



## 2019 Canadian Masters Weightlifting Championships

St. Thomas Strength Athletics (STSA) is honored to welcome you all Master lifters and their coaches to the 2019 Canadian Masters Weightlifting Championships.

**Make sure that you read the following information very carefully**

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Date: Saturday, April 27 and Sunday, April 28, 2019.

Location: Parkside Collegiate Institute, 241 Sunset Drive, St. Thomas On, Canada N5R 3C2

Lifts: Snatch and Clean and Jerk.

Weigh in: Begins at 8:00 AM, lifting starts at 10:00 AM

Cost: \$110.00 per athlete (non-refundable).

If you need to contact me, do not hesitate [stsa1258@aol.com](mailto:stsa1258@aol.com)

Registration deadline: Monday, April 8, 2019

Eligibility: All Canadian Masters lifters. Males and females, 30 years of age and up and in good standing with their respective Association/IWF.

For each Masters weight class category, a medal will be given: (New weight classes in effect)

-Males: First, Second and Third place

-Females: First, Second and Third place

-The best male lifter

-The best female lifter

**AGE CATEGORIES**

W30, W35, W40, W45, W50, W55, W60, W65, W70, W70+  
M30, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M80+

(Categories for Records extend beyond competition categories, in 5 yr. increments)

**BODYWEIGHT CATEGORIES**

Women (kg): 45, 49, 55, 59, 64, 71, 76, 81, 87, +87

Men (kg): 55, 61, 67, 73, 81, 89, 96, 102, 109, +109

**INSTRUCTIONS FOR EMAILING OR SENDING THIS REGISTRATION FORM**

**-E-Transfers:** Send your completed registration form via email as an attached document/scanned pdf, and e-transfer your fee to [stsa1258@aol.com](mailto:stsa1258@aol.com) , the password is "cdnmast2019".

**\*-Canada Post:** Your entry form and payment can be sent via Canada Post to Daniel Paré, 203 Highview Drive, St. Thomas, Ontario N5R 5H6 and payable to Daniel Paré.

**\*The preferred method of payment is e-transfer.**

**ACCOMMODATIONS/HEBERGEMENT:**

-Comfort Inn, 100 Centennial Ave, St. Thomas, Ontario, N5R 5B2.

519-633-4082, less than 10 minute drive from venue.

-Cardinal Hotel, 10401 Sunset Rd, RR#7 St.Thomas, Ontario N5P-3T2, about 5 minute drive from venue  
[1-877-774-8380](tel:1-877-774-8380),

-Best Western Stoneridge Inn & Conference Centre, 6675 Burtwhistle Lane, London, Ontario 1-888-471-2378. About 10 minute drive from venue.

**\*\*The banquet will be at the Best Western at 7pm on Saturday, April27.**

**KEEP THE PRECEDING PAGES AND ONLY RETURN THE PAGES THAT FOLLOW**

# 2019 Canadian Masters Weightlifting Championships

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone number: \_\_\_\_\_

Street Address: \_\_\_\_\_

\_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Highest Total achieved since July 1, 2018 (KG). \_\_\_\_\_

Name and date of competition where your total was achieved and your Provincial Association Membership Number for the year 2019:

-Name and date of competition:

\_\_\_\_\_

-Provincial Association Number for the year 2019: \_\_\_\_\_

**“I have read and subscribe to the CMWFHC antidoping agreement.”**

**CHECK THIS CAREFULLY**

**Birthday:**

**Month:** \_\_\_\_\_, **Day:** \_\_\_\_\_, **Year:** \_\_\_\_\_

**Weight Class:** \_\_\_\_\_ **Age class:** \_\_\_\_\_

**(Each athlete must show his/her Provincial Membership card. If your Association does not provide you with a membership card then bring a proof of purchase with you)**

**Entry fee = \$110.00 per athlete** \$ \_\_\_\_\_

**Banquet ticket: \$45.00 each** \$ \_\_\_\_\_

**Total entry fee** \$ \_\_\_\_\_

**Total banquet ticket(s)** \$ \_\_\_\_\_

**Total** \$ \_\_\_\_\_

CMWFHC number: \_\_\_\_\_

Provincial Association: \_\_\_\_\_

Write PAID if you have paid but don't have a number. Number/Numéro: \_\_\_\_\_

Club: \_\_\_\_\_

Coach: \_\_\_\_\_

Coach E-mail: \_\_\_\_\_

**TAKE NOTE:**

**Each athlete will be provided with three badges (one (1) for the athlete and 2 more badges for his/her coaches).**

**NOBODY WILL BE ALLOWED IN THE WARM UP AREA WITHOUT A BADGE**

You understand that all athletes competing at the 2019 Canadian Masters Weightlifting Championship are subject to drug testing as established by the Canadian Masters Weightlifting Federation. Please bring your signed "Antidoping Agreement at weigh in" (see website) to the competition weigh in or complete the form and submit with competition registration.

YES

NO

You understand that under no circumstance will the organizer mail any awards or medals.

YES - OUI

NO - NON

All athletes will be kept in contact with updates via CMWFHC website.

Emergency Contact (Name): \_\_\_\_\_

Emergency Contact (Phone Number): \_\_\_\_\_

Please list any relevant medical conditions that organizers or emergency staff should be aware of. \_\_\_\_\_

Please bring a "medical review" form if you are concerned about being randomly selected for drug testing.

\_\_\_\_\_

**Volunteers Info**

Would you be willing to help Officiate?

YES – Level 3 National

YES - Level 2 International

YES – Level 1 International

I want to help with the Set-up.

YES

NO

I want to help with loading when I am done lifting.

YES

NO

I want to help with the tear down.

YES

NO

**Waiver:**

I understand that my participation to the 2019 Canadian Masters Weightlifting Championships is undertaken by me and is at my own risk and that the Canadian Masters Weightlifting Federation and St. Thomas Strength Athletics shall not be liable to me for any claims, injuries, actions, loss, loss of action, whatsoever, to my person or property and also release this facility from any discharge from all claims, injuries, damages, actions, or causes of action, and from all act of negligence, passive or active, on the part of CMWFHC and St. Thomas Strength Athletics, its servants, agents or employees.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_