



CANADIAN MASTERS RECORD CRITERIA

2024.11.13

Records are acknowledged in all IMWA weight classes, in 5-year increments starting at age 30. Athletes must be Canadian citizens or permanent residents and members in good standing with their Provincial Weightlifting Association and with Weightlifting Canada Haltérophilie Masters. An attempt at a record must surpass the current record or the established minimum requirement by one (1) kilogram.

Applications are submitted on-line and within two full months after the qualifying Competition. Members can apply for a record if the attempt was made at one of the following competitions.

.

- IMWA / UMWF World Masters Championships
- World Masters Games
- Pan-American Masters
- Canadian Masters / Canadian Seniors Championships
- Masters World Cup
- Provincial Masters / Provincial Seniors / Approved Provincial Open
- Western Canadian Senior or Masters Championships
- America's Cup
- NAO Series (North American Open Series)
- Approved interprovincial competitions