



March 13, 2023

Dear PSOs, Athletes, Coaches, and Parents:

Re: 2023 Commonwealth Youth, Jr., & Sr. Weightlifting Championships – Delhi, India

The 2023 CWF Youth, Junior, & Senior Weightlifting Championships (the “**Competition**”) will take place in Delhi, India from July 11 to July 16, 2023. The Commonwealth Weightlifting Federation has released the competition regulation, which we have attached with this memo. This memo provides an update on qualification as well as our funding model and confirmation of our team selection criteria.

1. QUALIFICATION STANDARDS

The Competition counts as an International 1 event for youth, junior, and senior weightlifters under the WCH Qualification Standards. To qualify, athletes must achieve the following totals in a qualifying competition

Senior Women

	45	49	55	59	64	71	76	81	87	+87
Total	139	150	162	171	180	190	197	203	210	221

Senior Men

	55	61	67	73	81	89	96	102	109	+109
Total	217	234	250	264	281	295	305	313	321	337

Junior Women

	45	49	55	59	64	71	76	81	87	+87
Total	129	138	150	158	166	176	182	188	194	204

Junior Men

	55	61	67	73	81	89	96	102	109	+109
Total	201	217	231	244	260	273	282	290	297	311

Youth Women

	40	45	49	55	59	64	71	76	81	+81
Total	105	117	125	136	143	150	159	165	170	175

Youth Men

	49	55	61	67	73	81	89	96	102	+102
Total	166	181	196	209	221	235	247	255	262	268

The standards are from the 2023-2024 marker system, which applies to all competitions after July 1, 2023.

2. QUALIFICATION EVENTS

Qualifying competitions are listed on our website

3. EXPRESSIONS OF INTEREST

At this time, we are seeking an expression of interest from athletes. Please complete the form found at the link below to express interest.

[Athlete Expression of Interest](#)

Please note that you should submit interest if you believe you have a reasonable chance of hitting the standard by the deadline, so we can plan accordingly.

The information is due no later than March 31, 2023 – 10 pm Mountain Time

Athletes expressing interest are required to pay a \$100 non-refundable administration fee prior to the deadline above.

Coaches who are interested in participating in this event are encouraged to submit an expression of interest as soon as possible, but in no event later than March 31, 2023. To be eligible to participate in this event, coaches must meet the requirements of the WCH Screening Policy by completing a background check and submitting it to WCH.

* The CWF registration portal for preliminary entries will close on April 3, 2023. We strongly encourage all interested athletes to submit their expressions of interest well in advance of the March 31 deadline, because WCH staff may be out of the country and will need extra time to answer questions and complete registrations.

4. CONFIRMATION OF PARTICIPATION

The deadline to notify WCH of intent to participate in the Competition is **March 31, 2023**.

The deadline for all participants to pay the anti-doping and accommodation fee **in full** is May 8th, 2023. An invoice will be issued for payment once your travel information is received.

If you are withdrawing from the Competition, whether as an athlete, coach, or support personnel, please notify the High-Performance Manager (mread@cwfhc.ca) as soon as possible so that we can finalize the team before the **May 10, 2023** deadline for Final Entries and payment to the Local Organizing Committee (LOC).

5. WHEREABOUTS

The CWF requires that all athletes who wish to participate file Whereabouts covering the entire 2-month period prior to the start of the competition (i.e., May 11, 2023) through to the final date of the competition (inclusive) to be eligible to participate by

April 1, 2023. Athletes who have not filed Whereabouts by the CWF's deadline will not be considered for selection.

6. REGISTRATION & ANTI-DOPING FEES

The CWF does not charge registration fees for this event.

All athletes must pay a Special Anti-Doping fee of USD 50 / person.

7. ACCOMMODATIONS

(a) Official accommodations for the Competition are at the following hotel:

- Hotel Crowne Plaza Greater Noida
(<https://www.ihg.com/crowneplaza/hotels/us/en/delhi/delgn/hoteldetail>)

(b) Accommodation fees, including all meals, are as follows:

- Single room: **USD 150 / person / night**
- Double room: **USD 130 / person / night**

(c) All participants must stay a minimum of three (3) nights at the official hotel.

(d) Please notify WCH by email (mread@cwfhc.ca) if you would prefer a single or a 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.

(e) Costs of any room upgrades or changes to reservations made by participants upon arrival are the sole responsibility of the party requesting the changes.

(f) Note that if your arrival time is before 3pm local time, you will be charged for the previous night accommodations.

8. PAYMENT OF FEES

Registration and accommodation fees (minimum 4 nights) for athletes and coaches must be paid by e-transfer to treasurer@cwfhc.ca no later than **May 8, 2023**.

When paying by e-transfer in Canadian dollars, the exchange rate will be provided on the invoice and based on the date the money is being transferred to the Local Organizing Committee.

9. FUNDING FOR COACHES AND ATHLETES

(a) Athletes: This event is considered fully self-funded. Due to the decision to withdraw participation for the Youth Pan American Championships in Caracas, there will be \$1,000 provided to the top male and female youth athlete.

(b) Coaches: 2 coaches will receive 100% support for their accommodations and registration for the event. The funded coach(es) must arrive in Delhi by July 11, 2023. Verification of entries will take place online on July 9, 2023 (by midnight UTC + 10). Selection of funded coaches for Team Canada will take place in accordance with the WCH Coach Selection Policy.

(c) Team Leader: If WCH appoints a Team Leader for the Competition, the Team Leader will receive 100% support for registration fees, accommodations, and flight (Air

Canada Basic Economy fare or equivalent). The Team Leader is expected to arrive with or before the first group of athletes and coaches and remain with the team until the last Team Member leaves the Competition. Selection of a Team Leader will be in accordance with the WCH Team Leader Selection Policy.

10. TRAVEL TO DELHI, INDIA

(a) **Arrival and Transfer:** Participants must book their flights from Canada to INDIRA GANDHI INTERNATIONAL AIRPORT (DEL). The Competition Organizing Committee will provide transportation from Indira Gandhi International Airport to the Crowne Plaza Greater Noida.

***Athletes, coaches, team leader, and parents are encouraged to travel together whenever possible. WCH may be able to secure a group booking for the team that will reduce the price of airfares to India. For team members booking their own travel, WCH strongly encourages participants to book their travel through our travel partner ATPI by contacting Ema Ionescu (Ema.Ionescu@atpi.com).**

Team travel arrangements must be finalized no later than May 7, 2023.

- (b) **Visa:** Canadian citizens do not require a visa to enter India if on a short stay.
- (c) **Passport:** Your passport expiry date must be no less than 6 months from your date of entry into India, and you must have at least two blank pages in your passport. If your passport expires on or before January 11, 2024, we recommend you apply for a new passport immediately. Participants who arrive with passports expiring on or before January 11, 2024 may be denied entry into India.
- (d) **Pre-Arrival COVID Testing:** At this time, no pre-arrival COVID tests are required. This is subject to change at the discretion of the Indian government.
- (e) **Safety and Security:** The Government of Canada advises all visitors to India to exercise a high degree of caution while there. For more details, please visit the Government of Canada's travel advisory site here: <https://travel.gc.ca/destinations/india#risk>
- (f) **Insurance: The IWF requires** Weightlifting Canada to purchase sport accident insurance covering all sport injury risk for members of Team Canada at the Competition. WCH will therefore apply a surcharge of \$40 / person to offset that expense. All participants are responsible for obtaining their own travel medical (non-sport accident) for this event. Your provincial health care plan is unlikely to cover most or any medical expenses you incur while in India.
- (g) **Health:** The Public Health Agency of Canada recommends that all travellers to India consult their travel health physician about recommended vaccinations at least six weeks prior to departure.

For more information on health and other risks in India, please visit <https://travel.gc.ca/destinations/india#health>

11. PRELIMINARY SCHEDULE

Please see the Competition Regulation for additional information on the Preliminary Timetable. We expect to receive further details in the coming weeks. Key dates include:

- July 9: Verification of Final Entries ONLINE
- July 11: Technical meeting
- July 11: Opening Ceremonies
- July 12: Competition begins

12. ANTI-DOPING

- (a) **IWF Policy.** The Competition is subject to the IWF Anti-Doping Policy, a copy of which is available for download on the IWF website: www.iwf.net

Per the Competition Regulation, all athletes participating in the Competition must file their Whereabout in ADAMS by **April 1, 2023** for the full **60-day period** prior to the start of the Competition through the end of the Competition. Athletes who file their Whereabouts late may be considered ineligible to compete by the CWF. If you have any questions about filing Whereabouts, please contact Mr. Joe Landreville (jlandreville@cwfhc.ca).

- (b) **Athletes**

All athletes and team support personnel are required to complete the **WADA ADel Online Course for Athletes** before the Competition. This course replaces the previous IWF ILiftClean platform that some team members are familiar with.

The course can be found at the following link: <https://adel.wada-ama.org/>

As was the case with the previous IWF ILiftClean platform, Athletes and team support personnel (coaches, team leaders, doctors, etc.) shall register at the site, watch the videos, and successfully complete the quiz at the end to receive the certificate.

If you have any problem with the registration process, please contact WADA at adel@wada-ama.org and the IWF at education@iwfnet.net.

- (c) **Coaches and Support Personnel:**

As per section 16.3 of the IWF Anti-Doping Policy, all coaches and team support personnel must complete and sign the Declaration Form for Athlete Support Personne. A link will be provided for those that have not yet signed the form.

Coaches and team support personnel must also complete the WADA Adel Online Course for Athletes as set out in subsection 9(b) above.

13. RESPECT IN SPORT CERTIFICATION

In compliance with new Sport Canada regulations, all coaches, team support personnel, *and athletes* are required to complete Respect in Sport or equivalent certification prior to the Competition. If you have previously completed this training, you do not need to complete the training again. The cost of the course is approximately \$35.

14. CONDUCT & SAFETY

- (a) All athletes, coaches, team leader(s), and other support personnel are required to adhere to the WCH Conduct Policy at all times.

(b) As noted above, the safety and security situation in India is stable, but as in all countries it is subject to change. Just as you need to be aware of your surroundings and personal safety when out and about in your home country, you need to exercise discretion and act responsibly. We strongly recommend that you familiarize yourself with the security situation in before the Competition and follow team guidelines at all times.

15. TEAM CANADA AGREEMENT

WCH requires all Team Members to sign an WCH Team Canada Agreement and the consent form for the Office of the Sport Integrity Commissioner as a condition of participation in the event. WCH will notify any prospective team members who has not yet signed the required forms when they are ready.