

Para Weightlifters Interest in participating at the Canadian Masters Weightlifting Championships



Weightlifting Canada Haltérophilie Masters welcomes Canadian adaptive athletes at the Canadian Masters Weightlifting Championships. Adaptive athletes must be members of Weightlifting Canada Halterophilie Masters.

Please ensure that you are:

- knowledgeable about the rules of weightlifting and how to technically perform the lifts;
- familiar with the regulations for Para Weightlifting at the Canadian Masters Weightlifting Championships; [PARA WEIGHTLIFTERS AT THE CANADIAN MASTERS WEIGHTLIFTING CHAMPIONSHIPS.EN.FR.2022.July6 with FRENCH \(wchmasters.org\)](https://wchmasters.org/EN.FR.2022.July6)
- able to have a health professional support your participation in this weightlifting competition;
- coached by a knowledgeable and preferably certified individual;
- amiable to providing a sample video of your lifts.

If you are TENTATIVELY INTERESTED in competing in one of the following categories, please contact the WCHM President (president@wchmasters.org) with your name, PW Category, any questions you may have, and a link to some video(s) of your lifting, including any accommodations that have been previously provided to you.

Canadian Masters Para Weightlifting categories.

PW1:	Athletes who are deaf, deafened, or hard of hearing	☐
PW2:	Athletes with visual impairment	☐
PW3:	Athletes with intellectual impairment	☐
PW4:	Athletes with limb deficiencies– no prothesis	☐
PW5:	Athletes with limb deficiencies – with prothesis	☐
PW6:	Athletes with limited range of motion or joint instability	☐
PW7:	Athletes competing with the use of a wheelchair	☐
PW:8	Athletes of Short Stature	