



September 18, 2023

Dear PSOs, Athletes, and Coaches:

Re: 2023 IWF World Junior Championships – Guadalajara

On behalf of WCH, we are pleased to provide you with this memorandum concerning the 2023 IWF World Junior Championships taking place in Guadalajara, Mexico from November 15-23, 2023 (the "Competition"). This memo provides important information to help you prepare for the Competition.

1. QUALIFICATION STANDARDS

The IWF World Junior counts as an International Elite event under the WCH Qualification Standards, as set out below. The team is limited to those athletes who have already submitted their expressions of interest by deadline and met the Qualification Standard for their respective weight categories. WCH can enter no more than 2 athletes in any given weight category, and all athletes must be up to date with their ADAMS Whereabouts submissions. WCH will announce the Final Team Selection on October 1, 2023.

Women

	45	49	55	59	64	71	76	81	87	+87
Total	141	152	164	173	182	192	200	206	212	224

Men

	55	61	67	73	81	89	96	102	109	+109
Total	220	237	253	268	284	299	309	317	325	341

The standards are from the 2023-2024 marker system in effect from July 1, 2023.

2. QUALIFICATION EVENTS

WCH has accepted the recommendation of the High-Performance Committee that the following events serve as qualifiers for the 2023 IWF Grand Prix 1:

- a. 2023 Senior Pan American Championships (Bariloche, ARG)
- b. 2023 Junior Pan American Championships (Manizales, COL)

- c. 2023 Canadian Senior Weightlifting Championships (Toronto, ON)
- d. 2023 Canadian Junior National Championships (La Prairie, QB)
- e. 2023 IWF Grand Prix #1 (Havana, CUB)
- f. 2023 Commonwealth Championships (Delhi, IND)
- g. 2023 Ontario Summerfest
- h. 2023 NAO – San Francisco
- i. 2023 IWF Senior World Championships

3. EXPRESSIONS OF INTEREST

Participation in this event as an athlete is restricted to those athletes who submitted their expression of interest and paid the \$100 non-refundable administration fee prior to the deadline circulated earlier.

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 **September 25, 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.

4. CONFIRMATION OF PARTICIPATION

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 by **October 8, 2023** deadline for Final Payment to the Local Organizing Committee (LOC).

5. WHEREABOUTS

As a World Championship event, Article 5.5.16 of the IWF Anti-Doping Rules and Regulations requires that all athletes who wish to participate file Whereabouts for the entire 3-month period prior to the start of the competition (i.e., August 15, 2023) through to the final date of the competition (inclusive) to be eligible for selection to Team Canada. Athletes who have not filed Whereabouts by the deadline set by the IWF may not be eligible to participate.

6. REGISTRATION & ANTI-DOPING FEES

The IWF and LOC have set the following registration fee for this event are as follows:

- Athletes: USD 300 / person, including USD 100 IWF Special Anti-Doping Fee
- Coaches: USD 200 / person
- Team Support Personnel and WCH Delegates: USD 200 / person

7. ACCOMMODATIONS

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

- Hotel Sleep In Guadalajara Galeria
- Hotel City Express Plus by Marriott Guadalajara Providencia
- Hotel Holiday Inn Guadalajara Select

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

- Single room: **USD 175 / person / night**
- Double room: **USD 140 / person / night**

(c) All participants must stay a minimum of four (4) nights at one of the official hotels.

- (d) Please notify WCH by email (mread@cwfhc.ca) if you would prefer a single or a double/triple 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. The Local Organizing Committee will not accommodate any changes due to visa restrictions.
- (f) Note that if your arrival time is before 2pm local time, you may be charged for the previous night's accommodations.

8. PAYMENT OF FEES

Registration, accommodation (minimum 4 nights), anti-doping, and visa fees for athletes and team support personnel must be paid by e-transfer to dfriesen@cwfhc.ca no later than **October 7, 2023**. An invoice will be issued when you

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:** The top male and top female athlete will each receive a maximum of \$1,500 (maximum 4 nights accommodation and airfare at basic economy)
- (b) **Coaches:** 1 coach will be funded at \$2,000 to attend the competition. The coach will need to be present for at least 1 day prior to the first Canadian lifter competes until 1 day after the final athlete competes. Selection of funded coaches for Team Canada will take place in accordance with the WCH Coach Selection Policy.
- (c) **Team Leader: WCH will appoint 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) up to a maximum of \$2,500. 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 Guadalajara, MEX

- (a) **Arrival and Transfer:** Participants must book their flights from Canada to Miguel Hidalgo y Costilla Guadalajara International Airport (GDL). The Competition Organizing Committee will provide transportation from GDL to the designated hotel. All foreign visitors must present the Multiple Migration Form (FMM) upon entering the country. www.inm.gob.mx/fmme/publico/solicitud.html

***Athletes, coaches, and team leader are encouraged to travel together whenever possible. 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 October 6, 2023.

- (b) **Passport:** Your passport expiry date must be no less than 6 months from the final date of your stay in Mexico. If your passport expires on or before **May 23, 2024**, we recommend you apply for a new passport immediately. Participants who arrive with passports expiring on or before **May 23, 2024** may be denied entry into the country.
- (c) **Pre-Arrival COVID Testing:** At this time, no pre-arrival COVID tests are required. This is subject to change at the discretion of the government of Mexico.
- (d) **Safety and Security:** The Government of Canada advises all visitors to Mexico to exercise a high degree of caution while there. While we are confident the Local Organizing Committee and government of Mexico will ensure strong security measures are in place for the Competition. All team members must respect local laws and govern themselves accordingly. For more details, please visit the Government of Canada's travel advisory site here at <https://travel.gc.ca/destinations/mexico>
- (e) **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 Mexico.
- (f) **Health:** The Public Health Agency of Canada recommends that all travellers to Mexico consult their travel health physician about recommended vaccinations at least six weeks prior to departure.

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

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:

- November 13: Verification of Entries (online)
- November 14: Technical meeting
- November 14: Opening Ceremony
- November 15: 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

Under Section 7.4 of the IWF Anti-Doping Policy, all athletes participating in continental championship events must be registered in ADAMS and have submitted their Whereabouts for the full **90-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 IWF. 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.

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 it 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 Mexico is highly variable, and as in all countries it is subject to change no matter what part of the country you are in. 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 and local customs 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 prospective team members who have not yet executed these documents when they are ready.

16. READINESS TO COMPETE

Once an athlete has been named and has accepted a spot on Team Canada, they must demonstrate their readiness to compete 4 weeks prior to the competition. Athletes will be required to send videos (with proof of date) of the snatch and clean and jerk demonstrating they are able to make at least 90% of their qualifying total for the competition. Should an athlete fail to meet this criterion, they will be removed from the team and any costs borne by WCH with respect to competition fees, will be the responsibility of the athlete to repay. Please send videos to the High-performance Manager (mread@cwfhc.ca) between October 15-30, 2023.

<https://weightliftingcanada.ca/wp-content/uploads/2023/02/Selection-Procedures-2023-V1.1-9-Feb-2023.pdf>