



To: All PSO Leadership
Date: June 8, 2021

RE: Commonwealth Championships – Expressions of Interest

The Commonwealth Federation requires us to provide a preliminary list of Athletes for the 2021 Youth, Junior and Senior Commonwealth Championships. This competition is scheduled for October 20-24 in Singapore. The CWFHC is planning to take an unprecedented step and send athletes to represent each group. It will be a unique opportunity for our youth, junior and senior lifters to compete alongside one another further demonstrating our commitment to growing the sport in Canada.

To qualify, athletes must achieve the following totals in competition:

Women

Category	40	45	49	55	59	64	71	76	81	81+
Youth	96	114	133	142	152	160	161	164	166	171
Category	45	49	55	59	64	71	76	81	87	87+
Junior	132	145	162	164	175	178	179	180	185	203
Senior	137	162	175	188	197	189	207	201	210	226

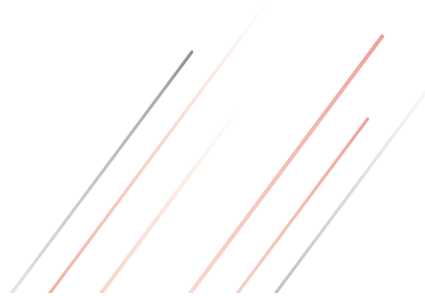
Men

Category	49	55	61	67	73	81	89	96	102	102+
Youth	152	184	203	225	227	233	244	267	247	265
Category	55	61	67	73	81	89	96	102	109	109+
Junior	192	220	248	262	282	284	288	289	295	319
Senior	218	246	266	283	298	304	323	320	329	349

The qualification period for this event is January 5, 2021 – September 4, 2021

At this time we are seeking an expression of interest from each of the PSO's on behalf of their athletes. Please send an email to Dfriesen@cwfhc.ca with the following information for each of the athletes you are identifying for team selection:

- Athlete Name
- Highest Competition Total
- Date Achieved
- Weight category for total named above
- Coach name
- Next scheduled competition if known





Canadian Weightlifting Federation
Haltérophile Canadienne (CWFHC)

weightliftingcanada.ca

dfriesen@cwfhc.ca

Please note that you should submit the names of all athletes that you believe have a reasonable chance of hitting the standard by the deadline so we can plan accordingly.

This information is due no later than June 21, 2021

Best Regards,

Deanne Friesen

Secretary/Treasurer

