



## • **\*\*Event Information: 2024 Weightlifting Masters Championships\*\***

### **\*\*Date and Location:\*\***

- Date: 2024 July 12 th to 14 th

- Location: **Gymnasium of Cégep Abitibi Témiscamingue in Rouyn-Noranda**

- Address: 425, College Blvd. Rouyn-Noranda, Quebec, J9X 5E5, Canada

### **\*\*Eligible Athletes:\*\***

- a) Any athlete aged 30 and over (born in 1994 or earlier) who met qualification standards between July 17th , 2023, and June 2, 2024.

- b) All athletes must have provincial affiliation.

- c) Membership in Weightlifting Canada Haltérophilie Masters (WCHM) is mandatory before registration.

- d) Qualification period: July 17, 2023, to June 2, 2024 (registration deadline).

### **\*\*Accommodation:\*\***

- Hotel Albert: [Website Link](<https://hotelalbert.ca>)

- Reservation: Mention "Weightlifting Masters Championships"

- Phone: 819-762-3545

**\*\*Registration Details:\*\***

- Registration deadline: Sunday, June 2, 2024, at 23:59 hrs.
- Competition format: Single-platform competition.
- Athlete weigh-in: Athletes should wear a singlet, with a 250g deduction.
- Attire: All athletes must wear a regulation competition outfit (singlet). T-shirts and shorts are not allowed.
- Registration fee: \$125. Registration is done directly on the competition's website (website address to be provided; registration will open March 1)
- Anti-doping: The competition is subject to anti-doping controls.

**\*\*Awards:\*\***

- a. Medals will be awarded to the top 3 athletes in each weight and age category for the Total.
- b. Plaques will be given to the best male and female athletes, calculated by age group based on the Sinclair average.
- c. Plaques will be awarded to the best male and female athletes aged 44 and under, calculated according to the SMF formula in effect.
- d. Plaques will be given to the best male and female athletes aged 45 and over, calculated according SMF

# Standards

2024 Canadian Masters Nationals Men's Qualifying Totals Standards de qualification des Championnats Canadiens des Maître 2024 - Hommes-												
<b>Qualifying Competitions:</b> Any local, provincial or international competition within the qualifying period of July 17, 2023 to Registration closing date 2024.												
<b>Compétition de qualification:</b> Toute compétition locale, provinciale ou internationale tenue au cours de la période de qualification qui s'étalera du 17 juillet 2023 jusqu'à la date de clôture des inscription 2024.												
<b>MEN</b> *Minimum start weight in Snatch and Clean and Jerk is 25 kg when clip collars are used with the 20 kg bar, and 20 kg when clip collars are used with the 15 kg bar. A 15 kg bar maybe used, if available. Age 30 category is based upon 1.06 times the 35-age group Cdn QT.												
La charge minimale à l'arraché et à l'épaulé-jeté est de 25 kg lorsque les collets de type clips sont utilisés avec la barre de 20 kg. Si la barre de 15 Kg est disponible et utilisée, la charge minimale sera de 20 kg avec les collets de type clips. Le Standard de qualification dans la catégorie d'âge de 30 ans consistera au standard des 35 ans multiplié par 1,06.												
CAT	M30	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85+
55	142	133	126	113	107	91	83	72	61	53	44	40
61	156	144	136	124	115	98	90	77	66	58	47	40
67	165	153	145	132	124	105	96	83	71	61	52	40
73	175	163	152	139	130	110	101	88	75	65	55	40
81	185	172	163	147	137	116	107	93	79	68	57	42
89	194	180	170	155	145	123	112	97	83	72	60	43
96	200	186	175	160	149	127	116	101	85	74	62	44
102	204	191	179	163	153	130	118	103	89	76	64	46
109	210	196	183	167	157	133	122	105	90	78	65	48
109+	215	201	190	172	162	137	126	109	93	80	67	50

2024 Canadian Masters Nationals Women's Qualifying Totals Standards de qualification des Championnats Canadiens des Maître 2022 – Femmes												
<b>Qualifying Competitions:</b> Any local, provincial or international competition within the qualifying period of July 17, 2023 to Registration closing date 2024												
<b>Compétition de qualification:</b> Toute compétition locale, provinciale ou internationale tenue au cours de la période de qualification qui s'étalera du 17 juillet 2023 jusqu'à la date de clôture des inscription 2024.												
<b>WOMEN</b> *Minimum start weight in Snatch and Clean and Jerk is 20 kg when clip collars are used with the 15 kg bar, or 15 kg when clip collars are used with a 10 kg bar. A 10 kg bar may be used, if available. Age 30 category is based upon 1.06 times the 35-age group Cdn QT.												
La charge minimale à l'arraché et à l'épaulé-jeté est 20 kg lorsque les collets de type clips sont utilisés avec la barre de 20 kg. Si la barre de 10 Kg est disponible et utilisée, la charge minimale sera de 15 kg avec les collets de type clips. Le Standard de qualification dans la catégorie d'âge de 30 ans consistera au standard des 35 ans multiplié par 1,06.												
CAT	W30	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85+
45	76	72	68	60	56	46	43	35	34	32	30	30
49	82	77	72	64	60	50	45	38	35	33	30	30
55	89	84	80	71	66	55	50	42	37	34	31	30
59	93	89	84	74	70	58	53	44	39	35	32	30
64	99	94	89	79	74	61	56	47	42	36	33	30
71	107	101	95	84	78	65	60	50	44	38	34	30
76	112	105	98	88	81	68	62	52	46	39	35	30
81	115	108	101	90	84	70	64	54	47	41	36	30
87	118	111	105	93	88	72	66	56	49	42	37	30
87+	127	119	113	100	94	77	71	60	53	43	38	30

~~Vendredi~~ **Vendredi, 12 Juillet**

SESSION	/Age Groups	BW Categories	Start Time	Number of athletes
	<b>O Canada</b>		<b>12:30 pm</b>	
M1	60+	All	1:00 pm	
W1	60+	All	3:30 pm	
W2	55	All	4:30 pm	
AGM	All	All	7:00 pm	

**Samedi le 13 Juillet**

SESSION	Age Groups	BW Categories	Start Time	Number of athletes
M2	55, 50	All	9:00 am	
W3	50	All	11:30 am	
Ouverture officielle			1:30/1:45	
M3	45	All	2:00 pm	
W4	45	All	4:30 pm	
M4	40	All	6:30 pm	

**Dimanche le 14 Juillet**

SESSION	Age Groups	BW Categories	Start Time	Number of athletes
W5	40	Up to 71 kg	9:00 am	
M5	35,30	All	11:00 am	
W6	40	76 kg and up	1:00 pm	
W7	35,30	All	3:00 pm	
W8	30 only		5:00 pm	