



To:
PSOs, Athletes, Coaches

Date:
March 1, 2023

RE: 2023 IWF Grand Prix 1 – Preliminary Memorandum

The 2023 IWF Grand Prix 1 will take place in Havana, Cuba from June 8-18, 2023. The International Weightlifting Federation provided us with preliminary information on March 1 following an unannounced change of date for the event. Given the location of this competition, we expect several delays in receiving the competition regulation and other details related to the planning process. In the interest of time, we are therefore releasing this preliminary memorandum to help you prepare in advance of any deadlines that may become imminent. Funding levels for this competition have not yet been confirmed.

Qualification Standards

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

Women

Category	45	49	55	59	64	71	76	81	87	87+
Senior	142	168	182	195	204	210	215	216	217	234

Men

Category	55	61	67	73	81	89	96	102	109	109+
Senior	226	255	276	294	309	315	335	337	340	362

These qualification standards are from the 2022-2023 marker system. The 2023-2024 marker system takes effect from July 1, 2023 onward.

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:

1. NAO Calgary
2. 2022 Junior and Youth Pan American Championships
3. 2022/2023 Provincial Championships (after September 2022)
4. 2022 Western Canadian Championships
5. 2022 IWF Senior World Championships
6. NAO Finals (Dec 2022)
7. 2023 Mistletoe
8. 2023 Cold Steel
9. 2023 A&R Open
10. 2023 Coupe D'amicie
11. 2023 Coupe de Voyageur



12. NAO Series 1 (March 2023)
13. 2023 Ontario Classic
14. 2023 Quebec Classic
15. 2023 Atlantic Cup
16. 2023 IWF Youth Worlds
17. 2023 Senior Pan American Championships

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.

<https://form.jotform.com/223556918582063>

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 7, 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 wish to express interest in participating in this event can do so through this link:

<https://form.jotform.com/230168420527249>

Whereabouts

As an Olympic qualification 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., starting March 8, 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 will not be considered for selection.

We will provide additional information on the competition as soon as it becomes available.

Best Regards,

A handwritten signature in blue ink, appearing to read "Deanne Friesen".

Deanne Friesen
Secretary/Treasurer