



2024/02/14

Canadian Masters Weightlifting Records and Canadian Weightlifting Competitions

There are additional opportunities for WCHM members to challenge Canadian Masters Weightlifting Records and to compete at international masters competitions, while at the same time ensuring that each record attempt is adjudicated by the required number of Technical Officials at the National Level.

The athlete must be a member of WCHM prior to the competition. Club competitions are excluded. The following prerequisites must be verifiable.

1. The competition was subject to doping control.
2. There were at least three National level, or higher, officials refereeing the session in which the record was being challenged. This requirement cannot be guaranteed by the Provincial Weightlifting Association.

It is the athlete's responsibility to inform the competition announcer or technical controller, prior to the attempt, that a record is being challenged. The athlete must understand that there exists the possibility that the referee requirements may not be possible.

The following Canadian Weightlifting Competitions may be used to Challenge a Record, qualify for an International Masters Weightlifting Championship or qualify for the Canadian Masters Weightlifting Championship.

Provincial Masters, Provincial Seniors, ***Approved Provincial Open***; Canadian Masters, Canadian Seniors, Western Canadian Seniors, Western Canadian Masters, Maritime Open, Chalk'n Awe (Prairie's Open).

Approved Provincial Open After consulting with the Provincial Weightlifting Association President, the WCHM President will advise the WCHM Records Secretary if the competition has been approved.

The Provincial Weightlifting Association President will contact the WCHM President.

This policy will be implemented retroactively by accepting qualifying competitions beginning January 1, 2024.