

Ontario Weightlifting Association Provincial Championships Policy

Definitions

Eligible Qualifying Competition (EQC) – Any competition that is listed on the OWA, WCH or IWF calendar. Competition must have a minimum of three Category 4 Technical Officials. Unless competing for Team Canada (WCH), the qualification process for divisional championships must be met in Canada.

Member of Team Ontario – Any athlete attending a National Championship.

Divisional Championships – Current Championships by age division as defined by IWF (i.e., Senior Championships for Senior Athletes).

Competitions

The OWA will hold three provincial championships annually: the Ontario Senior Championships, the Youth/Junior Ontario Championships, and the Ontario Masters Championships.

Dates

The Ontario Senior Championships will be held the first weekend in November.

The Youth/Junior Ontario Championships will be held the first weekend in December.

The Ontario Masters Championships will be held the third weekend of April.

*The dates are subject to change and reviewed at the annual AGM.

Eligibility

Ontario Championships

Any athlete that meets the qualifying standards and an eligible qualifying competition. The qualifying period will be June 1st to the Sunday four weeks prior to the Ontario Championships. Junior athletes with a total within 5% of the qualifying standard may appeal for acceptance to participate as a promising junior athlete.

Youth/Junior Ontario Championships

Any athlete that is a junior or below by year of birth may compete at the Youth/Junior Ontario Championships. There are no qualifying standards.

Ontario Masters Championships

Any Masters athlete, age 35 years and above by year of birth, may compete at the Ontario Masters Championships. There are no qualifying standards.

Doping Control

All Ontario Championship competitions are subject to doping control.

Team Ontario

Division Championships is a mandatory competition for athletes intending to be a member of Team Ontario. See [Selection Policy for Provincial Teams](#) for exceptions.

Review and Approval

This Policy was last reviewed and approved by the Board of Directors on October 19, 2022.

DOCUMENT HISTORY

Adopted	August 6, 2018
Amended	May 2021, October 19, 2022