



Selection Criteria for Inter Provincial Competition

Year 2009 - 2010

Preface

The Manitoba Weightlifting Association has decided to follow the marker system as established by the Canadian Weightlifting Federation when selecting its teams to compete in international competitions instead of the Sinclair formula that has been previously used. This change is mainly due to the fact that it represents a better system in deciding teams especially when we are not in a position to fund full teams. This will also make it easier to compare individuals regardless of their gender. We will use the Junior Marker for Junior Events and the Senior Marker for Senior or Open Events as per CWFHC marker system. The only exception is the Canadian Senior Weightlifting Championships where the CWFHC has a minimum qualifying standard system in place and you cannot attend unless you have met this standard. **Important: changes to land travel regulations require a passport or special driver's license at the border. Please ensure that proper documentation is obtained.**

DATE	EVENT	SELECTION CRITERIA
October 10, 2009	Twin City/Glencoe Open, North Field, MN, USA	Qualifying period: March 28th, 2009 to September 29, 2009. Team size: Standard team size of 8 men and 7 women based on the senior marker system. 2 maximum per weight class. MWA will fund the top 10 athletes up to 50% of their transportation and registration cost based on the CWFHC Senior Marker. Others may self-fund.
January 23, 2010	2010 Junior Nationals, Lachute, QC	Qualifying period: September 1st, 2009 to January 5th, 2010. Team Size: Maximum of eight athletes. 2 maximum per weight class. MWA will fund the top 8 athletes regardless of gender up to 50% of their total cost based on the CWFHC Junior Marker. Others may self-fund.
March 27, 2010	2010 Western Canadians Winnipeg, MB	Qualifying period: September 1, 2009 to February 28th, 2010. Full team: 8 males and 7 females. 2 maximum per weight class. MWA will fund the top 8 males and 7 females up to 50% of their total cost based on the CWFHC Senior Marker.
May 22-23, 2010	2010 Senior Canadian National Championships, St Hyacinthe, QC	Qualifying period: October 1, 2009 to March 31st, 2010 MWA will fund all athletes who make the minimum CWFHC qualifying standard in their respective weight class up to 50% of their total cost. MWA will fund a maximum of 2 male and 2 female "Wildcards" up to 50% of their total cost. "Wildcards" shall be under 24 years of age and achieve 90% of the CWFHC qualifying standard.
TBA	2010 Saskatchewan Open, Saskatchewan	Qualifying period: TBA Team size: Standard team size of 8 men and 7 women based on the marker system. 2 maximum per weight class. MWA will fund the top 8 athletes up to 50% of their transportation and registration cost based on the CWFHC Senior Marker. Others may self-fund.

Please note that cost include transportation, entry fees and hotel; meals are the responsibility of the athlete.

Markers

Senior Men	56 kg	62 kg	69 kg	77 kg	85 kg	94 kg	105 kg	105+ kg
(2009 – 2010)	265.50	291.047	318.188	346.641	363.313	380.484	396.523	417.992

Senior Women	48 kg	53 kg	58 kg	63 kg	69 kg	75 kg	75+ kg	
(2009 – 2010)	180.484	197.305	212.141	223.680	232.109	240.953	262.922	

Junior Men	56 kg	62 kg	69 kg	77 kg	85 kg	94 kg	105 kg	105+ kg
(2009 – 2010)	259.496	282.823	309.740	332.656	351.167	361.177	367.938	374.104

Junior Women	48 kg	53 kg	58 kg	63 kg	69 kg	75 kg	75+ kg	
(2009 – 2010)	167.042	187.417	204.667	211.760	218.219	230.979	241.542	

Senior National Standards (2009-2012)

Men	56 kg	62 kg	69 kg	77 kg	85 kg	94 kg	105 kg	105+ kg
National Standards	173	190	207	226	237	248	258	272

Women	48 kg	53 kg	58 kg	63 kg	69 kg	75 kg	75+ kg	
National Standards	118	129	138	146	151	157	171	

Senior Nationals Wildcard Criteria

Provincial associations can nominate an additional 2 Women and 2 Men that have not reached the qualifying standard. They must be 23 years of age or under (calculated in the calendar year of the athlete's birthday so for 2010, it would be 1987, 1988...). Manitoba athletes wishing to qualify for a "wildcard" must reach 90% of the Senior National standard to be eligible.

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 National Championships. Athletes must achieve the standard to compete at the Canadian National Championships after two years as a non-qualified athlete.

This was presented and accepted on June 1, 2009 by the Manitoba Weightlifting Association Executive Committee.