



CANADIAN MASTERS PARA WEIGHTLIFTING RECORDS

Regulations and Requirements

1. Canadian Masters Para Weightlifting Records are contested in the following categories.

PW1: Blind or Visually Impaired
PW2: Intellectually Disabled
PW3: Amputee Para Weightlifter – single arm Snatch; single arm Clean and Jerk
PW4: Amputee Para Weightlifter - single leg Snatch; single leg Clean and Jerk
PW5: Amputee Para Weightlifter - using a shoulder strap on the disabled side
PW6: Amputee Para Weightlifter - using an arm prosthesis
PW7: Amputee Para Weightlifter - using a leg prosthesis
PW8: Limited Range of Motion
PW9: Wheelchair Para Weightlifter – Military Press
PW10: Athletes of Short Stature (Dwarf)
2. Para Weightlifting Records are only recognized if successfully completed at a Provincial Masters or Canadian Masters Championships.
3. Para Weightlifting Records will be recognized on the Canadian Masters Weightlifting Federation's website and Record Certificates will be issued.