From: CWFHC exec. Comm. Members.

Date: December 12, 2018

To: CWFHC provincial directors

In order to qualify for the 2020 Olympic Games each athlete must participate in two IWF-sanctioned competitions in ***each*** of three six-month qualification periods preceding the Olympics. The first of these periods began on November 1, 2018 and will end on April 30, 2019. This means that, in addition to the World Championships, those Canadian athletes wishing to qualify for the Olympics must compete in one more competitions prior to April 30, 2019.

1) Las Vegas International Open, March 8-16, 2019

The IWF added this competition to its calendar less than a month ago. As a result, the CWFHC has had little time to plan for this event.
Information on this competition available on IWF website .

Athletes who meet the one of the following criteria may compete in the Las Vegas International Open under the conditions noted:

(a) Those athletes who competed at the 2018 Senior World Championships and obtained a minimum 80% Senior Marker may compete in the Las Vegas International Open at their own expense.

(b) Those athletes who competed at the August 2018 qualifying events for the 2018 World Championships (Toronto, ON and Lake Country, BC) and obtained a minimum 80% Senior Marker may compete in the Las Vegas International Open at their own expense.

(c) Those athletes who competed in other CWFHC calendar events and who achieved a minimum 80% of the Senior Marker may compete in the Las Vegas International Open at their own expense, provided that the qualifying competition was subject to doping control and took place prior to December 16, 2018.

- Expressions of interest must be sent by e-mail before **December 17, 2018 12h00** (EST)

- TO: CWFHC sec.-tres.: Ms Karine Turcotte

- To facilitate the ranking of the candidates, in the expression of interest write the category, name and date of the competition in which you qualified.

Team format is as per usual: 10 men + 10 women, max. 2 athletes per category. A ranking will be done if needed.

In order to be considered for this competition, athletes must provide the CWFHC with a written expression of interest together with an administration fee of $100.

- Cheque made to: CWFHC
- Mail to : Ms. Karine Turcotte
  301-7031, Tourangeau St.
  Saint-Hubert QC J3Z 0E1
- The check must be arrived to Ms. Turcotte address before January 11, 2019. In case the check is not arrived on time, the expression of interest will not be valid.

2) Pan-American Championships, Guatemala City, April 20-28, 2019

Qualifying Events: the Las Vegas International Open and the 3 usual competitions occurring at the end of March 2019: Ontario Championships, Western Canadian Championships and Classique halterophile Quebecoise.

- Similar to 2018, the CWFHC will fund:

  - 80% of the travel, registration and accommodation expenses for the top 2 male and top 2 female athletes,

  - 100% of the travel, registration and accommodation expenses for the top male and top female coach.

Travel will be reimbursed based upon the cost of a regular economy. Any upgrades to travel will be the responsibility of the participant.

- Other athletes and coaches will be allowed to compete at their own expense.

- The maximum number of coaches will be four.

- The Minimum Threshold of Performance (MTP) to receive funding will be 90% of the Senior Marker.

- The MTP to participate at one's own expense will be 80% of the Senior Marker.

In order to be considered for this competition, athletes must provide the CWFHC with a written expression of interest together with an administration fee of $100.

- Expression of interest must be sent by e-mail before **January 11, 2019 12h00**
- Please send email to CWFHC Secretary-Treasurer: Ms. Karine Turcotte
- Cheque made to: CWFHC
- Mail to : Ms. Karine Turcotte
  301-7031, Tourangeau St.
  Saint-Hubert QC J3Z 0E1
- The check must be arrived to Ms. Turcotte before January 31, 2019. In case the check is not arrived on time, the expression of interest will not be valid.

3) Other Olympic Qualification events held during the period November 1, 2018 to April 30, 2019

An athlete can participate at his or her own expense subject to obtaining an MTP of 80% of the Senior Marker.

4) 2019 Junior World Championships – June – Suva, FIJ

As usual for this period of the year, these are the qualification events for JRW-2019:

(a) 2019 Canadian Junior Championships – Brossard, QC

(b) 3 Subject to Doping Control - SDC competitions occurring on March 30, 2019: Ontario Championships, Western Canadian Championships, Classique Halterophile Quebecoise.

More information will be available on JRW-2019 in few days.

As for any international competition, athlete needs to be register in ADAMS.

Senior Markers										
CAT.	55 kg	61 kg	67 kg	73 kg	81 kg	89 kg	96 kg	102 kg	109 kg	109+
100%	267,760	294,698	321,137	341,282	360,677	375,421	386,855	395,980	405,859	433,771
90%	241	266	290	308	325	338	349	357	366	391
80%	215	236	257	274	289	301	310	317	325	348
CAT.	45 kg	49 kg	55 kg	59 kg	64 kg	71 kg	76 kg	81 kg	87 kg	87+
100%	179,383	191,067	210,333	223,600	232,702	243,660	251,628	258,621	267,012	278,550
90%	162	172	190	202	210	220	227	233	241	251
80%	144	153	169	179	187	195	202	207	214	223

REMINDER:
CWFHC provincial directors received this memo. It is their duty to circulate the memo to their members, candidates for these projects.

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