

INSTRUCTIONS FOR 2026 PAN AMERICAN MASTERS WEIGHTLIFTING CHAMPIONSHIPS (San Salvador, El Salvador)

Dates: May 27 – 31

Qualifying Competitions

Qualifying Period: May 14, 2025 – April 30, 2026

Qualifying Competitions when held during the Qualifying Period

Regional Competition / Compétition régionale, Provincial Open – Seniors or Masters, Pan Am Masters / Championnats panaméricains, Canadian Masters/ Maîtres canadiens.

A substituted competition approved by the President / Une compétition de remplacement approuvé par le président

Athletes cannot qualify at club competitions.

To be eligible for a medal, the athlete must achieve, or excel, the required qualifying standard (total.)

1. Request approval from the President (wchm.president@gmail.com) **BEFORE April 21, 2026**

State your full name, age and bodyweight category, qualifying competition, (no local competitions), and your entry total.

If you are a para weightlifter you are not required to have a qualifying total. However, you must indicate your PW Category and send your Health Care Professional Approval [WCHM-Health-Care-Professional-approval-for-para-weightlifter.pdf \(wchmasters.org\)](#) to the WCHM President.

2. When approved, you can then register to participate using the information submitted to WCHM President and make payment according to the instructions provided by Pan Am Masters Weightlifting Federation. You may submit an Entry Total that is less than your approved Total, as long as it is equal to, or greater than, the Qualifying Total. Registration Deadline is April 30, 2026.
3. After registrations, you can move UP or down ONLY ONE body weight class and having met the qualifying total. You must contact the Pan American Masters Weightlifting Federation official, with a copy to WCHM President, before the published deadline. **You cannot move up a bodyweight category at the weigh-in.**
4. You are responsible for reviewing information from the Championship host regarding accommodation. Special offers will include specific deadlines.