

To:
PSOs, Athletes, Coaches

Date:
January 31, 2023

RE: Updates and Information

A. 2023 Competition Standards

The high performance committee has proposed new standards for the 2023/2024 competition season. These standards will come into effect for any competitions scheduled after June 30, 2023. Based on the committee's recommendations, we have streamlined the standards to apply for both AAP and National Team Selection. Our Junior and Senior National championship standards are also based on the recommendations of the High Performance Committee. The Board would like to thank the members of the committee for their hard work and discipline proposing standards that we feel reflect equality across weight categories and gender.

The following information has been updated on the website:

- [National Team Selection for 2023/2024](#)
- [2024 AAP Program](#)
- [Markers for 2024 \(individual PDF\)](#) click on the 2023/2024 drop down
- [2024 National Championship Standards](#)
- [Chart listing the qualifying competitions for international events](#)

Please note that there are some significant changes to the documents this year and you are encouraged to read them to ensure you understand the requirements for our programs and national team selection.

For competitions scheduled to occur before July 1, 2023 – the former standards and team selection rules will apply.

B. International Competitions

Youth World Championships

Final Team Selection for the Youth World Championships will occur during the week of February 6th, 2023. Team Selection will occur based on the National Team Eligibility Process document that is currently in effect and available on our website.

Senior Pan Ams

Team Selection for the Pan American Championships in Bariloche will occur during the week of February 6th, 2023. Team selection will occur based on the National Team Eligibility Process document that is currently in effect and available on our website.

C. Provincial Competition Calendars

PSO's are requesting that the WCH website list the competitions for each province. Updates to the website are made twice a month and we are able to list your competition as long as the following is provided at least 1 month in advance:

Name of Competition

Location

Date

Link to your website for additional information

We will only post competitions that serve to qualify for national and international level competitions so please be clear which competitions meet that criteria.

D. Upcoming Competitions:

- Junior Pan American Championships – Manizales, Colombia May 10 – May 15, 2023
- IWF Grand Prix #1 – Havana, Cuba June 2, 2023 – June 12, 2023
- Commonwealth, Youth, Junior and Senior Championships – Delhi, India July 12- July 16, 2023

Information will be distributed as soon as it becomes available. We have however opened the declaration of interest link to those that want to provide their information early.

E. Charitable Donations

We are now able to provide charitable donation receipts for any donations. Donations cannot be made to a specific individual but can be given to a specific event if desired. If you have questions please don't hesitate to reach out to Deanne.

The donation link is on our website and our social media pages.

[DONATE HERE](#)

F. ALL LINKS FOR DECLARING INTEREST WILL BE FOUND HERE

https://linktr.ee/weightlifting_canada

