

CANADIAN WEIGHTLIFTING FEDERATION HALTÉROPHILE CANADIENNE
(CWFHC)

2018 WESTERN CANADIAN WEIGHTLIFTING CHAMPIONSHIPS



COMPETITION REGULATION

GENERAL INFORMATION

SCHEDULES, FORMS

DEADLINES

Winnipeg, Manitoba

March 24, 2018

OFFICIAL INVITATION TO ALL CWFHC MEMBERS
IN WESTERN PROVINCES

On behalf of the 2018 Western Canadian Weightlifting Championships Committee and the Manitoba Weightlifting Association, we are honoured to invite your athletes, coaches, technical officials, team staff and spectators to participate in the 2018 Western Canadian Weightlifting Championships, in Winnipeg on March 24, 2018.

All competition events will be held at the University of St. Boniface West Gym.

We wish your team the best of luck and hope you enjoy your stay in Winnipeg.

Susanne Dandenault
President
Manitoba Weightlifting Association

Troy Walker
Event Chairperson
2018 WCWC Organizing Committee



COMPETITION REGULATIONS

1. **TITLE:** 2018 Canadian Western Weightlifting Championships
2. **DATE:** Saturday, March 24, 2018
3. **ORGANIZED BY:** Manitoba Weightlifting Association
4. **SANCTIONED BY:** Canadian Weightlifting Federation Halt rophile Canadienne (CWFHC)
5. **COMPETITION VENUE:** University of St. Boniface, West Gym (USB)
6. **CLASSES**
 - a. Women: 48, 53, 58, 63, 69, 75, 90, 90+ kg
 - b. Men: 56, 62, 69, 77, 85, 94, 105, 105+ kg
7. **PARTICIPANTS' ELIGIBILITY:**
 - a. An athlete participating in this competition must be:
 - duly affiliated member of his/her P/T Weightlifting Association
 - a member in good standing (not currently being sanctioned) with his/her P/T Weightlifting Association
 - b. Coaches registered to participate by a P/T Weightlifting Association must have completed the NCCP "Competition Introduction" course.
 - c. Coaches, team leaders and technical officials registered to participate in this championship by a P/T Weightlifting Association must be:
 - duly affiliated member of his/her P/T Weightlifting Association;
 - a member in good standing (not currently being sanctioned) with his/her P/T Weightlifting Association.
 - d. All questions/concerns regarding eligibility must be addressed prior to the competition and in no event, no later than at the Technical Meeting. After the Technical Meeting, eligibility of athlete(s) cannot be challenged.
 - e. There is **NO** limit on athletes per bodyweight category per team. The intent is to put your best team forward for the competition.

Team format:

Male - maximum eight (8) men;

Female - maximum eight (8) women.

Each P/T Weightlifting Association may enter up to three (3) guest lifters that will not form part of their team for scoring (i.e. the "A" team). All athletes must be appropriately designated as either "A" team or Guest Lifter on the entry forms by the Technical Meeting. Note: there may be more Guest Lifter spots available once each P/T Weightlifting Association submits their "A" team. The number of guest lifters permitted to compete is based on the number of athletes from "A" teams in relation to the cap of 75 total athletes. All decisions on permitting "Guest Lifters" are made in the sole discretion of the Organizing Committee.

Team designation is confirmed at the Technical Meeting and cannot be changed thereafter.

Reminder - CWFHC Records Policy:

"The CWFHC will recognize the best successful lift by a Canadian athlete in each bodyweight category for the Snatch, Clean & Jerk and Total."

The maximum number of athletes participating at the 2018 Western Canadian Weightlifting Championships is 75. This is an agreed upon amount due to the limit of the Organizing Committee.

8. ENTRIES

Only the CWFHC Provincial/Territorial Directors receive the Competition Regulation and Entry Forms.

- a. Preliminary Team Entry Forms must be received by the organizing committee not later than **Friday, February 23, 2018**.
- b. Final Team Entry Forms with payment must be received by the organizing committee not later than **Friday, March 9, 2018**.
- c. All forms must be sent to the Manitoba Weightlifting Association via regular mail or email to:

Manitoba Weightlifting Association
C/O Susanne Dandenault
60 Baisinger Drive
Winnipeg, MB R2N 4H5
Or via Email to: info@mbweightlifting.net

9. COMPETITION RULES AND REGULATIONS

- a. The competition will be governed by IWF Technical Rules (2018 TCRR).
- b. **REMINDER:** P. 68 ARTICLE #15

"An athlete who fails to make the bodyweight within the allotted weigh-in time of their respective bodyweight category, in which he / she is officially entered, is excluded from the competition of the Event".

c. **REMINDER:**

Zero in the snatch does not eliminate the athlete from the Championships. Athletes are allowed to continue in the Clean & Jerk, and while they can receive awards for the Clean & Jerk, they cannot receive points for the team as points are earned in the Total only.

10. **EQUIPMENT**

- a. Competition stage: floor level (no stairs to stage)
- b. Competition set: Eleiko certified competition set c/w men's and women's Eleiko barbells
- c. Warm-up equipment: varied
- d. Warm-up room: stretching mats, dowels
- e. Warm-up platforms: plywood and rubber
- f. Results: Excel (subject to change)
- g. Scales: Electronic

10. **WAIVER**

Signed waiver/media releases (provided separately) must be received from all participants (athletes, coaches and team leaders) prior to the Technical Meeting. For minors, a parent/guardian must sign the waiver/media release (under the age of 18 as of the date the document is signed). Without this signed document, participants will be prohibited from participating in the Competition.

11. **MEDICAL**

This competition is subject to in-competition drug testing administered by the Canadian Centre for Ethics in Sport - CCES.

IN CANADA, ANTI-DOPING CONTROLS ARE ADMINISTERED BY THE CANADIAN CENTRE FOR ETHICS IN SPORT (CCES).

Telephone: (613) 521-3340 Fax: (613) 521-3134 1-800-672-7775

www.cces.ca

E-mail: info@cces.ca

Information on substances: substances@cces.ca

<http://cces.ca/canadian-anti-doping-program>

All athletes participating in the competition are subject to drug testing.

Athletes and coaches are strongly encouraged to familiarize themselves with the procedures and rules. For more information go to the website: <http://cces.ca/athletezone>.

If you take supplements or any prescription/over-the-counter drugs (Ritalin or other similar products, anti-inflammatory, etc.) make sure they are allowed by

the CCES. If you need to use a banned medication for a legitimate medical reason, you must apply to the CCES for a Therapeutic Use Exemption (TUE). When you are issued a TUE, you must bring the TUE document with you when you are tested.

REMEMBER: AS AN ATHLETE YOU ARE RESPONSIBLE FOR WHAT YOU INGEST.

12. AWARDS

- a. Gold, Silver and Bronze medals will be awarded for **only the Total** in each bodyweight category.
- b. Best Athlete awards for men and women are determined by Sinclair points based on actual bodyweight of the athlete. Sinclair Coefficients 2017-2020 will be used.
- c. Team prizes will be awarded to the best teams for the men and women. There will be no combined team prizes. Team awards are based on IWF scoring for the Total.

In case of a tie:

- i. The team with the largest number of first place totals shall be declared the winner;
- ii. If still tied, the team with the largest number of second place totals shall be declared the winner;
- iii. If still tied, the team with the most total Sinclair points using the body weight category will be declared winner.

13. ACCOMODATION

Team leaders or participants are responsible for contacting the official event accommodation, noted below and making their own arrangements.

A block of rooms is reserved under Group Identification ID #: **MB – Weightlifting CDN Championship** at:

Radisson by Canad Inns
288 Portage Avenue
Winnipeg, MB R3C 0B8
1-888-33-CANAD (1-888-332-2623)

The rate per night for a superior double room with 2 double beds or 1 queen bed + sofa bed is \$129.00 plus 13% HST and 5% accommodation tax.

The rooms are held at the price quoted until **February 20, 2018**. Above rate is available for 2 nights, March 23 - 25, 2018.

Participants are responsible for making their own reservations directly with the hotel at 1-888-332-2623.

Check in is at 3:00 pm and check-out is at 11:00 am.

Parking: Daily rate of \$10.00 with overnight rate of \$15.00.

The Radisson is located 2 km from the Saint Boniface College competition site and 11 km away from the Winnipeg James Armstrong Richardson International Airport (YWG).

14. **TRANSPORTATION**

Transportation to and from the hotel and the airport is the responsibility of the participants.

15. **FINANCIAL CONDITIONS**

a. Entry fees

- i. \$100 all athletes, coaches and team leaders
- ii. \$50 technical officials

b. Team leaders are responsible for the collection of all fees from all team members/participants.

c. Team leaders may submit payment via e-transfer or by cheque however all fees must be made in one payment (i.e. one cheque or one e-transfer).

Make cheque payable and send to:

Manitoba Weightlifting Association
60 Baisinger Drive
Winnipeg, MB R2N 4H5

Send e-transfer to:

info@mbweightlifting.net

d. Payment for accommodations is arranged directly with the Radisson by the participants.

16. **FINANCIAL RESPONSIBILITIES – TEAM LEADERS**

a. Collect from their participants and pay to the Organizing Committee, the designated fee for each participant.

b. Coordinate accommodation and transportation understanding that participants pay for their own accommodation and transportation as set out above.

17. **TECHNICAL OFFICIALS**

- a. P/T Weightlifting Associations with participating teams are eligible to submit names of Technical Officials with Certified National level (Level III) or Certified Provincial level (Level II) sitting for upgrade or higher qualifications wishing to officiate at the Championships.
- b. There is no maximum of nominations per P/T Weightlifting Association for this competition.
- c. If selected Technical Officials are interested in upgrading their Officials Certification during the Championships, please indicate it on the Entry Form.
- d. Each P/T is responsible for the expenses of their selected Technical Officials.
- e. Please ensure the Technical Officials' email and mailing address is also noted in order for Organizing Committee to distribute the Technical Official schedule.

18. **ACCREDITATION/TECHNICAL MEETING**

- a. A Technical Meeting will be held at USB on Friday, March 23, 2018 at 8:00 PM. The Technical Meeting will consist of the following:
 - Verification of eligibility of athletes, coaches, team leaders and technical officials;
 - Verification of waiver/media release from every participant;
 - Verification of final entries into bodyweight categories;
 - Final declaration of athletes as Team A or Guest Lifter;
 - Lot numbers will be made available; lot numbers are drawn prior to the Technical Meeting;
 - Sessions and groups will be confirmed;
 - Technical Officials assignments will be confirmed;
 - Any other pertinent information.

19. **AFTER ARRIVAL / BEFORE COMPETITION**

- a. All athletes, coaches, team leaders and technical officials will be accredited at the Technical Meeting.
- b. If required, team leaders will be provided the following information after the Technical Meeting:
 - Updated Start List;

- Competition Schedule;
- Technical Officials Schedule and Assignments.

20. **DURING COMPETITION**

- Coaches will be provided Competition Protocol as soon as possible after each weigh-in session.
- There will be food and coffee available for the technical officials.
- The organizing committee is planning to live stream the event on an event Facebook page. Further details to follow.

22. **AFTER THE COMPETITION**

- Team leaders will be provided the Results Package (either printed or emailed shortly after the Championship).
- This document is available on the [Manitoba Weightlifting](#) website.

23. **DEADLINES AND SCHEDULE**

January 2018	Distribution of competition regulations
Friday, February 23, 2018	Preliminary Team Entries
Friday, February 20, 2018	Last day for booking hotel rooms at preferred rate
Friday, March 09, 2018	Final Team Entry Form/Payment due
Friday - March 23, 2018	All day arrival of participants
Saturday - March 24, 2018	Competition
Sunday - March 25, 2018	Departure

TENTATIVE COMPETITION SCHEDULE

SATURDAY, MARCH 24, 2018

Session	Categories		Weigh-In	Competition
1	Men	56, 62, 69	07:30	09:30
2	Women	48, 53, 58	09:00	11:00
3	Men	77, 85	10:30	12:30
4	Women	63, 69	12:30	14:30
5	Men	94, 105, 105+	14:30	16:30
6	Women	75, 90, 90+	16:00	18:00
Awards after each session				
Note:	There will be no break between the Snatch and Clean & Jerk for sessions with nine or more athletes.			

2018 WESTERN CANADIAN WEIGHTLIFTING CHAMPIONSHIPS

Preliminary Entry Form

Association: _____

This form is due on February 23, 2018 (sent via email to info@mbweightlifting.net).

	Name	Role	Referee Level	Birthday (DD/MM/YY)	Weight Class	Total
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

*Use a second page if more space required.

2018 WESTERN CANADIAN WEIGHTLIFTING CHAMPIONSHIPS

Final Entry Form

Association: _____

**This form and payment must be received by the MWA no later than
March 09, 2018.**

	Athlete Name - Team A	Male / Female	Weight Class	Total (kg)	Birthdate mm/dd/yy
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					

T-Shirt Pre-Order Form (all participants)	S	M	L	XL	XXL
Grey, 100% cotton, 2018 WCWC logo (front page of Competition Regulations) \$20 each					
TOTALS					

***Limited quantities available outside of pre-orders. Payment due upon receipt of product.**

2018 Western Canadian Championships – Final Team Entry Form (page 2)

	Athlete Name – Guest Lifters	Male Female	Weight Class	Total	Birthdate
1					
2					
3					
4					
5					

	Coach (C), Technical Official (TO), Team Leaders (TL) Name and Role	C / TO Level	Coaches NCCP #	Available officiate?	TO Upgrade?	Email
1						
2						
3						
4						
5						
6						

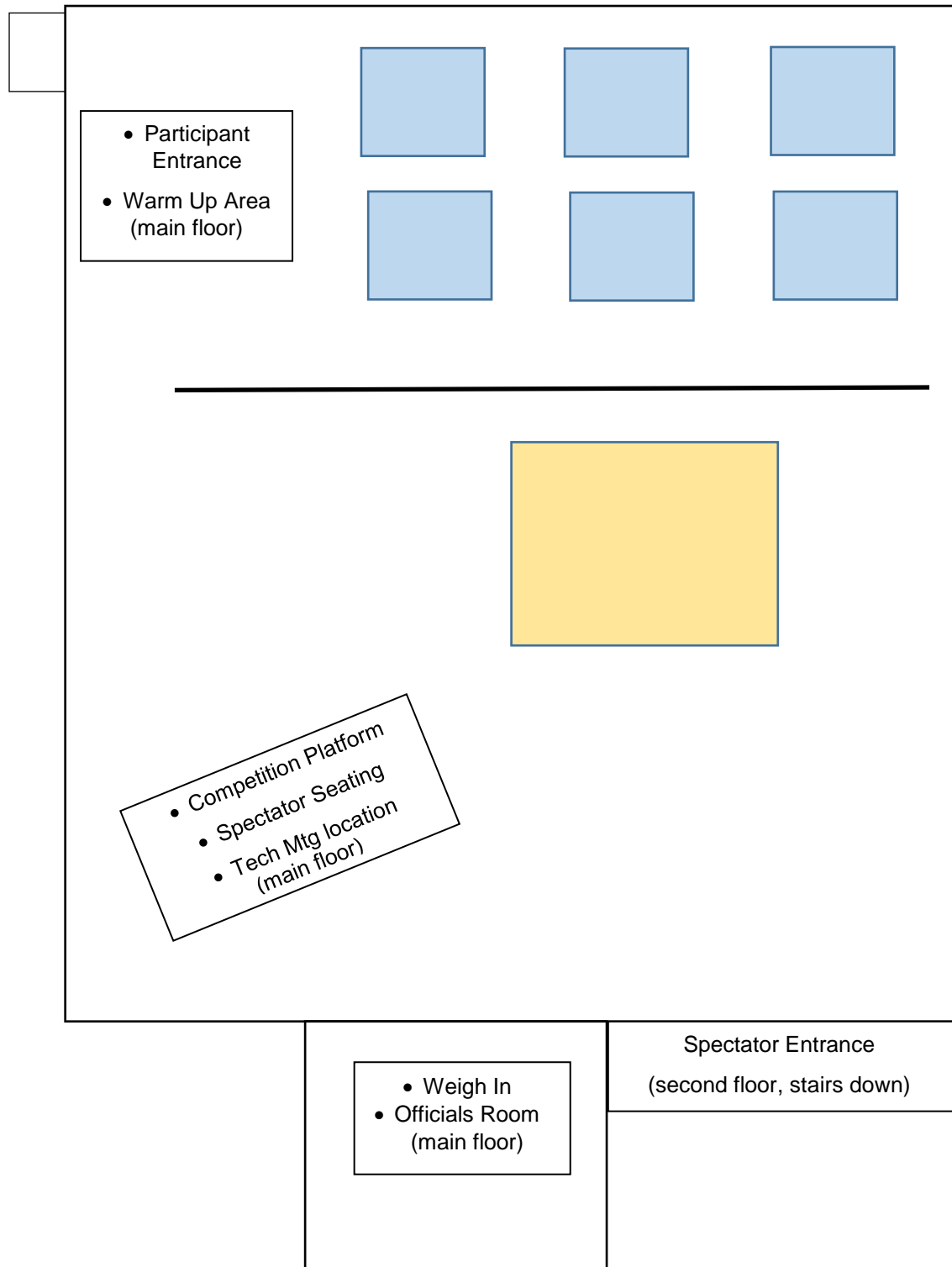
NOTE: Technical Officials can contact Officials Coordinator, Richard Mason hyatt@mymts.net directly with questions.

Payment

Role	# of Entries	Entry Fee	Total
Coaches/Team Leaders		\$100	
Athletes		\$100	
Technical Officials		\$50	
TOTAL			\$

VENUE FLOOR PLAN – UNIVERSITY OF ST. BONIFACE WEST GYM

(Preliminary and subject to change)



WAIVER AND RELEASE OF LIABILITY

In consideration of entering and participating in the 2018 Western Canadian Weightlifting Championships (the "Competition") and any and all activities related to the Competition, the undersigned acknowledges and agrees that:

The risk of injury from the activities involved in the Competition is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, coaching and personal discipline may reduce this risk; the risk of serious injury exists.

I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and I assume full responsibility for my participation.

I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such hazard immediately to the attention of the Manitoba Weightlifting Association and/or its officials immediately;

I, FOR MYSELF AND ON BEHALF OF MY HEIRS, ASSIGNS, PERSONAL REPRESENTATIVES AND NEXT OF KIN, HEREBY RELEASE AND HOLD HARMLESS THE MANITOBA WEIGHTLIFTING ASSOCIATION, THE CANADIAN WEIGHTLIFTING FEDERATION HALTEROPHILE CANADIENNE, THE UNIVERSITY OF ST. BONIFACE, THEIR RESPECTIVE OFFICERS, DIRECTORS, OFFICIALS, AGENTS AND/OR EMPLOYEES, OTHER PARTICIPANTS, SPONSORING AGENCIES, ADVERTISERS, AND, IF APPLICABLE, OWNERS AND LESSORS OF PREMISES USED TO HOST TRAINING OR CONDUCT THE EVENT ("RELEASEES"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, OR LOSS OR DAMAGE TO PERSON OR PROPERTY, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

NAME _____ DATE _____

SIGNATURE _____ WITNESS _____

SIGNATURE OF PARENT/GUARDIAN (participants under the age of 18) _____

MEDIA CONSENT AND RELEASE FORM

I, _____, hereby consent to the collection and use of my personal images by photography or video recording without any compensation whatsoever. I acknowledge these may be used on, but not limited to, the Canadian Weightlifting Federation Halterophile Canadienne's (CWFHC) and/or the Manitoba Weightlifting Association's (MWA) website, in newsletters and publications as well as distributed to members. I further acknowledge that my image may be used by the CWFHC and/or the MWA to promote the sport of weightlifting in the future. I understand that no personal information, such as names, will be used in any publications unless express consent is given. I also understand that my consent can be withdrawn at any time in writing to the CWFHC and/or MWA Executive Committees. I give this consent voluntarily.

NAME _____ DATE _____

SIGNATURE _____ WITNESS _____

SIGNATURE OF PARENT/GUARDIAN (participants under the age of 18) _____