

**2010**  
**CANADIAN SENIOR**  
**WEIGHTLIFTING**  
**CHAMPIONSHIPS**

**COMPETITION REGULATION**  
**GENERAL INFORMATION**  
**DEADLINES**

Saint-Hyacinthe, Québec  
Hôtel des Seigneurs

2010, May 22 – 23

1 TITLE: 2010 Canadian Senior Weightlifting Championships (CCSR-2010)

2 DATE: May 22 - 23, 2010

3 ORGANISED BY

The Club d'haltérophilie Machine-Rouge de Saint-Hyacinthe in partnership with the Fédération d'Haltérophilie du Québec.

FHQ E-mail : [admin@fedhaltero.qc.ca](mailto:admin@fedhaltero.qc.ca) Web Site: [www.fedhaltero.qc.ca](http://www.fedhaltero.qc.ca)

4 SANCTIONED BY

Canadian Weightlifting Federation Halterophile Canadienne (CWFHC).

5 COMPETITION VENUE

Hôtel des Seigneurs  
1200, rue Johnson, Saint-Hyacinthe QC J2S 7K7 [www.hoteldesseigneurs.com](http://www.hoteldesseigneurs.com)

5.1 Competition site : Promenade #1 hall

5.2 Warm-up Room : Promenade #2 hall

5.3 Weigh-in Room : Providence hall (sauna is available in the hotel)

5.4 Changing-rooms : Men and women changing room near Promenade #1 hall

5.5 Secretariat of competition : "Le Carrefour" hall

5.6 Officials room : "des Seigneurs" hall

5.7 Doping Control Room : TBD

5.8 Banquet : "Sommet" Hall

6 EVENTS

6.1 Women : 48, 53, 58, 63, 69, 75, +75 kg

6.2 Men : 56, 62, 69, 77, 85, 94, 105, +105 kg

7. PARTICIPANTS

ELIGIBILITY: (rule adopted at the 2006 CWFHC AGM)

7.1 An athlete participating in a national competition must be :

- duly affiliated member of his/her P/T weightlifting association;
- member in good standing (not currently being sanctioned) with his/her P/T weightlifting association;

A Canadian Citizen of Canada OR possesses the permanent resident status of Canada.

7.2 The coaches registered to national championships (Jr or Sr) by the P/T weightlifting association must be level #2 certified from the NCCP.

7.3 The coaches, team leader and referees registered to national championships (Jr or

Sr) by the P/T weightlifting association must be:

- duly affiliated member of his/her P/T weightlifting association;
- member in good standing (not currently being sanctioned) with his/her P/T weightlifting association.

7.4 The question regarding eligibility must be addressed at the Technical meeting. If requested, we encourage the Team Leader(s) to be prepared to present copies of Permanent Residence status of the athlete(s).  
After the Technical meeting, eligibility of the athlete(s) can not be challenged.

7.5 Open to all qualified athletes nominated by their respective provincial associations.

*Qualified athletes must achieve their performance in a competition subject to doping control.*

7.6 There is no limit to the number of athletes who may represent their province in any given weight category.

7.7 Their respective provincial associations can nominate additional 2 women and 2 men who have not reached the qualifying standard. As long as they are 23 years of age or under (calculated in the calendar year of the athlete's birthday, 2010: 1987-88 ...).  
*These non-qualified athletes must have participated in a competition subject to doping control during the Qualifying period.*

NOTE: Non-qualified athletes may not compete more than two times at the Canadian Senior Championships. Athletes must achieve the standard to compete at the Canadian Senior Championships after two years as a non-qualified athlete.

## 8. ENTRIES

Only the CWFHC Provincial directors received the Entry Form.

8.1 Preliminary Team Entry Forms must be received by the organising committee not later than April 16, 2010.

8.2 Final Team Entry Forms must be received by the organising committee not later than April 30, 2010.

8.3 A single cheque to cover entry fees must accompany the final team entry form on April 30, 2010.

## 9. COMPETITION RULES AND REGULATIONS

9.1 The latest IWF Technical Rules (IWF Handbook 2009-2012) will govern the competition:

REMINDER: P. 84 ARTICLE # 5.3.12 ( will be updated with 2009-2012 available)  
"A competitor who fails to make bodyweight of the category, in which he or she is officially entered, is excluded from the actual competitions".

## 10. EQUIPMENT

10.1 Competition : Eleiko - certified

10.2 Warm-up : Eleiko

10.3 Scales : Electronic

11. MEDICAL

11.1 Doping Control will be conducted by the Canadian Centre for Ethics in Sport (CCES).

Doping Controls Location: TBD

11.2 Physiotherapists will be on duty Saturday and Sunday for first aid.

12. AWARDS

12.1 Gold, Silver, and Bronze will be awarded for the “Total” only, in each weight category.

13. ACCOMMODATION

13.1 The rooms will be held at the price quoted until April 19, 2010 and the participant or Team Leader is responsible for contacting the described hotels and making their own arrangements.

13.2 HOTEL DES SEIGNEURS

1200, rue Johnson, Saint-Hyacinthe QC J2S 7K7

Phone: 450-774-3810

1-866-734-4638

Fax: 450-774-6955

[www.hoteldesseigneurs.com](http://www.hoteldesseigneurs.com)

Room Rates: Regular style:

(1 or 2 beds) – 101.00 \$ + taxes (5% (\$5.05) + 7.5% (\$7.95) = \$ 114.00)

AVAILABLE UNTIL APRIL 19, 2010.

- Room rates are 1 to 4 pers. occupancy.

Also available:

- Room Superior : \$ 116 + taxes

- Room Deluxe : \$ 131 + taxes

- Business class : \$ 131 + taxes

- Executive suite : \$ 220 + taxes

14. TRANSPORTATION FOR TEAMS MEMBERS (athletes, coaches, manager & referees)

Ground transportation will be provided to and from Dorval Airport (<http://www.admtl.com/passager/home.aspx>). Flight information must be provided with Entry Forms so that the organising committee can prepare the schedule the volunteer drivers.

*If the information is not provided with the final team entry form we cannot guarantee transportation.*

Saint-Hyacinthe is located on the South shore of Montreal. Depending on traffic, plan for 1h30 minutes to 2h30 drives from Dorval airport.

Visit web site Saint-Hyacinthe city : <http://www.tourismesainthyacinthe.qc.ca/>

15. FINANCIAL CONDITIONS (adopted CWFHC – AGM 2008 for 2009-2012 cycle)

- 15.1 Entry Fee :
- 15.1.1 \$ 90: all athletes, coaches and team leaders.
- 15.1.2 \$ 45: referees and officials.
- 15.2 Team leaders are responsible for the collection of all fees from their participants.
- 15.3 Team leaders must send one cheque only in payment of all Entry Fees, plus all Entry Forms.  
Please, make cheque payable to:
- Fédération d'Haltérophilie Québec  
4545, Pierre-de-Coubertin P.O. Box 1000 Station M  
Montréal QC H1V 3R2
- 15.4 Booking and payment for the hotel accommodation must be arranged directly with the hotel.
- 15.5 Extra Banquet tickets - \$ 50
16. FINANCIAL RESPONSIBILITIES – ORGANISING COMMITTEE
- 16.1 Offer the participants a discounted rate at the hotel to be guaranteed until the date stated in this regulation, access to the competition, participation in official meetings, training, closing banquet and other usual technical services for all participants.
- 16.2 Provides, free of charge, the facilities for the CWFHC Annual General Meeting and the Technical Meeting.
- 16.3 Provides, free of charge, the technical organisation at all facilities for the competitions for the 2010 Canadian Championships, as required by the relevant CWFHC rules.
17. FINANCIAL RESPONSIBILITIES – PROVINCIAL ASSOCIATION
- 17.1 Collect from their participants and pay to the Organising Committee, the designated fees for each participant.
- 17.2 Pay for their own accommodation, according to conditions stipulated in the accommodation information provided for the Canadian Championships.
- 17.3 Provincial Associations participating in the 2010 Canadian Championships do so at their own risk. The Provincial Associations must undertake the full moral and financial responsibility for their members participating, regarding their health and in the case of accidents or damages.
- 17.4 Select a Team Leader (who accompanies the team) or a Team Coordinator (who does not accompany the team) and notify the Organising Committee.
18. ACCREDITATION
- Accreditation will take place at the venue.
19. OFFICIATING

- 19.1 Duties of the Host Province – appoint a Competition Secretary and appropriate assistants, to ensure the proper operation of the competition including verifying the final nomination of athletes to categories at the Technical Meeting.
- 19.2 Duties of the participating Provincial Association – shall, via all Entry Forms, submit the names (maximum 2) of their National level or higher referees that want to officiate at the Championships by April 16, 2010 (5 weeks before the competition). The mailing address is required for communication of the referee’s schedule of the competition.

If any such referee desires to sit for promotion, please indicate on the Preliminary Entry Form.

The Provinces shall pay all travel, accommodation, meal and entry fee expenses of their selected officials.

- 19.3 Duties of the CWFHC – The Executive of the CWFHC shall act as final court of appeal in the case of the CWFHC Technical Delegate, not being able to settle a technical dispute (if Technical Delegate is unsure of the rule, or unable to render a decision).

## 20. SCHEDULE & DEADLINES

Thursday October 1 <sup>st</sup> , 2009:	Beginning of qualifying period
Friday January 29 <sup>th</sup> , 2010:	Distribution of competition regulations
Friday March 12, 2010:	Competition reminder to provincial directors
Monday March 29, 2010 (inclusive):	Last Day of the qualifying period
Friday April 16, 2010:	Preliminary list of entries sent to the Organising Committee for athletes, coaches, team leader and referees.
Tuesday April 19, 2010:	Last day for booking rooms at the preferred rates.
Friday April 30, 2010:	Final team, Individual entry forms and cheque sent to the organising committee
Thursday May 20, 2010:	All Day – Arrival of participants
Friday May 21, 2010:	All Day – Arrival of participants 09:00 AM : CWFHC Annual General Meeting Hall “des Seigneurs”  7:00 P.M.: Technical Meeting Hall “des Seigneurs”
Saturday & Sunday May 22 – 23, 2010:	Competition
Sunday May 23, 2010	Banquet
Monday May 24	Departure

Available at: <http://www.weightliftingcanada.ca>