletes nominated for Ontario Card status. Alternates will be those athletes who are ranked directly behind those athletes nominated for the allotment of Ontario Cards in a particular category/discipline. The names of alternates will be published along with the names of nominated athletes. If an athlete drops out or is removed from the OAAP an alternate will be substituted into that athlete's position, provided that:

- Alternate is substituted within Quest for Gold 2024-2025 fiscal year;
- An alternate meeting all requirements is available from the same category/discipline/card level (Full/Half);
- Funding for athlete being substituted is still available within the fiscal year (e.g. full funding for the card has not already been paid out to an athlete no longer in the program).

10.0 To Apply:

All athletes will be automatically considered by the Selection Committee for nomination for carding status. The OWA may require additional information from an athlete and this must be submitted no later than **September 1, 2025**. Any question an athlete may have regarding the selection or nomination process must also be submitted by September 1, 2025 to:

Ontario Weightlifting Association
c/o Mike Miller
Address: 167 Shuter Street, Trenton, ON K8V 3L9
Email: mike@onweightlifting.ca

10.1 Any athlete requesting a "Residency Exception" must submit this information by September 1, 2025 as detailed above.

10.2 It is the sole responsibility of the athlete to provide a full and complete application that meets all stated requirements. OWA will neither review applications in advance of the deadline in order to make applicants

aware of any missing/incorrect information and/or attachments nor make corrections on behalf of the athlete. Any revisions on the part of the athlete will only be accepted prior to the posted submission deadline.

Applications that are sent directly to MTCS rather than to OWA will not be considered valid or to have been received by the OWA deadline.

- 10.3 An email will be sent by **September 1, 2025** confirming receipt. It is the athlete's responsibility to contact the ONTARIO WEIGHTLIFTING ASSOCIATION if this email is not received to be certain that the application has been successfully received by the deadline date.

The Sports Organization – Athlete Agreement will only come into effect if an athlete is selected and accepts carding status through the OAAP program. Athletes who fail to return a signed Athlete Agreement by the deadline date will not be carded.

- 10.4 OWA will publish or make known a draft list of athletes nominated for Ontario Card status by no later than 3 weeks after WCH announces AAP, subject to the following: In circumstances where, in the sole discretion of the Ontario Weightlifting Association, additional time is required to address administrative, legal, or procedural issues—including but not limited to the need for legal review, resolution of eligibility or selection disputes, or clarification of information affecting nominations—the OWA reserves the right to extend this deadline as necessary.

Such extension shall not be interpreted as a breach of the selection process, nor shall it create grounds for appeal or challenge by any athlete or party. This discretionary extension is in place to ensure the integrity, fairness, and legal compliance of the selection process, and any publication of the draft list following such an extension shall be deemed to be in accordance with the published criteria.

In the event of a conflict or inconsistency between the MTCSeligibility requirements detailed in the MTCSbinder provided to PSO/MSOs and duplicated in the Athlete Handbook provided to each nominated athlete and the eligibility requirements listed in the PSO/MSO Athlete Selection Criteria Document prepared by the PSO/MSO, the MTCSBinder/Athlete Handbook shall prevail.

11.0 Appeals

Athletes who have not been nominated for an Ontario Card by the OWA Selection Committee, or who have been nominated for a 'Half Card' versus a 'Full Card', where applicable, will be allowed to appeal that decision by filing a "Notice of Appeal" with the Ontario Weightlifting Association. Appeals will be heard by the Board of Directors. Should the Board of Directors determine that the nature or complexity of the appeal exceeds its capacity to process the matter internally, it may extend the timeline as reasonably necessary to seek legal counsel or to appoint an independent committee to review the appeal. Such an extension shall not be deemed a failure to follow due process, and shall not invalidate the appeal process.

Grounds for appeals will be limited strictly to issues related to:

- A) Whether or not the Selection Committee has completed the selection process in accordance with its own published selection criteria and related procedures;
- B) Whether or not the Selection Committee applied the selection criteria in a manner that was free from bias, discrimination and/or conflict of interest.

Issues related to the specific content or selection requirements contained in the OWA Selection Criteria are not eligible grounds for a formal appeal and should instead be raised through an informal review process directly with the leadership of the Ontario Weightlifting Association. This informal review is non-binding and does not

constitute an official appeal under the Quest for Gold program. Athletes may contact the OWA to request clarification or provide rationale regarding why they believe they were not nominated for an Ontario Card.

Participation in the informal review process does not suspend or extend any deadlines established for formal appeals. Athletes who wish to preserve their right to appeal must ensure all formal appeal documents are submitted within the published timelines, regardless of informal discussions.

If the athlete is not satisfied with the response provided through the informal review process, they may submit a formal Notice of Appeal using the OWA-provided template. The Notice of Appeal will only be accepted from the athlete or their parent/guardian and must be typed or hand-printed (handwritten entries will not be accepted). Appeals may be submitted via email, regular post, registered mail, courier, or delivered in person. Appeals submitted on behalf of multiple athletes will not be accepted. The completed Notice of Appeal must be received by the Ontario Weightlifting Association Board of Directors no later than 12:00 noon on the deadline date. Appeals delivered in person or by courier will be deemed received on the date of delivery.

It is the responsibility of the athlete to ensure that the Ontario Weightlifting Association has their current and correct contact information on file. All official communications will be sent via email unless otherwise arranged. Failure to monitor communication channels, check spam/junk folders, or update contact information will not be accepted as valid grounds for missing deadlines or requesting deadline extensions.

It is the sole responsibility of the athlete to ensure that all documentation submitted as part of any appeal is **complete, accurate, and clearly written** at the time of submission. Appeals that are incomplete, ambiguous, or misleading may be rejected or returned without further consideration at the sole discretion of the OWA Board of Directors.

Once the Ontario Weightlifting Association has received the Notice of Appeal, the Board of Directors will review the submission and prepare a formal Response by a specified deadline. This Response will outline the rationale for upholding the Selection Committee's decision not to nominate the athlete. The OWA will then provide a copy of the Response to the athlete for their review.

If, after receiving the OWA Response, the athlete believes that the Ontario Weightlifting Association has introduced new or additional reasons to justify the Selection Committee's decision not to nominate them for an Ontario Card, the athlete will have an opportunity to submit a formal Reply. The Reply must respond only to those new or additional reasons and may not be used to re-argue points raised in the original Notice of Appeal or to introduce new information that was omitted from the original submission. The Reply will only be accepted if submitted on the OWA-provided template.

Once the Ontario Weightlifting Association receives the **Notice of Appeal**, the **Response**, and the **Reply** (if applicable), the Board of Directors will review all materials collectively. All appeals will be considered together unless circumstances require otherwise. During the review process, the Board reserves the right to request additional information or clarification from both the athlete and any relevant parties involved in the selection process.

In cases where the Board determines that the appeal raises complex or disputed issues, the athlete may be offered an opportunity to be heard through a brief virtual meeting. This step is optional and will be determined at the sole discretion of the Board. The purpose is to ensure procedural fairness and clarity before a final decision is rendered.

After reviewing an appeal, the OWA Board of directors will have the authority to:

1. Direct the selection committee to redo the selection process using the correct criteria/process and submit a new list of nominated athletes;
2. Deny the appeal; or
3. Allow the appeal and nominate the appellant for carding status.

Once the OWA Board of Directors has reached its decision, it will contact the athlete in writing to communicate its decision and the reasons therefore.

An athlete who has had his or her appeal denied is not permitted to submit a second appeal on the same or different grounds, and any attempt to resubmit an appeal in a different format or through a different channel will be considered an abuse of process.

This appeal process applies exclusively to Quest for Gold athlete selection decisions. Matters unrelated to the selection process — including but not limited to athlete conduct, Safe Sport issues, harassment complaints, or human rights concerns — fall outside the jurisdiction of this process and must be addressed through the appropriate external mechanisms.

Note: OWA is encouraged to resolve disputes or disagreements informally with athletes who have not been nominated to avoid, wherever possible, formal appeals.

- 11.1** The deadline for athletes to submit an “Athlete’s Notice of Appeal” to the Appeals Committee is **September 1, 2025** at 12 noon, or within fourteen (14) calendar days of the date on which the Ontario Weightlifting Association publicly posts its draft list of nominated athletes, whichever is later.

11.2

2024-2025 Quest for Gold – Ontario Athlete Assistance Program Athlete’s Notice of Appeal Template

The deadline for an athlete to submit an appeal to the Appeals Committee is **September 1, 2025**. Appeals will only be accepted on the MTCS-provided Notice of Appeal template. **Please refer to the appeals section of your PSO/MSO’s Athlete Selection Criteria document prior to completing this form.**

Return form to:

info@onweightlifting.ca president@onweightlifting.ca vpoperations@onweightlifting.ca

Full Name:

Address:

City:

Postal Code:

Phone:

Email:

Sport / PSO:

Reason for Appeal (Check all that apply):

☐

Whether or not the PSO/MSO has completed the selection process in accordance with its own published selection criteria and related procedures;

☐

Whether or not the PSO/MSO applied the section criteria in a manner that was free from bias, discrimination and/or conflict of interest.

Provide a two-line summary of the reason for the appeal:

In the space below, (continue on to next page as needed) provide the reasons communicated to you by your PSO/MSO as to why you were not nominated for an Ontario Card, and the date the information was provided. (Note: This Appeal will not be accepted unless it contains a response from your PSO/MSO.)

Date of PSO response:

In the space below (continue on to next page as needed), provide a detailed account of the situation to allow the Appeals Committee to understand the basis of the appeal (please submit additional pages/supporting documentation as necessary):

PLEASE NOTE that all decisions of the Appeals Committee are final.

A. Name of Appellant:

Signature of Appellant:

Date:

All information provided to the Appeals Committee will be shared with both the Appellant and the PSO
