



Approved Qualifying Competitions in Canada for Challenging Canadian Masters Weightlifting Records

(National, Provincial – Including Approved Open Events, and Regional Competitions)

2026.03.29

All qualifying competitions must be subject to Doping Control (CCES/WCHM) and be officiated by at least two National/International Technical Officials.

British Columbia: Masters Provincial, Senior Provincial, Ogoopogo, Okanagan Championships, Island Invitational, Winter Open, All Elite Showdown.

Alberta: Masters Provincial, Senior Provincial, Method Summer Classic, Valhalla Open.

Saskatchewan: Masters Provincial, Senior Provincial, Saskatchewan Open, Chalk'n' Awe.

Manitoba: La Coupe du Voyageur, Manitoba Open.

Ontario: Provincial, Masters/Seniors (Ontario Championships) and Elite Meets that are qualifiers for Senior Nationals.

Québec: Provincial, Masters/Seniors and Elite Meets that are qualifiers for Senior Nationals.

Atlantic Provinces / Regional: Maritime Open, Atlantic Cup, Kaos on the Platform, Nova Scotia Championships.

Regional/National: Western Canadian Seniors/Masters, WCHM Canadian Masters/WCH Canadian Seniors.