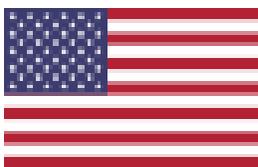
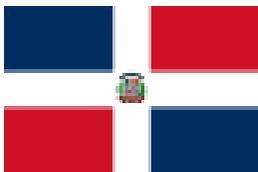


Hello from Toronto!



Variety Village and the Local Organizing Committee are pleased to welcome you to the 2014 Pan American Masters Weightlifting Championships. We look forward to meeting each and every one of you. While many of you will have a chance to renew old friendships, we encourage all of you to take the opportunity to develop new ones. May you have a safe, uplifting competition with personal best lifts as a reward for your dedication to the sport of Olympic weightlifting.

Listed below is information which you will find useful.

The Technical Meeting will take place Friday, June 20, at 7 p.m. at the host hotel (The Toronto Don Valley, 175 Wynford Drive, M3C 1J3).

Outstanding fees will be collected at the Technical Meeting. Failure to submit the fees will result in the forfeiture of the right to participate in the competition.

Identification badges for athletes, coaches, trainers and delegates will be distributed outside the Technical Meeting room. Those not attending the Technical Meeting may pick up the id tags Saturday or Sunday morning at the front reception desk at Variety Village, the competition site.

A free shuttle service will run between the host hotel and Variety Village beginning 6:30 a.m. Saturday morning. The service will run during the day both Saturday and Sunday. A one-way trip takes approximately 15 minutes.

Session 1 weigh-in begins at 7 a.m. with lifting beginning at 9. Session 2 weigh-in is 9:30 a.m. with lifting beginning at 11:30. Please note the opening ceremony is scheduled between the first and second sessions. Session 1 athletes will receive their medals as part of this ceremony.

Drug testing will be conducted both days of the competition by the Canadian Centre for Ethics in Sport, WADA's representative in Canada.

The closing banquet takes place Sunday, June 22nd at 8 p.m. at the host hotel.

For those driving from the United States, delays may be experienced at the border crossings both days as Toronto is host to this year's World Pride Week celebrations.

Please note that Ontario bans the use of hand-held devices while driving. The law makes it illegal for drivers to talk, text, type, dial or email using hand-held cell phones and other hand-held devices. The law also prohibits drivers from viewing display screens unrelated to the driving task, such as laptops or DVD players, while driving. Failure to obey will result in drivers receiving a fine of \$225 plus court fees.

Variety Village is located at 3701 Danforth Avenue, Scarborough, Ontario, M1N 2G2 (416-879-7238). The Village is dedicated to providing specialized activity-based programs to children, adults and seniors with disabilities. Regular programs will run during the weekend. Please do not block the circular drive as Wheel-Trans buses require a little extra space to access the front doors of the building. There is limited parking on-site but additional parking is available at the high school next door.

If you are thinking of extending your stay in Toronto, please visit www.seetorontonow.com or www.math.toronto.edu/toronto for things to see and do while here. See you soon!

