2018 CANADIAN SENIOR WEIGHTLIFTING CHAMPIONSHIPS

COMPETITION REGULATION
GENERAL INFORMATION
SCHEDULES, FORMS
DEADLINES

Mississauga, Ontario
MAY 19 - 20, 2018
OFFICIAL INVITATIONS TO ALL PARTICIPANTS

Dear Friends,

On behalf of the Ontario Weightlifting Association and the UTM Weightlifting Club we are honoured to invite your athletes, coaches, technical officials, team staff and spectators to participate in the 2018 Canadian Senior Weightlifting Championships, to be held in Mississauga on the May 19-20, 2018.

All competition events will be hosted at the University of Toronto Mississauga campus, which is located at 3359 Mississauga Road North, Mississauga.

We wish your team the best of luck and hope you enjoy your stay in Mississauga.

Akos Sandor
President
Ontario Weightlifting Association

Andrew Bellerby
Competition Director
REGULATIONS

1. **COMPETITION TITLE**

   The competition is the 2018 Canadian Senior Weightlifting Championships (the “Competition”) (CCSR-2018).

2. **COMPETITION DATES**

   May 19 - 20, 2018. As was the case in CCSR-2015 and CCSR-2016, according to the number of athletes register, sessions of competition may be added Friday PM and in the evening.

3. **ORGANISERS**

   Ontario Weightlifting Association (OWA) and University of Toronto Mississauga Weightlifting Club (UTM) and Canadian Weightlifting Federation d'Halterophile Canadienne. The 2018 Canadian Senior Championships Organizing Committee is the official Local Organizing Committee (the “LOC”) of the competition.

4. **SANCTIONING BODY**

   Canadian Weightlifting Federation Halterophile Canadienne (“CWFHC”).

5. **COMPETITION VENUE**

5.1 Competition Site

   University of Toronto Mississauga – Davis Building
   3359 Mississauga Road North, Mississauga, ON L5L 1C6
   [http://www.utm.utoronto.ca/](http://www.utm.utoronto.ca/)

5.2 Competition area Gym A, UTM

5.3 Warm-up area Gym B, UTM

5.4 Weigh-in Gym B – S1

5.5 Changing rooms Team Men room #A; Team Women room #A

5.6 Anti-Doping control Coaches meeting room

5.7 Volunteers & Officials Fitness studio

5.8 Technical meeting OR Verification of entries on competition site

5.9 Medical sports clinic office

- All rooms subject to change by organizing committee.
6. **EVENTS**

6.1 **Women:** 48, 53, 58, 63, 69, 75, 90, 90+ kg categories.

6.2 **Men:** 56, 62, 69, 77, 85, 94, 105, 105+ kg categories.

7. **QUALIFYING TOTALS**

<table>
<thead>
<tr>
<th>MENS – Categories / Standards</th>
<th>56 kg</th>
<th>62 kg</th>
<th>69 kg</th>
<th>77 kg</th>
<th>85 kg</th>
<th>94 kg</th>
<th>105 kg</th>
<th>+ 105 kg</th>
</tr>
</thead>
<tbody>
<tr>
<td>192 kg</td>
<td>210 kg</td>
<td>235 kg</td>
<td>256 kg</td>
<td>270 kg</td>
<td>281 kg</td>
<td>290 kg</td>
<td>305 kg</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WOMEN Categories / Standards</th>
<th>48 kg</th>
<th>53 kg</th>
<th>58 kg</th>
<th>63 kg</th>
<th>69 kg</th>
<th>75 kg</th>
<th>90 kg</th>
<th>+ 90 kg</th>
</tr>
</thead>
<tbody>
<tr>
<td>130 kg</td>
<td>140 kg</td>
<td>153 kg</td>
<td>161 kg</td>
<td>168 kg</td>
<td>178 kg</td>
<td>185 kg</td>
<td>192 kg</td>
<td></td>
</tr>
</tbody>
</table>

ENTRY TOTAL – PRECISIONS ON THE VALIDATION PROCESS:

.1- Athletes are expected to submit, as their entry total, the total that they achieved in qualification.

.2- In the event of an injury, an athlete may submit an entry total lower than the qualification total that they achieved. Any submitted entry total must at least be the minimum qualifying standard for the Canadian Senior Championships as set out by the CWFHC.

.3- Athletes are not permitted to submit an entry total higher than the total achieved in qualification.

.4- If an athlete qualifies in two body weight categories, the same rules apply. Athletes must submit as their entry total the total that they achieved in qualification (or lower, as set out above) in the category that they intend to compete in. A higher total achieved in higher bodyweight category will not be accepted.

.5- As usual, at the technical meeting or the verification of entries, the athlete could move up in the higher category as long as they met the minimum qualifying standard.

8. **PARTICIPANTS**

**ELIGIBILITY (rules adopted at the 2006 AGM)**

8.1 An athlete participating in a national competition must be a:

- a duly affiliated member of his/her Provincial/Territorial (P/T) weightlifting association;
- a member in good standing (not currently being sanctioned) with his/her P/T weightlifting association;
- A Canadian Citizen of Canada OR person possessing permanent resident status in Canada.
8.2 Coaches registered to participate in the 2018 Canadian Senior Weightlifting Championships by their P/T weightlifting association must be Level 2 certified by the NCCP.

8.3 Coaches, team leaders and referees registered to participate in the 2018 Canadian Senior Weightlifting Championships by their respective P/T weightlifting association must be:

- duly affiliated members of their respective P/T weightlifting associations;
- Members in good standing (not currently being sanctioned) with their respective P/T weightlifting associations.

8.4 Any questions about eligibility should be addressed at the Technical Meeting / Verification of entries on May 18, 2018. We encourage team leaders to bring copies of team members’ proof of citizenship or landed resident status in case it is requested. The eligibility of athletes cannot be challenged after the Technical Meeting / Verification of entries.

8.5 The 2018 Canadian Senior Weightlifting Championships are open to all qualified athletes nominated by their respective provincial or territorial associations.

Athletes must achieve their qualifying performance in a competition subject to doping control (SDC).

8.6 The respective provincial associations may nominate an additional 2 women and 2 men who have not reached the qualifying standard, as long as they are 24 years of age or under (calculated in the calendar year of the athlete’s birthday, 2018: 1994-95).

These non-qualified athletes must have participated in a competition subject to doping control during the qualifying period.

NOTE: Non-qualified athletes may not compete more than two times at the Canadian Senior Weightlifting Championships. Athletes must achieve the standard to compete at the Canadian Senior Weightlifting Championships after two years as a non-qualified athlete.

9. **ENTRIES**

Only the provincial directors receive Entry Forms from the CWFHC.

9.1 **Preliminary Team Entry Form** – The Preliminary Team Entry form must be received by the LOC no later than midnight (MST) on April 16, 2018.

9.2 **Final Team Entry Form** - The Final Team Entry Form must be received by the LOC no later than midnight on April 30, 2018.

9.3 **Payment of Fees** - A single cheque to cover all Team Entry Fees for each P/T association must be received by the LOC not later than midnight on April 30, 2018.

9.4 **Entry Lists** - The Entry List will be distributed by the LOC to the Provincial/Territorial Team Leaders as soon as it becomes available.
10. COMPETITION RULES & REGULATION:

The latest IWF Technical and Competition Rules & Regulations will govern the Competition, subject to the following:

Athletes who do not achieve a total in the Snatch will be allowed to continue to the Clean & Jerk, but they will not be awarded a Total for the competition.

10.1 NOTE: IWF 2017 – 2020 Regulation 6.4 – Weigh-In at item 15 – “An athlete who fails to make the bodyweight within the allotted weigh-in time of their respective bodyweight category, in which he/she is officially entered and confirmation the verification of entries, is excluded from the competition of the Event.”

10.2 Note that the 20 kg rule will NOT be applied for CCSR-2018.

10.3 We still use the process of presentation of the athletes of the session, period of 10 minutes for the warm-up. In this 10 minutes period, medals of the previous session could be given.

10.4 When 9 athletes or more are in a session, there will be no break between Snatch and C&J.

11. EQUIPMENT

11.1 Competition area

<table>
<thead>
<tr>
<th>Competition platform</th>
<th>Regulation - 4 square meters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Competition barbell</td>
<td>Eleiko certified men’s &amp; women’s bars</td>
</tr>
<tr>
<td>Referee Lights</td>
<td>yes (OWA material)</td>
</tr>
<tr>
<td>Scoreboard</td>
<td>Screen &amp; projector</td>
</tr>
</tbody>
</table>

11.2 Warm-up area

<table>
<thead>
<tr>
<th>Warm-up area</th>
<th>Connected to competition area</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm-up platforms:</td>
<td>8 platforms of 8 foot square</td>
</tr>
<tr>
<td>Warm-up barbell makes</td>
<td>Eleiko, DHS and Werksan</td>
</tr>
<tr>
<td>Scoreboard</td>
<td>Screen projection</td>
</tr>
</tbody>
</table>

11.3 Weigh-in Area

| Scale:                | electronic |

12.1 Results Package  To be circulated.

13. DOPING CONTROL

This competition is subject to doping control (SDC) administered by the Canadian Centre for Ethics in Sport (CCES). All athletes and coaches are strongly encouraged to familiarize themselves with the applicable rules and procedures.
For more information visit: [http://cces.ca/zoneathlete](http://cces.ca/zoneathlete)
14. AWARDS:

14.1 Gold, silver and bronze medals will be awarded for the “Total” only in each weight category.


15. ACCOMMODATIONS

15.1 University of Toronto Mississauga – Conference Center
3359 Mississauga Road North, Mississauga, ON L5L 1C6
Website: http://www.utm.utoronto.ca/hospitality/conference-events-services/accommodation

A block of 30 rooms, dorm-style, have been reserved at UTM in Oscar Peterson Hall.

Contact Info:
University of Toronto Mississauga– Conference & Events Services
3359 Mississauga Road North, Suite DV-3094H Mississauga ON L5L 1C6
Phone: (905) 569-4615
Email: confserv.utm@utoronto.ca

Group Booking Code: “2018 Weightlifting Championships”
Reservations must be made by May 4, 2018.

The rooms will be held at the price quoted until May 4th, 2018. After this date, the block of room will be release.

The Provincial/territorial Team Leader is responsible for contacting:
Simon Hill, Special Events Coordinator (simon.hill@utoronto.ca) tel.: (905) 569-4894

Reservations for Team Members (athletes, coaches, manager and officials)
University of Toronto Mississauga
Room Style: Single dormitory rooms with shared washrooms (2 per washroom). Two single bedrooms and semi-private washroom; furnished with single bed, desk, desk chair, dresser & lounge chair. Building is co-ed. Each two bedroom unit is gender-specific;
Group Booking Rate: $75 per night plus HST (13%: $9.75 total: $84.75). Includes free Wi-Fi, linen & towel service.

Parking information:
Monday – Friday
6:00am – 8:00am, next day $ 2.50 per half hour
$ 14.00 maximum to 8:00am the next day

5:00pm – 6:00am, next day $ 1.00 per half hour
$ 6.00 maximum to 8:00am the next day

Saturday, Sunday and Holidays
6:00am – 8:00am, next day $ 1.00 per half hour
$ 6.00 maximum to 8:00am
15. Holiday Inn Express & Suites Mississauga West
2125 North Sheridan Way Mississauga ON L5K 1A3 Tel.: 905-855-2000
The rooms will be held at the price quoted until April 27, 2018.
The participant or provincial/territorial Team Leader is responsible for contacting the hotel to make their own arrangements.

Check-in Time:  3:00PM   Check Out Time:   11:00AM

Room rates: Special rates for your rooms which consist of rooms with two queen beds or premium rooms with one queen bed with separate sitting area with a queen sofa bed. All rooms come equipped with complimentary Wi-Fi, 43” HDTV, mini fridge, microwave and in-room safe.

Rate: $115.00 plus HST (13%; $14.95 total: $129.95).

All rates quoted are in Canadian funds and are based on **single or double occupancy**, net non-commissionable and subject to 13% tax.
For each additional adult (18 years of age or older) sharing a room an extra **$10.00** per person, per night will be added to the rate to a maximum of 4 persons per room.

Breakfast: included in your stay is our Express Start hot buffet breakfast which is served daily in our Great Room. Monday to Friday 6:30am until 9:30am and Saturday and Sunday 7:00 am until 10:00 am.

- Individuals to make own reservations – contact hotel direct at 905-855-2000
- All reservations must be made by April 27th, 2018.
- All reservations must be guaranteed to a major credit card. Should the individual guest fail to cancel their reservation, they will be billed for one night’s accommodation for any “No Show”.
- Cancellation of individual reservations must be received by 6:00 pm on the day prior to arrival.

**GROUP NAME:** “CDN Sr WEIGHTLIFTING CHAMPIONSHIPS”

16. TRANSPORTATION FOR TEAM MEMBERS AND DELEGATES

Each delegation is responsible of its transportation arrangements.

17. FINANCIAL CONDITIONS:

17.1 **Entry Fees:**

17.1.1: $100 per athlete, coach and team leader.

17.1.2: $50 per Technical Official

17.2 **Collection:**

Team leaders are responsible for collection of all fees from their respective P/T participants.

17.3 **Payments**

 Deadline: Must be received April 30, 2018
Method: Single check or money order
Payee: Ontario Weightlifting Association
Send with: Final Team Entry Form & Financial Remittance Form
Send to: Univ. of Toronto Mississauga
          Davis Building
          Attn: Mr. Andrew Bellerby
          3359 Mississauga Road N.
          Mississauga ON L5L 1C6

18. FINANCIAL RESPONSIBILITIES – Local Organizing Committee (LOC)

18.1 Offers the participants a discounted rate for accommodation at the Centre to be
guaranteed until the date stated in this regulation, access to the competitions, and
participation in official meetings, training and other usual technical services for all
participants.

18.2 Provides, free of charge, the facilities for the CWFHC Annual General Meeting and
the Technical Meeting.

18.3 Provides, free of charge, the technical organization at all facilities (equipment, hall,
rooms with adequate furnishing, technical staff, first aid, etc.) for the competitions for
the 2018 Canadian Championships, as required by the relevant CWFHC rules.

18.4 Provides, free of charge, the Best Athlete Awards.

19. FINANCIAL RESPONSIBILITIES – Provincial/Territorial Associations (PAs)

19.1 The PAs will collect from their delegation members and subsequently pay to the LOC
the designated fees for each participating delegation member by April 30, 2018. This
information will be provided on the Financial Remittance Form. Those delegates who
do not participate in the Canadian Championships do not pay this entry fee. In order
to avoid NSF charges, PAs must pay the required fees by cheque or money order.

19.2 The PAs will pay for their own accommodation, according to conditions stipulated in
the Competition Regulations for the Competition.

19.3 Each provincial and territorial association participating in the 2018 Canadian Senior
Weightlifting Championships does so at its own and its individual members’ risk. The
provincial and territorial associations must undertake the full moral and financial
responsibility for their members participating, regarding their health and in the case
of accidents or damages.

19.4 Each PA shall select a Team Leader (who accompanies the team) or a Team
Coordinator (who does not accompany the team) and notify the Organizing Committee
of its selection.

19.5 Each PA is responsible for paying an additional fee to the CWFHC in the amount of
$90 per athlete participant.
20. RESPONSIBILITIES – PARTICIPANT - ATHLETE

20.1 Each athlete who wishes to participate in the Competition authorizes, by his or her registration in the Competition, the director of the PA of which he/she is a member to provide his/her email to the CWFHC, which the CWFHC will provide to the CCES. This is a requirement under the Canadian Anti-Doping Policy - CADP.

20.2 The CCES will provide to the athlete the instructions to complete an online anti-doping course. The athlete must complete the online course before May 7, 2018. When he has completed the course, he must inform the provincial director of the provincial association of weightlifting which he is a member.

20.3 Each PA must ensure that the waiver/media release (provided separately) is signed by all participants (athletes, coaches and team leaders) and provided to LOC prior to the verification of entries. Further, each PA must ensure that a parent/guardian signs the waiver/media release for all minor participants (under the age of 18 as of the date the document is signed). Without this signed document, participants will be prohibited from participating in the Competition.

<table>
<thead>
<tr>
<th>IN CANADA, ANTIDOPING CONTROLS ARE ADMINISTERED BY THE CANADIAN CENTRE FOR ETHICS IN SPORT - CCES.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Telephone : (613) 521-3340 Fax : (613) 521-3134  1-800-672-7775</td>
</tr>
<tr>
<td><a href="http://www.cces.ca">www.cces.ca</a></td>
</tr>
<tr>
<td>E-mail: <a href="mailto:info@cces.ca">info@cces.ca</a></td>
</tr>
<tr>
<td>Information on substances: <a href="mailto:substances@cces.ca">substances@cces.ca</a></td>
</tr>
<tr>
<td>All athletes participating in the competition can be tested because it is a competition subject to doping control.</td>
</tr>
<tr>
<td>Athletes and coaches are strongly encouraged to familiarize themselves with the procedures and rules. For more information go to the website: <a href="http://cces.ca/athletezone">http://cces.ca/athletezone</a></td>
</tr>
<tr>
<td>Video : <a href="http://cces.ca/sample-collection-procedures">http://cces.ca/sample-collection-procedures</a></td>
</tr>
<tr>
<td>See Antidoping Quick Reference Card in annex – for distribution to athletes</td>
</tr>
<tr>
<td>If you take supplements, drugs (Ritalin, Concerta or other similar products, anti-inflammatory, etc.) make sure they are allowed by the CCES. In case you need to use a banned medication for a legitimate medical reason TAU, you must make the request to the CCES. When you get this therapeutic exemption of the CCES - TAU, bring the document with you when you can be tested.</td>
</tr>
<tr>
<td>Authorization to use for therapeutic exemption: <a href="mailto:tue-aut@cces.ca">tue-aut@cces.ca</a></td>
</tr>
</tbody>
</table>
A new Canadian anti-doping policy CADP came into force on January 1st, 2015. New rules will be applied in the coming months. So you have to meet deadlines in ADAMS, for example. For more information:

http://cces.ca/canadian-anti-doping-program

The International Weightlifting Federation IWF has also adopted a new anti-doping policy under the new anti-doping policy World Antidoping Agency WADA.

REMEMBER: EACH ATHLETE IS RESPONSIBLE FOR WHAT HE/SHE CONSUME

21. ACCREDITATION

Accreditation will take place at the Technical Meeting / Verification of entries.

22. OFFICIATING

22.1 Duties of the Host Province – appoint a Competition Secretary and appropriate assistants, to ensure the proper operation of the competition including verifying the final nomination of athletes to categories at the Technical Meeting.

22.2 Duties of the participating provinces – shall, via all Entry Forms, submit the names (maximum 2) of their National level or higher referees that want to officiate at the Championships by April 16, 2018 (5 weeks before the Competition). The LOC will forward a list of qualified officials to the CWFHC by April 16, 2018. A mailing or email address is required for communication of the referee assignments at the Competition. “Participating province” definition: a provincial association that enters a qualified athlete and a coach in this competition.

If any such referee desires to sit for promotion, please indicate on the Entry Form.

The respect P/T association is responsible for paying all travel, accommodation, meals and entry fees expenses of their selected officials in accordance with their respective provincial policies.

22.3 Duties of the CWFHC – The CWFHC Technical Delegate will settle the technical dispute. In the case of the Technical Delegate is unsure of the rule, or unable to render a decision, the CWFHC executive committee members will act.

23 In consideration of the acceptance of this entry, all participants hereby waive and release for themselves, their heirs, their executors and their administrators any and all rights and claims for damages they may have against the Ontario Weightlifting Association, and its directors, employees, and volunteers, and any sponsors of the competition, for any injuries they may suffer or may have suffered at the Competition. All P/T associations certify that all of their respective participants have agreed to these conditions as a consequence of entering the competition, including the fact that those under the age of majority (18 years) have parental or guardian permission to participate.

24 Practical evaluation for coaches – competition development (text to come)
GENERAL INFORMATION

1. LOCAL ORGANIZING COMMITTEE (LOC) PERSONNEL:

   1.1 Event Chairperson: Andrew Bellerby
       Assistant Chairperson: Darren Turner

2. TECHNICAL MEETING

   2.1 The Technical Meeting will take place at the competition site at 7:00 pm under the
       direction of the CWFHC delegate.

   2.2 The Competition Director/Secretary will verify the final entries into the categories.

   2.3 Verification of the Waiver form from all participants (athl. + coaches + TL)

   2.4 Verification that every participant completed the CCES online course.

   2.5 The CWFHC delegate assist with the Competition Director assign all LOC Technical
       Officials (speakers, timekeepers) to the sessions.

3. FOOD & REFRESHMENTS

   Like for the 2015 Canadian Senior Championships, only few restaurants on the second
   floor will be open for this long week-end.

In the case that we reach more than 160 entries on the Preliminary entries, we may
schedule some sessions for men on Friday afternoon. The technical meeting will be
replaced by a verification of entries, like it was done in CCSR-2015 and 2016. To help
you figure this kind of schedule, fin the schedule of May 2016. We will publish the list
of qualified athletes on a regular basis. It is also important that provincial
associations adjust their own deadlines of registration because a preliminary entry list
as close as possible will allow the Org. Comm. to begin the adjustment of the planning
for the competition site.
**SCHEDULE & DEADLINES**

<table>
<thead>
<tr>
<th>DATE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginning of Qualifying Period</td>
<td>Sunday Oct. 1/2017</td>
</tr>
<tr>
<td>Distribution of competition regulations – general information doc.</td>
<td>January, 2018</td>
</tr>
<tr>
<td>Last Day of Qualifying Period</td>
<td>Sunday March 25, 2018</td>
</tr>
<tr>
<td>Preliminary List of entries sent to the Org. Comm. And FHQ (<a href="mailto:admin@fedhaltero.qc.ca">admin@fedhaltero.qc.ca</a>)</td>
<td>Tuesday April 16, 2018</td>
</tr>
<tr>
<td>Last day for booking rooms at preferred rates at the Holiday Inn</td>
<td>April 27, 2018</td>
</tr>
<tr>
<td>Final Team Entry Form and cheque received by Org. Comm.</td>
<td>Monday April 30, 2018</td>
</tr>
<tr>
<td>Last day for booking at the University residences</td>
<td>May 4th, 2018</td>
</tr>
</tbody>
</table>

**COMPETITION EVENTS**

May 17 & 18 Arrival of Participants

**Friday May 18, 2017**

- CWFHC Annual General Meeting - AGM: Faculty club Meeting
  Room – Davis building 09:00 AM
- Technical meeting 07:00 PM
- OR Verification of Entries – competition site – TBD

| PRELIMINARY SCHEDULE OF COMPETITION (PREPARE FOR LESS THAN 160 ENTRIES) |
|-----------------------------|-----------------|-------------------|-----|
| **Saturday, May 19**        | Category        | Weigh-in          | Start |
| 1                           | Men             | 56 – 62 – 69 kg   | 8:00 – 9:00 AM 10:00 AM |
| 2                           | Men             | 77 kg             | 10:00 – 11:00 PM 12:00 PM |
| 3                           | Men             | 85 kg             | 12:00 – 1:00 PM 2:00 PM |
| 4                           | Men             | 94 kg             | 2:00 – 3:00 PM 4:00 PM |
| 5                           | Men             | 105 – 105 + kg    | 4:00 – 5:00 PM 6:00 PM |
| **Sunday, May 20**          |                 |                   |     |
| 6                           | Women           | 48 kg - 53 kg     | 8:00 – 9:00 AM 10:00 AM |
| 7                           | Women           | 58 kg             | 10:00 – 11:00 PM 12:00 PM |
| 8                           | Women           | 63 kg             | 12:00 – 1:00 PM 2:00 PM |
| 9                           | Women           | 69 kg             | 2:00 – 3:00 PM 4:00 PM |
| 10                          | Men             | 75 kg - 90 kg - +90 kg | 4:00 – 5:00 PM 6:00 PM |

When 9 athletes or more are in a session, there will be no break between Snatch and C&J

This preliminary schedule is based on a participation of about 150 athletes. Adjustments are expected following the final entries are received.
**Monday, May 21**  
**Departure of Delegations**

**SCHEDULE of CCSR-2016 as an example (183 participants)**

**Friday May 20, 2016**

- **2:30 PM** verification of entries (competition site – replace the technical meeting. Team leader verified the list of their athletes and signed the form).

<table>
<thead>
<tr>
<th>SESSION</th>
<th>GENDER</th>
<th>CATEGORIES</th>
<th>NBR ATHL.</th>
<th>WEIGH-IN</th>
<th>COMPETITION</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Men</td>
<td>69B kg</td>
<td>12</td>
<td>3:30 – 4:30 pm</td>
<td>5:30 pm</td>
</tr>
<tr>
<td>2</td>
<td>Men</td>
<td>77B – 85C kg (13 + 2)</td>
<td>15</td>
<td>5:00 – 6:00 pm</td>
<td>7:00 pm</td>
</tr>
<tr>
<td></td>
<td>* Presentation : 5:15 pm</td>
<td>27</td>
<td>End : 8h30</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Saturday May 21**

<table>
<thead>
<tr>
<th>SESSION</th>
<th>GENDER</th>
<th>CATEGORIES</th>
<th>NBR ATHL.</th>
<th>WEIGH-IN</th>
<th>COMPETITION</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Men</td>
<td>56 – 62 - 69 kg (3 + 6 + 7)</td>
<td>16</td>
<td>7:00 - 8:00 am</td>
<td>*9:00 am</td>
</tr>
<tr>
<td>4</td>
<td>Men</td>
<td>77 – 85B kg (11 + 5)</td>
<td>16</td>
<td>9:30 – 10:30 am</td>
<td>11:30 am</td>
</tr>
<tr>
<td>5</td>
<td>Men</td>
<td>85</td>
<td>16</td>
<td>12:00 – 1:00 am</td>
<td>2:00 pm</td>
</tr>
<tr>
<td>6</td>
<td>Men</td>
<td>94 kg</td>
<td>13</td>
<td>2:30 – 3:30 pm</td>
<td>4:30 pm</td>
</tr>
<tr>
<td>7</td>
<td>Men</td>
<td>105 kg</td>
<td>14</td>
<td>4:00 – 5:00 pm</td>
<td>6:00 pm</td>
</tr>
<tr>
<td>8</td>
<td>Men</td>
<td>105 + kg</td>
<td>8</td>
<td>5:30 – 6:30 pm</td>
<td>7:30 pm</td>
</tr>
<tr>
<td></td>
<td>* Presentation : 8:45 am</td>
<td>83</td>
<td>End : 8h30 pm</td>
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**Sunday May 22**

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<th>SESSION</th>
<th>GENDER</th>
<th>CATEGORIES</th>
<th>NBR ATHL.</th>
<th>WEIGH-IN</th>
<th>COMPETITION</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Women</td>
<td>53B – 58B – 63C kg (7 + 6 + 1)</td>
<td>14</td>
<td>7:30 - 8:30 am</td>
<td>*9:30 am</td>
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<tr>
<td>9</td>
<td>Women</td>
<td>48 – 53 kg (7 + 8)</td>
<td>15</td>
<td>9:30 – 10:30 am</td>
<td>11:30 am</td>
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<tr>
<td>10</td>
<td>Women</td>
<td>58 – 63B - 69B kg (6 + 8 +2)</td>
<td>16</td>
<td>11:30 – 12:30 pm</td>
<td>1:30 pm</td>
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<tr>
<td>11</td>
<td>Women</td>
<td>63A – 69A kg (7 + 8)</td>
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<td>12</td>
<td>Women</td>
<td>75 - +75 kg (11 + 2)</td>
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<td>4:00 – 5:00 pm</td>
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