

2025 CANADIAN SENIOR WEIGHTLIFTING CHAMPIONSHIPS

COMPETITION REGULATION
GENERAL INFORMATION SCHEDULES

FORMS DEADLINES

Calgary, Alberta

May 16-18, 2025



OFFICIAL INVITATIONS TO ALL PARTICIPANTS

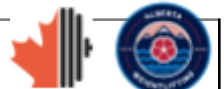
On behalf of the Organizing Committee, we warmly welcome all participants coming to Calgary, Alberta, for the 2025 Canadian Senior Championships. This event is a testament to your hard work, dedication, and passion, and we are honoured to have you here.

Calgary is a vibrant community eager to show you its hospitality and support. We hope that you will enjoy not only the challenges of the event but also the sights, sounds, and experiences that Alberta has to offer.

We are confident that this championship will celebrate athleticism and camaraderie, and we wish you all the best of luck. We look forward to watching you showcase your skills and push yourself to new limits!

Alana Yim
AWA President

Michael Korte
AWA Technical Director
Competition Director



1. **COMPETITION TITLE:** The 2025 Canadian Senior Weightlifting Championships (the “Competition”) is the competition.

2. **COMPETITION DATES:** May 16-18, 2025

3. **ORGANIZERS:** Alberta Weightlifting Association (“AWA”) and Weightlifting Canada Haltérophilie (“WCH”). The Competition Organizing Committee is the official Local Organizing Committee (the “LOC”) of the Competition.

4. **SANCTIONING BODY:** WCH

5. **COMPETITION VENUE**

[Genesis Centre](#)

7555 Falconridge Blvd NE #10
Calgary, AB T3J 0C9

[Google Maps](#)

- 5.1. Competition area: Fieldhouse 2
- 5.2. Warm-up area: Fieldhouse 2
- 5.3. Weigh-in: TBA
- 5.4. Changing Rooms Public Locker Rooms
- 5.5. Check Scale: TBA
- 5.6. Anti-Doping Control: TBA
- 5.7. Volunteers & Officials: NECCS Boardroom
- 5.8. Technical Meeting: NECCS Boardroom
- 5.9. Medical: TBA

All rooms are subject to change by the LOC. Only registered participants have access to facilities, equipment, food and any other amenities listed in these regulations. Please see the facility layout in Appendix A.

6. **EVENTS**

6.1. Women: 4, , , , , , +kg categories.

6.2. Men: , , , , , 9, , +kg categories.

7. **QUALIFYING TOTALS**

WOMEN									
45 kg	49 kg	55 kg	59 kg	64 kg	71 kg	76 kg	81 kg	87 kg	+87 kg

131	140	152	160	168	178	185	191	197	207
MEN									
55 kg	61 kg	67 kg	73 kg	81 kg	89 kg	96 kg	102 kg	109kg	+109 kg
203	220	234	248	263	277	286		301	316

8. PARTICIPANTS

8.1. Eligibility

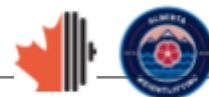
8.1.1. An athlete participating in a national competition must be:

- 8.1.1.1. be duly affiliated members of their respective PSO;
- 8.1.1.2. a member in good standing with their Provincial/Territorial weightlifting association (“PSO”);
- 8.1.1.3. a member in good standing (not currently being sanctioned) with his/her PSO;
- 8.1.1.4. 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
- 8.1.1.5. registered in the CCES National Athlete Pool (“NAP”) and have completed all NAP requirements, including the Athlete Agreement, by April 27, 2025. For details on registration in the NAP, please have your Team Leader contact the WCH Director of Anti-Doping.
- 8.1.1.6. a Canadian Citizen of Canada OR person possessing permanent resident status in Canada
- 8.1.1.7. must be 15 years of age or older in 2025.

8.1.2. Coaches registered to participate in the Competition by their PSO must be certified as NCCP Competition Development level (provisional or full certification) or the previous NCCP Level 2. PSOs 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. PSOs 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.

8.1.3. Coaches, Team Leaders and Technical Officials registered to participate in the Competition by their respective PSO must:

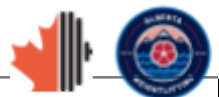
- 8.1.3.1. be duly affiliated members of their respective PSO;
- 8.1.3.2. be members in good standing (not currently being sanctioned) with their respective PSO;



- 8.1.3.3. 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;
- 8.1.3.4. complete Respect in Sport certification by April 27, 2025. Access to course registration is available [HERE](#). Individuals who have already completed Respect in Sport certification do not need to repeat the course.
- 8.1.3.5. complete an Enhanced Background Check (E-PIC) consistent with the WCH Screening Policy, available [HERE](#). PSOs are responsible for ensuring all background check documentation has been submitted to the WCH Screening and Privacy Officer (cwalker@cwfhc.ca) no later than April 27, 2025. A Vulnerable Sector Check will not be considered an equivalent to an Enhanced Background Check.
- 8.1.4. Questions about eligibility should be addressed at the Technical Meeting on May 15, 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. Athlete eligibility cannot be challenged after the Technical Meeting.
- 8.1.5. The Competition is open to all qualified athletes nominated by their respective PSOs who meet the qualifying standard before the qualification deadline and the eligibility criteria set out above.
- 8.1.6. Athletes must achieve their qualifying performance in a competition that is subject to doping control (SDC).
- 8.1.7. PSOs may nominate an additional 2 Women and 2 Men who have not reached the qualifying standard (“Wildcard Athletes”), as long as they are 23 years of age or under (calculated in the calendar year of the athlete’s birthday).
- 8.1.8. Wildcard Athletes must have participated in a competition subject to doping control during the qualifying period. NOTE: Wildcard Athletes may not compete more than two times at the Canadian Senior Weightlifting Championships as Wildcard Athletes.
- 8.1.9. A senior elite athlete can apply for a qualification exemption due to injury for the purposes of International qualification in order to appear in a mandatory Olympic qualification event. An exemption needs to be approved by both the High-Performance Manager and PSO, and supported by medical documentation that indicates the athlete was unable to qualify for the Competition.

9. ENTRIES:

- 9.1. Preliminary Team Entry Form: The LOC must receive the Preliminary Team Entry form from PSOs by midnight (AST) on April 6, 2025. Preliminary entry forms from PSOs are to be emailed to president@albertaweightlifting.com and



technicaldirector@albertaweightlifting.com, as per an entry form template that will be provided by the LOC in advance.

- 9.2. Final Team Entry Form: The LOC must receive the Final Team Entry Form by midnight on April 27, 2025.
- 9.3. Payment of Fees: A single e-transfer covering all Team Entry Fees for each PSO must be received **by WCH** by on April 27, 2025.
- 9.4. Entry Lists: The LOC will distribute the entry list to the PSO Team Leaders as soon as it becomes available.

10. COMPETITION RULES AND REGULATION: This competition is governed by [the IWF Technical and Competition Rules & Regulations – 2024](#) with the following exceptions:

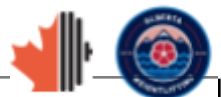
- 10.1.** Rosin is not required to be provided (2024 IWF TCRR 3.1.1.4).
 - 10.2.** Warm-up platforms do not have to be numbered (2024 IWF TCRR 3.1.3.1).
- A competition doctor is not required. Properly trained paramedics or first aid responders will be available (IWF TCRR 7.13).

11. EQUIPMENT

- 11.1. Competition area
Competition platform: Regulation - 4 square metres
Competition bars/weights: IWF-Certified 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: IWF-Certified Men's & Women's sets
Scoreboard: Yes
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.



14. AWARDS

- 14.1. Gold, Silver, and Bronze medals will be awarded for the “Snatch,” “Clean & Jerk,” and “Total” in each weight category.
- 14.2. 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 +87 kg and +109 kg).

15. ACCOMMODATIONS

Reservation Deadline: To take advantage of the rate specified below all reservations must be made by April 14th, 2025. Please see Appendix B for hotel location relative to the facility and approximate travel times.

Negotiated Local Hotel Blocks

Sandman Hotel & Suites Calgary Airport:

25 Hopewell Way NE, Calgary, AB T3J 4V7

2 Double Beds \$129.00/night

1 King Suite, Sofa Bed with Kitchenette \$139.00/night

Breakfast NOT included - but breakfast boxes for purchase at front desk

Web Booking [CLICK HERE](#)

Code: 25052025CA

Sandman Signature Hotel Calgary Airport:

25A Hopewell Way NE, Calgary, AB T3J 4V

2 Queen Beds \$149.00/night

King Bed Suite with Kitchenette, Sofa Bed \$159.00/night

Breakfast NOT included - but breakfast boxes for purchase at front desk

Web Booking [CLICK HERE](#)

Code: 25052025CA

Best Western Premier Calgary Plaza Hotel:

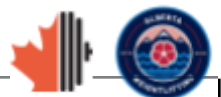
1316 – 33rd Street NE, Calgary, Alberta, Canada T2A 6B6

2 Queen Beds \$149.00/night - breakfast NOT included

Airport shuttle service is available at \$5.00 per person each way.

To book, please call the hotel directly to book at 1.403.248.8888 OR Email: your reservation request to res@calgaryplaza.com OR Web Booking [CLICK HERE](#)

Group Name: Alberta Weightlifting Association May or Block ID: 332456



16. TRANSPORTATION FOR TEAM MEMBERS AND DELEGATES: Each PSO is responsible for the transportation of its team members to the Accommodations and Competition.

17. FINANCIAL CONDITIONS

17.1. Entry Fees: The PSOs will collect from their delegation members and subsequently pay the designated fees by e-transfer to **WCH (treasurer@cwfhc.ca)** for each participating delegation member by April 28, 2024. The designated fees are:

- Entry Fee of \$175 per Athlete
- Entry Fee of \$175 per Coach
- Entry Fee of \$175 per Team Leader
- Entry Fee of \$80 per Technical Official
- WCH Sanction Fee of \$80 per Athlete

receipt of payments from the PSOs, WCH will remit a single payment to AWA, less the WCH Sanction Fees.

- 17.2. Collection: PSOs are responsible for the collection of all fees from their respective participants.
- 17.3. Accommodations: The PSOs will pay for their own accommodations, according to conditions stipulated in the Competition Regulations for the Competition.
- 17.4. Liability: Each PSO participating in the Competition does so at its own and its individual members' risk. The PSOs 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.

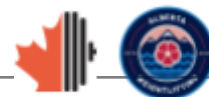
18. FINANCIAL RESPONSIBILITIES

The host offers the participants the option of reasonably priced accommodation, access to the competition, and participation in official meetings, training, and other usual technical services for all participants.

- 18.1. Provides, free of charge, the facility for the Technical Meeting.
- 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, as required by the applicable WCH rules.
- 18.3. Provides, free of charge, the Best Athlete Awards.

19. RESPONSIBILITIES OF ATHLETES

19.1. Each athlete who wishes to participate in the Competition must join the National Athlete Pool. By registering for the Competition, the athlete authorizes the director of the PSO of which he/she is a member to provide his/her email to WCH, which WCH will then provide to the CCES.



- 19.2. The CCES will provide the athlete with the instructions to complete an online anti-doping course. The athlete must complete the online course before April 27, 2025. When the athlete has completed the course, they must inform their PSO. Athletes who have already completed the 2025 coursework ~~and athlete agreement~~ do not need to complete it again.
- 19.3. Each PSO is responsible for ensuring an event waiver package is completed and signed by all participants (athletes, coaches, technical officials and team leaders) and provided to the LOC by () on April 27, 2025. Further, each PSO must ensure that a parent or guardian signs the waiver package for all minor participants (under the age of 18 as of the date the document is signed). Participants will be prohibited from participating in the Competition, if their waiver has not been completed and submitted

The [Canadian Centre for Ethics in Sport \(CCES\)](#) is the custodian of the [Canadian Anti-Doping Program \(CADP\)](#), the set of rules that govern anti-doping in Canada. The CADP consists of several components such as in- and out-of-competition testing, education, medical exemptions, and the consequences of doping violations. The CADP is compliant with the [World Anti-Doping Code \(the Code\)](#) and all of its associated International Standards. The [2024 CADP](#) is currently in effect.

If you need to use a banned medication for a legitimate medical reason, you must apply for a Therapeutic Use Exemption (“TUE”) from the CCES. When you get this therapeutic exemption of the CCES - TUE, bring the document with you when you can be tested. Click [HERE](#) to learn what you need to do.

As a member of Weightlifting Canada, the CADP applies to you, and athletes participating in Weightlifting Canada-sanctioned activities may be selected for doping control. The CADP also applies to athlete support personnel.

You may also be subject to the rules of your international federation. Learn more about the International Weightlifting Federation’s (IWF’s) Anti-Doping Policies and Procedures [HERE](#).

REMEMBER: YOU ARE RESPONSIBLE FOR WHAT YOU CONSUME

20. ACCREDITATION: Accreditation will take place at the Technical Meeting.

21. OFFICIATING

Duties of the Participating PSOs:

- Each PSO shall, via all Entry Forms, submit the names of their National Level or higher referees who wish to officiate at the Championships by February 16, 2025.
- An email address and phone number are required for communication of the referee assignments at the Competition.



- Each PSO is responsible for paying the expenses of its selected officials' travel, accommodation, meals, and entry fees in accordance with its respective provincial policies. If any such referee desires to sit for promotion, please indicate this on the Entry Form.

PSOs are **not** limited to sending just two technical officials.

Duties of the Host Province

- Appoint its Competition Director, Competition Secretary, LOC and appropriate assistants to ensure the proper operation of the competition, including verifying the final nomination of athletes to categories at the Technical Meeting.
- Submit (via the LOC) the list of qualified officials to WCH by April 7, 2025. Efforts will be made to have equitable gender representation. The LOC reserves the right to invite technical officials beyond those nominated by the participating PSOs and from outside of Canada, if necessary, with the consent of WCH.

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.

22. REGISTRATION FORM and WAIVERS

All registrants must complete the online Registration Form and Waivers through our automated JotForm system by midnight on April 27, 2025. This process includes:

1. Registrant Information Collection
2. Media Release Form
3. Liability Waiver

Benefits of Automation: This automated process streamlines registration by eliminating the need for printing, scanning, and manually sending documents. It reduces administrative workload for Provincial Sport Organizations (PSOs), ensures consistent and complete information collection.

Instructions for Provincial Sport Organizations (PSOs):

1. Provide the JotForm link to your respective registrants. This Jotform link will be provided to PSOs.
2. Remind all registrants to complete the form before the registration deadline.
3. The president of each PSO that has athletes attending will be given access to the JotForm output so that they can make sure their athletes have completed their waiver. Any athlete who has not completed the waiver by the designated time and date will not be allowed to compete.
4. Collaborate with AWA to ensure that all registrations are complete and accurate.

Please note: While AWA will use the preliminary entries from PSOs to track form submissions, it is the responsibility of each PSO to ensure all their registrants have completed the required forms and waivers before the registration deadline.

GENERAL INFORMATION

LOCAL ORGANIZING COMMITTEE (LOC) PERSONNEL		
Committee Position	Name	Email
Competition Director (CD)	Michael Korte	technicaldirector@albertaweightlifting.com
Competition Secretary	TBA	
Event Planner	TBA	
Technical Officials Coordinator	TBA	
Volunteer Coordinator	TBA	
Social Media Team	TBA	
AWA Special Projects Director (main AWA Exec Sponsor)	Alex Hague	specialprojectsdirector@albertaweightlifting.com
AWA President	Alana Yim	president@albertaweightlifting.com
WCH Technical Delegate		

TECHNICAL MEETING

- The Technical Meeting will take place Thursday, May 15, from 7pm until 9pm in the Genesis Centre under the direction of the .
- The Competition Director will verify the final category entries.
- Verification of the Waiver form from all participants (Athletes, Coaches and Technical Officials and volunteers)
- Verification that every participant completed the CCES online course.
- The Competition Director.

FOOD and REFRESHMENTS: Food and refreshments will be made available for Technical Officials and volunteers.

ACCESS TO TRAINING FACILITY AND CHECK SCALE: The training hall/backroom at the venue will be open to athletes on Thursday, May 15, 2025 by 12:00pm, For athletes arriving before May 15, 2025, the closest gym suited for weightlifting is:

[Evolve Sunridge](#)

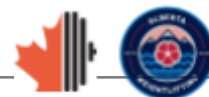
125-2985 23 Ave NE
Calgary, T1Y 7L3

There will be a check scale accessible either in the hotel or at the venue. The location and access windows will be announced prior to the competition.

LIVE STREAM: Links will be made available closer to the date of competition.

KEY DATES

Date	Item / Detail
Jan 1, 2025	Release of Competition Regulations
Jan 1, 2025	Launch of hotel blocks
Feb 16, 2025	List submission of National level and higher officials from PSOs (to the Competition Director at technicaldirector@albertaweightlifting.com)
Feb 23, 2025	Preliminary Technical Official schedule release from Competition Director
Mar 31, 2025	The qualifying period for 2025 Canadian Senior Nationals ends
Apr 6, 2025	Deadline for preliminary list of entries from PSOs. See section 9 for entry submittal emails.
April 11, 2025	Preliminary start list release from the Competition Director
Apr 27, 2025	Deadline for final Team Entry Form and payment received by WCH
May 2, 2025	Final start list and Technical Official schedule released from the Competition Director



Preliminary Competition Schedule

The schedule below is subject to change once all final entries have been received.

May 16-20, 2025: Arrival of Participants

Thursday, May 15, 2025: Training Hall / Backroom opens by 12:00pm

Thursday, May 15, 2025: Technical Meeting (7-9pm)

Friday, May 16

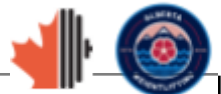
Session		Category	Weigh-in	Start
1	Men	M55/M61/M67	1pm	3pm
2	Women	F45/F49	3pm	5pm
3	Men	M73	5pm	7pm

Saturday, May 17

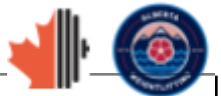
Session		Category	Weigh-in	Start
4	Women	F55	7am	9am
5	Men	M81	9am	11am
6	Women	F59	11am	1pm
7	Men	M89B	1pm	3pm
8	Women	F64	3pm	5pm
9	Men	M89A	5pm	7pm

Sunday, May 18

Session		Category	Weigh-in	Start
10	Women	F71B	7am	9am
11	Men	M96/M102	9am	11am
12	Women	F71A	11am	1pm
13	Women	F76/F81/F87/F+87	1pm	3pm
14	Men	M109/M+109	3pm	5pm

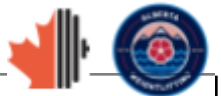


Monday, May 19: Departure of Delegations



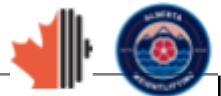
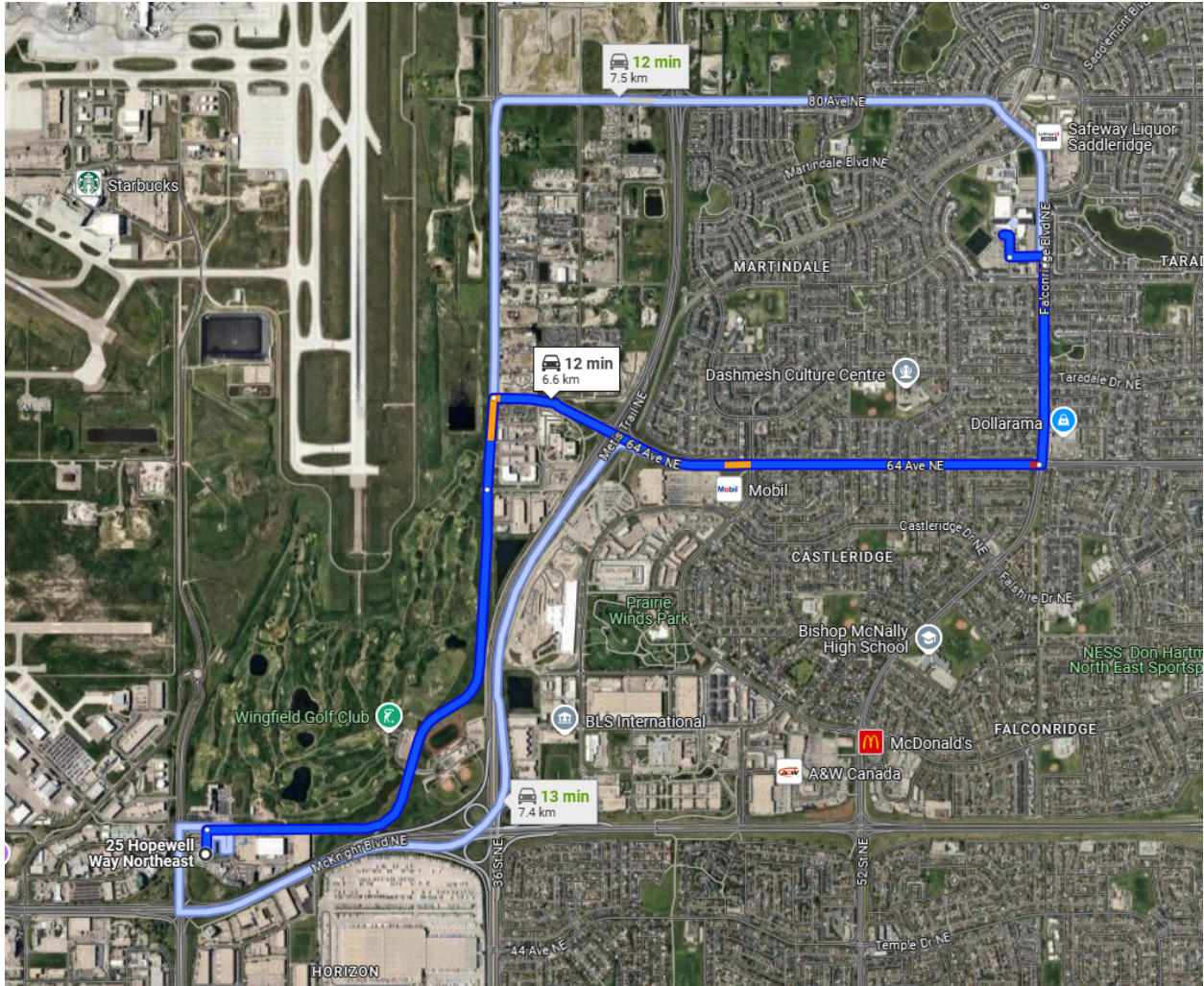
Appendix A

Map to be added



Appendix B

Sandman Hotel & Suites Calgary Airport, Sandman Signature Hotel Calgary Airport:
25 Hopewell Way NE, Calgary, AB T3J 4V7



Best Western Premier Calgary Plaza Hotel:
 1316 – 33rd Street NE, Calgary, Alberta, Canada T2A 6B6

