



Anti-Doping Policy

2025.08.13

ARTICLE 1 PREAMBLE

1.01 STATEMENT OF PRINCIPLES

Weightlifting Canada Haltérophilie Masters (WCHM), declares the following:

1.01.1 DOPING

Define Doping as the occurrence of one or more of the Anti-Doping Policy Violations as per section 3.06.

1.01.2 GOALS

Through this anti-doping policy, WCHM aims to promote the health and well-being of its athletes as well as maintain the athletes' right to compete on a level-playing field.

1.01.3 REVIEW

WCHM aims to implement the most effective anti-doping policy possible for its athletes. WCHM also understands that doping practices evolve and require a regular review of the anti-doping policy to remain effective in the fight against doping.

ARTICLE 2 GENERAL PROVISIONS

2.01 SUMMARY DESCRIPTION OF THE POLICY

2.01.1 NAME

WCHM anti-doping policy will be referred to, in this document, as the "anti-doping policy".

2.01.2 ANTI-DOPING EDUCATION

The anti-doping policy aims to ensure that all athletes are fully aware of the prohibited list, the testing process as well as the sanctions athletes may face if an anti-doping rule violation is committed.

2.01.3 VIOLATIONS AND SANCTIONS

The anti-doping policy clearly defines the different instances which constitute an anti-doping violation and outlines the steps and sanctions that apply to an athlete or an individual who has committed an anti-doping rule violation.

2.01.4 ATHLETES' RIGHTS

The anti-doping policy outlines athletes' rights with regards to testing and/or accusations involving violation of this policy.

2.02 SCOPE OF APPLICATION

2.02.1 THE WCHM

The anti-doping policy applies at all times to WCHM athletes and coaches participating in WCHM approved competitions.

2.02.2 INDIVIDUALS

All athletes, members and coaches participating in the affairs of the WCHM shall be subject to all applicable rules, regulations, and procedures stated in the anti-doping policy along with all applicable sanctions pertaining to such.

2.02.3 SANCTIONED INDIVIDUAL

All WCHM members having received a sanction under the anti-doping policy will remain subject to the anti-doping policy, for the duration of the sanction that is being served.

2.02.4 RESPECT OF OTHER RECOGNIZED ANTI DOPING POLICIES

WCHM will respect anti-doping sanctions handed-out by other sport governing bodies having anti-doping policies. All athletes must be clearly aware that a WCHM sanctioned athlete may also incur additional and perhaps harsher sanctions from other federations. For example; a WCHM sanctioned athlete serving a 2 year ban, may incur a 4 year sanction from the IWF. In such cases, the WCHM Anti Doping Committee will review the issue, and decide on the WCHM sanction. Since many WCHM members compete internationally under WADA regulations, any sanction from an organization following WADA regulations (such as the IWF), will be respected by the WCHM (to comply with the non-association rule of the WADA code).

2.03 EFFECTIVE DATE AND AMENDMENT PROCEDURE

2.03.1 EFFECTIVE DATE

The anti-doping policy is in full force immediately.

2.03.2 AMENDMENT PROCEDURE

Amendments to the anti-doping policy may only be made by way of a unanimous decision by the WCHM's Board.

2.04 INTERPRETATION

2.04.1 PREAMBLE

The preamble of the present text is an integral part of the WCHM's anti-doping policy and may be used for the purpose of its interpretation.

2.04.2 TIME DELAYS

Unless otherwise specified, time periods in this policy are total consecutive days irrespective of weekends or holidays. When a deadline falls on a weekend or holiday, the next business day shall be the deadline.

2.04.3 CHOICE OF FRENCH OR ENGLISH VERSION

The parties involved in the procedure have a right to decide (once, at the beginning of the procedure) if they wish to use the French or the English version of the anti-doping policy.

2.04.4 LANGUAGE DISCREPANCY

In the occurrence there is a discrepancy or inconsistency between the English language version and the French language version of this policy and its content, materials and or/resources, the English version shall prevail, govern, and direct.

2.05 RESPONSIBILITY OF THE WCHM-ADC

2.05.1 ADC APPOINTMENT

On a tri-annual basis, the WCHM Board will appoint an Anti-Doping Disciplinary Committee which will be known under initials ADC. The ADC will be comprised of three (3) individuals who are WCHM members.

The WCHM-ADC will meet, discuss, and choose the athletes to be sampled. This task is to be completed no later than 3 weeks prior to an approved drug tested WCHM event or targeted selection. The choices will remain confidential and submitted to the sample collection authority no later than 2 weeks prior to an approved drug tested WCHM event. The identity of the three ADC members is confidential.

2.05.2 CONFIDENTIALITY

Any information obtained during the course of an investigation that allows the WCHM-ADC to reach a decision, must remain confidential until a decision has been rendered either by the ADC, or the appeal committee, in the case where an appeal was called for.

2.05.3 OVERSEEING THE SAMPLE COLLECTING PROCEDURE WITHIN THE ANTI-DOPING POLICY

The WCHM - ADC shall coordinate the anti-doping sampling process. The approved third-party sample collection authority will conduct the sampling/tagging/handling/transportation. Member(s) of the WCHM may be present during the sampling process.

2.06 RESPONSIBILITIES OF THE WCHM ATHLETE

2.06.1 BEING INFORMED

WCHM athletes must be aware of the consequences of all violations to the policy, as well as the types of prohibited substances and methods on the approved Prohibited List. Athletes must acknowledge their compliance with WCHM anti-doping policy by signing off on the Membership Anti-Doping Agreement. This Agreement may also be required to compete in any WCHM approved competition.

2.06.2 SUBMITTING TO DOPING CONTROL

By becoming an athlete of WCHM, the athlete agrees to anti-doping testing and the WCHM anti-doping policy.

2.06.3 OBLIGATION TO CONFORM

Every WCHM athlete must abide by the anti-doping policy.

ARTICLE 3 SPECIFIC PROVISIONS

3.01 INFORMATION AND ANTI-DOPING EDUCATION

3.01.1 OBJECTIVES

WCHM will provide all athletes and any other individuals participating in WCHM affairs information and education programs with the goal to preserve the spirit of True Sport.

The primary goal shall be to keep athletes from using prohibited substances and prohibited methods, and to encourage athlete support personnel to do all that is necessary in order to protect athlete's health while promoting a doping-free sport.

3.01.2 ANTI-DOPING EDUCATION COMMITTEE

The Board of WCHM will establish an Anti-Doping Education committee (AEC), composed of three (3) individuals who may be WCHM members.

The AEC will

- Ensure that WCHM members have access to the WCHM anti-doping policy through the WCHM website (or by providing a hardcopy if requested)
- Establish an Anti-Doping Education Program which is provided to all members through WCHM website (or in hardcopy format if requested).
- Ensure that completing the Membership Anti-Doping Agreement is a mandatory part of the annual membership registration. The AEC may recommend to WCHM Board that confirmation of the completion of the Membership Anti-Doping Agreement is a mandatory part for the registration to compete in WCHM approved competitions.
- Regularly inform WCHM members of substance categories banned in sport and their potentially harmful effects.
- Ensure that athletes and coaches participating in IMWA competitions are aware of the anti-doping regulations governing these events by providing access to the regulations through WCHM website. On the recommendation of the AEC, WCHM Board may require additional anti-doping education for these athletes and coaches.
- Regularly review the anti-doping policy and recommend any necessary changes to the Board.

3.01.3 ANTI-DOPING EDUCATION PROGRAM

The objectives of the Anti-doping Education Program are to

- Encourage WCHM athletes to be fully aware of their rights and responsibilities with regards to testing and/or accusations involving violation of the WCHM anti-doping policy.
- Ensure that all WCHM athletes are fully aware of the WADA Prohibited List and the testing process.
- Educate WCHM members about the various factors which can lead to doping practices.
- Educate WCHM members about the steps to be taken if they require medication(s) containing substances included in the WADA Prohibited List.
- Ensure that all WCHM athletes and coaches participating in IMWA approved events are aware of the doping policies and regulations governing these events as well as the sanctions they may face if a doping rule violation is committed.

The Anti-Doping Education Program will be available through WCHM website and may consist of video tutorials, readings in pdf format, and links to relevant external websites.

The content of the program will be reviewed annually and updated if needed by the AEC.

3.02 WADA LIST OF PROHIBITED SUBSTANCES

3.02.1 PROHIBITED LIST

The prohibited substances and methods of the present anti-doping policy are those established by WADA through the List of Prohibited Substances and Methods. This list may be modified from time to time, in accordance with its own regulations.

3.02.2 PROHIBITED LIST UPDATES

It is the responsibility of the WCHM - ADC to make the updated list available to its athletes via a link on WCHM website.

3.03 LABORATORY ANALYSIS

3.03.1 STANDARD

This anti-doping policy recognizes that all samples collected are to be analyzed by a WCHM-approved laboratory.

3.04 MEDICAL REVIEW

3.04.1 DEMAND FOR PROVIDING

A Medical Review application will be requested by the WCHM - ADC and considered retroactively should an athlete's sample produce an Adverse Analytical Finding for a prohibited substance or method.

A WCHM athlete who is using a prohibited substance under the medical supervision by a doctor, and is randomly selected for doping control, is allowed to voluntarily submit a completed Medical Review Form to the presiding Doping Control Officer, at the time of their sample collection. Medical Review Forms requested by the WCHM-ADC must be submitted no later than two weeks (14) days after receiving the WCHM-ADC request. (See 3.11). Submission of this Form does not guarantee that the WCHM-ADC will conduct a Medical Review and/or grant a Medical Exemption.

[Medical-Review-application.EN .2023.01.27-1.pdf \(wchmasters.org\)](#)

3.04.2 CRITERIA FOR GRANTING EXEMPTION BASED ON MEDICAL REVIEW

A Medical Review will only be granted by ADC and its consultants for a medically justified reason and under the following circumstances:

- The athlete could experience a significant impairment to health if the prohibited substance or prohibited method were to be withheld in the course of treating an acute or chronic medical condition;
- The use of the prohibited substance or prohibited method would produce no additional enhancement of performance other than that which might be anticipated by a return to a state of normal health following the treatment of a legitimate medical condition; and
- There is no reasonable therapeutic alternative or any alternative is inefficient.

3.04.3 MEDICAL REVIEW PROCEDURE

The Anti-Doping Disciplinary Committee of WCHM may appoint a third-party service provider to conduct the Medical Review. Following the Medical Review, the person responsible for conducting a Medical Review will recommend to the Anti-Doping Committee to 1) proceed with sanctioning the athlete as per 3.07 OR to 2) accept that the substance used by the athlete that led to the Adverse Analytical Finding meets the criteria given in 3.04.2

3.05 SAMPLE COLLECTION

3.05.1 RESPONSIBILITY

All procedures related to the testing process are based on the relevant provisions of the sample collection authority for testing and investigations with cooperation from WCHM – ADC.

The doping control process begins by the selection of the athlete who will be required to undergo a doping control and ends with the sample collection authority analysis of the samples. Athletes may be requested to provide a urine and/or blood sample(s).

3.05.2 ADMINISTRATION OF DOPING CONTROL AT COMPETITIONS

Testing administered by a sample collection authority representative, or the athlete's physician, may be conducted at, or after, any approved WCHM or WCH competition, including Provincial Masters Weightlifting Championships.

3.05.3 ADMINISTRATION OF DOPING CONTROL AT OUT-OF-COMPETITION

Testing administered by a sample collection authority representative may be conducted at any time, out-of-competition.

3.05.4 CONFIDENTIALITY

The information provided by the athlete shall not be disclosed beyond WCHM Board, Anti-Doping Disciplinary Committee, and any external organization approved by the Executive.

3.06 ANTI-DOPING POLICY VIOLATIONS

3.06.1 PRESENCE IN SAMPLE

The presence of a Prohibited Substance or its Metabolites or Markers in an athlete's bodily sample is an anti-doping rule violation.

Excepting those substances for which a quantitative reporting threshold is specifically identified in the Prohibited List, the detected presence of any quantity of a prohibited substance or its metabolites or markers in an athlete's sample shall constitute an anti-doping rule violation.

As an exception to the general rule for this anti-doping rule violation, the Prohibited List may establish special criteria for the evaluation of prohibited substances that can also be produced naturally by the body.

3.06.2 USE OF PROHIBITED METHOD

The use of a Prohibited Method by an athlete is an anti-doping rule violation.

3.06.3 REFUSAL TO COMPLY

Refusing, or failing without compelling justification, to submit to sample collection after notification as authorized in applicable anti-doping procedures and rules or otherwise evading sample collection is an anti-doping rule violation.

3.06.4 TAMPERING OR ATTEMPTED TAMPERING

Tampering, or attempting to tamper, with any part of doping control is an anti-doping rule violation.

3.07 SANCTIONS

3.07.1 DOPING VIOLATION

The ADC may determine that there is a doping violation only if regulation(s) in section 3.06 are violated.

3.07.2 ATHLETE NOTIFICATION OF ADVERSE ANALYTICAL FINDING

WCHM - ADC must immediately inform the athlete of an adverse analytical finding or positive test and request that the athlete provides a completed Medical Review. An athlete that has, by such athlete's actions, given reason to WCHM - ADC to believe such individual has caused an anti-doping policy violation, may be asked to provide an explanation to the ADC, based on the pending evidence.

3.07.3 DECISION

WCHM - ADC will determine the validity of the explanation and/or information provided by the athlete. WCHM -ADC will render a written decision within five (5) working days of receiving the written explanation. A copy of this decision will be given to the athlete as well as the sample collection authority. (See 3.11)

3.07.4 NOTIFICATION OF DECISION

If an athlete is determined to have committed an anti-doping rule violation, after the ADC has reviewed the explanation and/or information provided, the ADC will:

- Notify the athlete in writing;
- Request a Medical Review Application (3.04)
- Confirm the handed-out sanction;
- Identify the duration of the sanction;
- Inform the athlete of the right to appeal the decision and the process, cost, and timelines for doing so (in accordance to article 3.08);
- Inform the athlete of the right to have their B sample analysed and the process, including cost and timelines for doing so (in accordance to article 3.07.6);
- Inform the athlete of the consequences pertaining to the violation of the anti-doping policy, advise him/her that the IWF anti-doping authorities will be informed of the violation and of the possible consequences thereafter.

3.07.5 REQUEST FOR B SAMPLE EXAMINATION AND ANALYSIS

The ADC's decision to sanction an athlete may consider the results of a B sample analysis upon the athlete's request in accordance with 3.07.6.

3.07.6 B SAMPLE EXAMINATION AND ANALYSIS

3.07.6.1 An athlete may request that his/her B sample be examined and analyzed within three (3) working days after receiving the written notice detailing the athlete's adverse analytical finding. The athlete's request must be made in writing and must be accompanied by a payment to WCHM in an amount set annually by WCHM Board to cover the costs of sample examination and analysis

3.07.6.2 A request for an examination and analysis of the B sample submitted to WCHM must be reported to the sample collection authority. The authority will act to facilitate such requests between the accredited laboratory and WCHM. [WCHM-ADP-REQUEST-FOR-B-SAMPLE.2025.pdf \(wchmasters.org\)](https://wchmasters.org/WCHM-ADP-REQUEST-FOR-B-SAMPLE.2025.pdf)

3.07.6.3 The examination and analysis of the B sample must follow the procedure established by the sample collection authority.

3.07.6.4 WCHM may choose to have Sample B analysed according to the Testing Authority Confirmation Procedure even when the athlete waives their right for the Sample B analysis.

3.07.6.5 If the certificate of analysis for the B sample reveals a result that is inconsistent with the results obtained from the A sample, WCHM - ADC will determine the adverse analytical finding void and the athlete will be exonerated from all presumed violations which were based on the certificate of analysis of the A sample.

3.07.6.6 When WCHM - ADC determines the adverse analytical finding void, the fee paid by the athlete will be refunded by WCHM 3.07.7 SANCTIONS

- 3.07.7.1 Once WCHM - ADC has determined that an athlete has committed an anti-doping rule violation involving the presence or use of a prohibited substance or prohibited method (as per article 3.06.1), the athlete will be sanctioned (prohibited from competing in any approved WCHM competition) according to the following;
- **First infraction: ineligible for up to 2 years for membership in WCHM.**
 - **Second infraction: ineligible for up to 4 years for membership in WCHM.**
 - **Third infraction: ineligible for up to 6 years for membership in WCHM.**
- 3.07.7.2 Beginning of the suspension: An athlete remains eligible to compete in an approved WCHM events until a final decision has been reached by WCHM - ADC, or in the case of an appeal (under article 3.08 of the present policy), by the WCHM - ADC.

3.08 ADC APPEAL PROCEDURE

3.08.1 RIGHT OF ATHLETE TO REQUEST AN APPEAL

The ADC (Anti-Doping Disciplinary Committee) decision which determines that an athlete has committed an anti-doping rule violation may be appealed by the athlete to WCHM - ADC. WCHM - ADC may, at their discretion, request that the Board appoint an Appeals Committee to study the appeal before rendering a decision.

The athlete's unawareness of the WCHM Anti-Doping Policy and its regulations is not an acceptable argument for an appeal.

If the ADC does not request that the Board appoint an Appeals Committee, the athlete will be sanctioned as per 3.07.7.1.

The athlete who wishes to request an appeal of the ADC's decision may do so by submitting a written notice, to the WCHM President, in the ten (10) days following the rendering of the decision by the ADC. The athlete must send a non-refundable payment of \$800 to WCHM, president@wchmasters.org, along with the written notice. The athlete is advised that if the cost of the appeal surpasses \$800, the athlete will be responsible for reimbursing WCHM the additional costs.

The non-refundable payment is used to pay expenses incurred by WCHM such as, but not limited to:

- Legal advice required by WCHM;
- Review of any additional legal documents;
- Meeting video platform costs;
- Additional Medical Reviews of current and new information; and
- Any unexpected costs incurred by WCHM.

The athlete is responsible for all costs related to the participation of their coach, lawyer, or witnesses.

3.08.2 APPEALS MEETING FORMAT

The Appeals Meeting format shall be the athlete's written and/or video statement and any supplemental written or video statement by the athlete's coach, lawyer or witness and any updated medical information from the athlete's doctor.

3.08.3 APPEAL PROCEDURE PRINCIPLES

The appeals process must adhere to the following fundamental principles:

- A hearing or review by the Appeals Committee must be held within sixty (60) days of receiving the athletes' written notice for an appeal (See 3.11);
- Appeals Committee members must be free of conflict of interest, perceived or otherwise;
- Athletes may wish to seek legal or expert advice, at their own expense, in preparing their written notice;
- Athletes have the right to explain, in writing, their actions in defence against the accusations that they have committed an anti-doping rule violation;
- Each party has the right to introduce and submit evidence, including the right to provide a witness statement;
- A written decision by WCHM - ADC must be provided to athletes within one hundred and twenty (120) days of receiving the athlete's written notice.
- The hearing or review is conducted in written and/or video file format.

3.08.4 APPEALS COMMITTEE

The Appeals Committee is appointed by the President and is composed of three (3) members who may be Board members, Directors or Secretaries, none of whom are themselves under investigation.

3.08.5 CONFIDENTIALITY

All involved parties of the appeals process must keep these procedures strictly confidential. Confidentiality includes respecting the privacy of the Appeals Committee membership. Once the appeals process has started, the involved parties are acknowledging that they are committed to not disclosing any information regarding the athlete's appeal, particularly, but not limited to, social media, other media outlets and journalists.

Failure to abide by this expectation of confidentiality by the athlete, or those parties in defence of the athlete, will bring the appeal procedure to a conclusion and the athlete will be sanctioned as per 3.07.7.1.

Failure to abide by this expectation of confidentiality by WCHM or the Appeals Committee, will bring the appeals procedure to a conclusion and the athlete's sanction will be removed.

3.08.6 WCHM MEMBERSHIP

During the appeals process, the athlete's membership is suspended. The athlete's membership suspension is removed either when the appeal is successful and all costs incurred by WCHM have been repaid by the athlete or when the imposed sanction has concluded and all costs incurred by WCHM have been repaid.

3.09 PUBLIC DISCLOSURE FOLLOWING A SANCTION

Should the athlete decline an appeal, or have an appeal denied, his/her sanction will be publicly disclosed on WCHM website. Publication shall be accomplished at a minimum by placing the required information on the WCHM's website and leaving the information up for the longer of one (1) month or the duration of any period of Ineligibility.

3.10 AWARDS AND RECORDS – RETURN AND RESCINDMENT

A sanctioned athlete who has received an award at a WCHM approved competition must, within 60 days of receiving his/her sanction, return all awards granted at that competition, to WCHM. All Canadian Masters Weightlifting records achieved at said competition will be rescinded.

3.11 DELIVERY DATE OF EMAILS

WCHM uses the email address indicated in the header of its letter and uses the email address of the member indicated in the member's WCHM registration form. Letters sent from or to WCHM will be deemed to have been delivered on the 5th (fifth) day from the date of sending.

3.12 NO NOTIFICATION WINDOW/PRESUMED NEGATIVE

Athletes who have not received notification from the Anti-Doping Discipline Committee (ADC) within sixty (60) calendar days of their sample collection, may consider themselves without any Adverse Analytical Findings (AAF or positive test.)

3.13 APPRECIATION TO ATHLETES

The Anti-Doping Disciplinary Committee will send athletes cleared of any Anti-Doping Rule Violation (ADRV) an appreciation letter for their cooperation with WCHM's doping control procedure. The "Appreciation to Athletes" should be sent no later than one month after the "NO NOTIFICATION WINDOW" has concluded. Upon request to the ADC, a copy of the "Confidential Test Report" will be provided to the athlete.

ARTICLE 4 FINANCIAL CONSEQUENCES OF IMWA ANTI-DOPING RULE VIOLATIONS

Where a WCHM Athlete or a member of the WCHM athlete's Coaching Team, commits an anti-doping rule violation at an IMWA event or otherwise resulting in sanctions by IMWA, whether against such WCHM Athlete, a member of the WCHM athlete's Coaching Team, WCHM or any combination of the foregoing, such athlete shall indemnify and hold harmless WCHM from all fines and other financial penalties and sanctions incurred as a result thereof. Where any such IMWA sanction results from anti-doping violations of multiple WCHM athletes in a manner in which the allocation of financial responsibility therefore is not apparent (in the reasonable opinion of WCHM), WCHM may allocate and apportion the same among the offending athletes in its sole discretion. Failure to pay and otherwise satisfy an athlete's obligations pursuant to this section within thirty (30) days of demand by WCHM shall, without limitation or any other rights or remedies which may be available to WCHM, result in that athlete's automatic ban from WCHM membership until such time as such members makes such payments and otherwise satisfies any obligations or damages owing to WCHM to WCHM's satisfaction.

ARTICLE 5 RETENTION AND DELETION OF DOPING CONTROL DOCUMENTATION

1. Purpose:

This Article establishes the retention and deletion timelines for Doping Control Forms (DCFs) and Confidential Test Reports in compliance with the World Anti-Doping Code (WADC), the International Standard for Laboratories (ISL), and the International Standard for the Protection of Privacy and Personal Information (ISPPPI).

2. Scope:

This Article applies to all records created or received by WCHM in relation to doping control activities.

3. Retention Rules:

○ Doping Control Forms (DCFs):

Retained securely for a maximum of **10 years** from the date of collection. May be deleted earlier if no longer required for results management or legal proceedings.

○ Confidential Test Reports (Laboratory Reports):

- Negative findings: Retained for up to **2 years**, unless needed for longitudinal studies or the Athlete Biological Passport (ABP).
- Adverse Analytical Findings (AAF) or Atypical Findings (ATF): Retained for up to **10 years** from the date of collection.

4. Deletion of Documents:

Upon expiry of the applicable retention period, all records shall be **securely destroyed**, ensuring they cannot be reconstructed or recovered. (shredding, secure deletion, etc.)

Documents may be deleted after the duration of either twelve (12) from the date of the “Confidential Test Results” or the start of the subsequent Canadian Masters Weightlifting Championships, whichever is shorter.

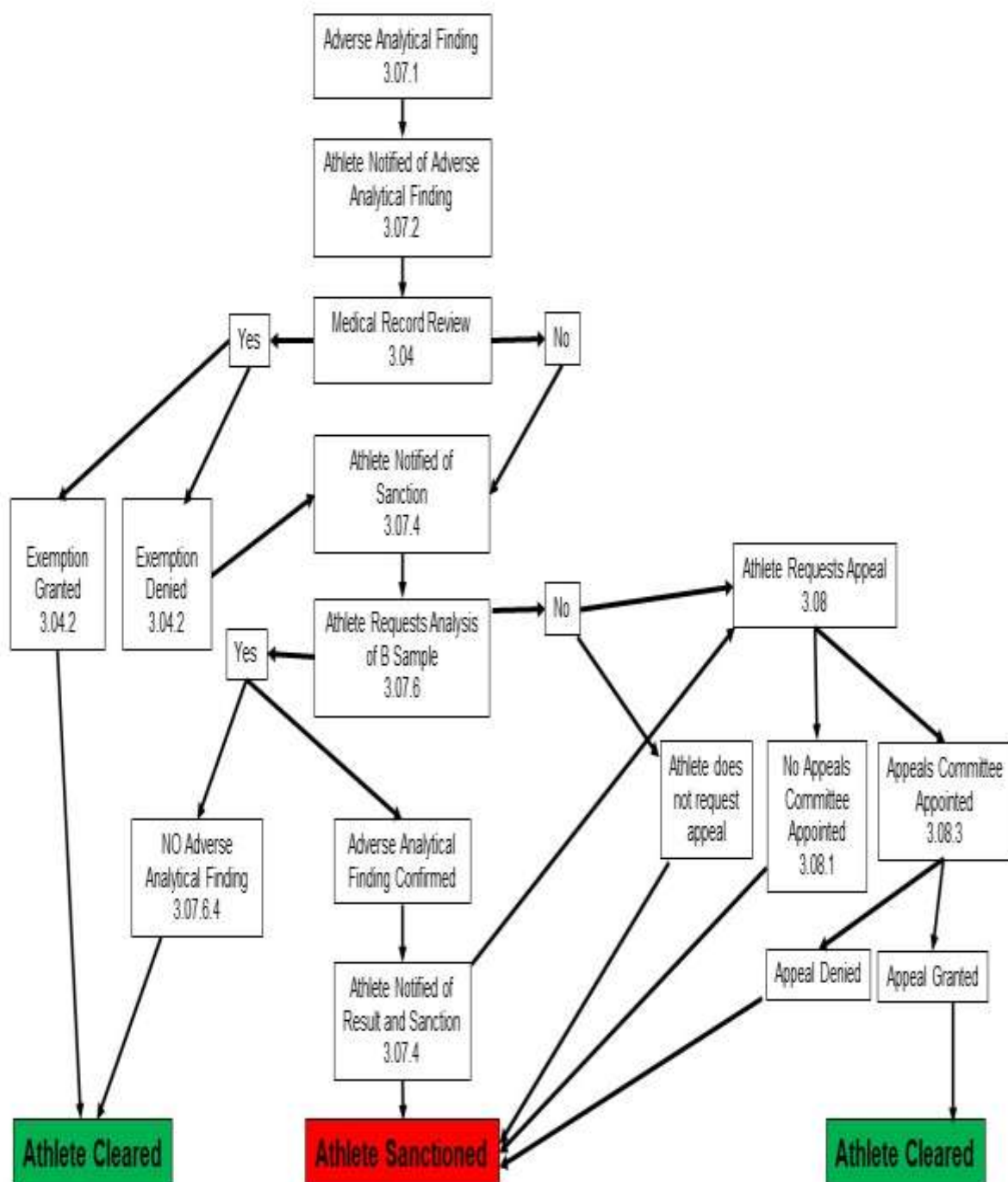
5. Rights:

Athletes may request confirmation of whether their data are held and may request deletion if the data are no longer required under the WADC.

6. Review:

This Article shall be reviewed every **two years** or upon publication of new WADA standards.

Flow chart for process following an adverse analytical finding





REQUEST FOR “B” SAMPLE ANALYSIS

Please note that failing to request the analysis of Sample B and the laboratory documentation package in due course, the B Sample analysis shall be deemed irrevocably waived.

<i>Personal data</i>	
<i>Name of the athlete</i>	
<i>Sanctioned Weightlifting Event</i>	
<i>Sex:</i>	☐ <i>Male</i> ☐ <i>Female</i>
<i>Email address</i>	
<i>Address</i>	
<i>Date and place of birth</i>	
<i>Sample collection details</i>	
<i>Sample ID:</i>	
<i>Date of sample collection:</i>	
<i>Place of sample collection:</i>	

I do not accept the result of the A Sample and hereby request the analysis of the B Sample. I acknowledge that any costs and expenses occur i) in connection with the analysis of the B sample, further ii) the laboratory documentation package (of Sample A and/or B) shall be exclusively borne by me. Therefore, I have paid the required fees to WCHM with this request.

I request the copy of the laboratory documentation package of sample A: ☐ *no* ☐ *yes*

I request the copy of the laboratory documentation package of sample B: ☐ *no* ☐ *yes*

I understand that this request, and its accompanying fee, must be submitted to the WCHM President no later than three(3) days of receiving email notification from WCHM Anti-Doping Disciplinary Committee commencing on the date of the notification email.

Signature of athlete _____

Date _____

2024.08.27