



2022/11/09

CANADIAN MASTERS RECORDS and INTERPROVINCIAL COMPETITIONS

Masters weightlifters participate in a variety of competitions in increasing numbers. Some of these competitions are not specifically designated as Masters competitions only.

The Board of the WCHM has decided:

To include non-masters-specific interprovincial weightlifting competitions as qualifying competitions for Canadian Masters Weightlifting Records. The competition must be subject to drug testing through application to WCH and meets at least three of the following four criteria. **A written application is made by the President of the host Provincial Weightlifting Association.**

- a. Incorporates a qualifying total or category limit based on entry totals.
- b. Masters athletes receive awards in a Masters category.
- c. Most of the Technical Officials are of the National or International level.
- d. The competition is open to members from at least three provinces.