



## **2018 Pan American Masters Weightlifting Championships**

## **2018 Canadian Masters Weightlifting Championships**

Canadian Athletes' Information Booklet  
and Registration Forms

June 15-16-17 (18)

**Pavillon des sports du Cégep de la  
Gaspésie les Îles**



**Town of Gaspé, (Québec), Canada**



## ***A Word From the Mayor of Gaspé, Daniel Côté***

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As the mayor of the town of Gaspé, it is an honor for me to welcome you in Gaspé and in the beautiful Gaspésie region. It is quite rare to welcome as many top-level athletes in the context of an event with an international flavor in Gaspé, so we are extremely proud! Please know that your presence is eagerly anticipated by the community and that we are happy to welcome you in our beautiful region!

I am confident that our exceptional environment will inspire you to push yourself further and beat your personal records, at least, this is what I sincerely wish you!

I am confident that the organizing committee will take up the challenge to welcome you and that you will keep fond lasting memories of your presence here!

Hoping to see you there!

The Mayor,

Daniel Côté

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## 2018 Canadian Masters and Pan American Masters Weightlifting Championships

On behalf of the Executive of the Canadian Masters Weightlifting Federation, I wish to extend my warmest welcome to all the participants, officials, and volunteers of the 2018 Canadian Masters and 2018 Pan American Masters Weightlifting Championships.



It is my sincere wish that all competitors will participate in this event in the spirit of True Sports and that you may all return safely to your homes from the many member countries of the Pan American Masters Federation and Canada.

### **John Case**

President – Canadian Masters Weightlifting Federation

Please note that a Canadian weightlifter, whether participating in one or both Championships, MUST be a member in good standing with BOTH the Canadian Masters Weightlifting Federation (<http://www.cdnmastersweightlifting.org>) AND her/his respective provincial or territorial association. Canadian Masters membership ends December 31 while provincial/territorial association memberships renew at various times in the year. Please ensure your memberships are up to date.



# REGULATIONS

## 1. COMPETITION TITLE

The competition is the Joint 2018 Canadian Masters National Weightlifting Championships and the 2018 Pan American Masters Weightlifting Championships (hereinafter, the “Competition”).

## 2. COMPETITION DATES

The Competition will take place June 15-16-17 2018. Please check for the final schedule on <https://panamgaspe2018.ca>



## 3. SANCTIONING BODY

The Competition is sanctioned by and the property of the Canadian Weightlifting Federation d'haltérophilie canadienne - Masters Committee (CWFHC-MC) and, by extension, the Canadian Weightlifting Federation d'haltérophilie canadienne (CWFHC) and the Pan American Masters Weightlifting Federation.

## 4. ORGANIZERS

The Competition's Local Organizing Committee is the Club Halt-Héros Gaspé who is responsible for the organization of the Competition. The Halt-Héros Gaspé committee established by and responsible to, and acts as a contractor to the CWFHC-MC and the Pan American Masters Weightlifting Federation.

## 5. COMPETITION VENUE

Pavillon des sports Marcel Bujold du Collège de la Gaspésie les Îles ([www.cegepgim.ca](http://www.cegepgim.ca))

96 rue Jacques Cartier, Gaspé, (Québec), Canada



*Cégep de la Gaspésie et des Îles*



*Pavillon des sport Marcel Bujold  
(back of the big pavillon)*

## 6. PARTICIPANTS

- 6.1 Any athlete, coach, team leader, and technical official active at the Competition shall hereinafter be defined as “Participant”.
- 6.2 The Canadian Masters portion of the Competition is open to any Canadian weightlifter 30 years of age or older.

The Pan American Masters portion is open to any athlete 35 years of age or older who has met the qualifying standard in a sanctioned weightlifting competition.

For either competition, all Canadian lifters must be a member in good standing of a provincial or territorial weightlifting association of the CWFHC and a member of the Canadian Masters Weightlifting Federation d’haltérophilie canadienne. **Please ensure your memberships are up to date.**

- 6.3 Technical Official participants must be Category 3 or higher referees and members of the CWFHC via its federated provinces and territories.
- 6.4 Technical Aide participants must be Category 4 or higher referees and members of the CWFHC via its federated provinces or territories.



## 7. EVENTS

### 7.1 Canadian Masters: Qualifying Totals, Age and Bodyweight Categories

7.1.1 There are NO qualifying totals required for the Canadian Masters Championships.

7.1.2 Please refer to Chart 1 for bodyweight and age categories.

Men		Women	
Bodyweight	AGE	Bodyweight	AGE
56	30-34	48	30-34
62	35-39	53	35-39
69	40-44	58	40-44
77	45-49	63	45-49
85	50-54	69	50-54
94	55-59	75	55-59
105	60-64	90	60-64
105+	65-69 70-74 75-79 80+	90+	65+

Chart 1: A weightlifter becomes a Canadian Masters lifter on January 1 of the year in which she/he attains the 30th anniversary. A Master's age for the entire year is the oldest the athlete will be that year.

### 7.2 Pan American Masters: Age Groups, Bodyweight Categories, and Qualifying Totals

#### Lowest Starting Attempt Total

Category	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
56kg	122	115	110	100	87	77	65	52	52	52
62kg	137	130	122	112	97	87	75	60	52	52
69kg	152	145	135	125	110	97	82	67	60	52
77kg	167	157	150	135	120	107	92	75	67	52
85kg	177	167	160	155	127	115	97	80	72	55
94kg	187	177	167	152	135	122	105	85	75	60
105kg	195	185	175	160	142	127	107	87	80	65
+105kg	202	192	182	167	150	135	112	92	85	70



## 7.2.1 Qualifying totals for men

### Qualifying Totals for Men

(Minimum start weight in snatch and clean & jerk is 26kg)

Catégorie	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
56kg	137	130	125	115	102	92	80	67	62	55
62kg	152	145	137	127	112	102	90	75	67	57
69kg	167	160	150	140	125	112	97	82	75	60
77kg	182	172	165	150	135	122	107	90	82	65
85kg	192	182	175	160	142	130	112	95	87	70
94kg	202	192	182	167	150	137	120	100	90	75
105kg	210	200	190	175	157	142	122	102	95	80
+105kg	217	207	197	182	165	150	127	107	100	85

*At the 2018 Pan American Masters Men Weightlifting Championships, no one will be allowed to start in the competition unless his first attempt Snatch plus his first attempt Clean and Jerk equals or is greater than a total 15 kilograms below the Qualifying Standards as summarized in the Lowest Starting Attempt Total for Men chart below.*

## 7.1.1 Qualifying totals for Women

### Qualifying Totals for Women

(Minimum start weight in snatch and clean & jerk is 21kg)

Catégorie	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70+
48kg	70	65	62	60	55	52	50	47
53kg	72	70	65	62	57	55	52	50
58kg	77	72	70	65	62	57	55	52
63kg	80	75	72	70	65	60	57	55
69kg	85	80	75	72	67	62	60	57
75kg	87	82	77	75	70	65	62	60
90kg	91	86	81	78	74	66	63	61
+90kg	95	90	85	82	77	67	65	62





### Lowest Starting Attempt Total

Catégorie	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70+
48kg	60	55	52	50	45	42	42	42
53kg	62	60	55	52	47	45	42	42
58kg	67	62	60	55	52	47	42	42
63kg	70	65	62	60	55	50	47	45
69kg	75	70	65	62	57	52	50	47
75kg	77	72	67	65	60	55	52	50
90kg	91	86	81	78	74	66	63	61
+90kg	95	90	85	82	77	67	65	62

## 8. AWARDS

- 8.1 The LOC will present all athletes in the Pan American Masters Championships with a participation certificate.
- 8.2 Medals provided by the LOC, will be awarded for 1st, 2nd, and 3rd for totals only in each class in both the Canadian and Pan American Masters Championships.
- 8.3 Grand Master Awards will be presented to the Best Female and the Best Male lifters in both the Canadian and Pan American Masters Championships.
- 8.4 The top three male and female teams in the Pan American Masters Championships will be awarded recognition trophy.  
  
The top three male and female provincial teams in the Canadian Championship will be awarded recognition trophy.
- 8.5 Awards will be given to the Best Lifter (Male and Female) for each age group in the Pan American Masters Championships.



### 9. REGISTRATION FEE

#### 9.1 Canadian Masters Championships

The entry fee for participation in **ONLY** the Canadian Masters is \$75.00 USD. These entry forms must be received before **May 15th 2018**.

#### 9.2 Canadian **AND** Pan American Championships

The entry fee for participation in **BOTH** championship events is \$125.00 USD. These entry forms must be received no later than **May 15th 2018**. This deadline is the same for all other Pan Am entries.

#### 9.3 Banquet Fees

Banquet tickets are NOT included in the registration fees noted above. Each ticket is \$35.00 USD.

Those who officiate at the contest will have free banquet.

#### 9.4 Team Entry Fee

At the Technical Conference, the National Chairman may submit to the Meet Director, a Team Competition Entry Form and Team Entry Fee of \$75.00 USD each for men and women.

#### 9.5 Payment

Please make checks or money orders payable to John Case national chairman.

#### 9.6 Mailing Entries

Please mail your entry form (pages 17, 18, 19) to:

Pan American Masters/Canadian Masters  
c/o John Case  
474 Victoria street  
London, Ontario, N5Y 4B3

#### 9.7 Proof of Entry

In the event of a dispute regarding the timely submission of the entry form, you are encouraged to mail your form by registered or Xpresspost mail. Each method of delivery allows the sender to track the status of the letter, and provides a receipt as proof of posting and a signature upon delivery.

As a courtesy, a “confirmation” email will be sent to you upon receipt of your entry form whether it was sent by standard or registered mail. If, after 7-10 days after posting your entry, you have NOT received the confirmation, please contact John Case. ([johncase@rogers.com](mailto:johncase@rogers.com))



### 9.8 Lot Number, Entry List and Schedule

After all entries are received, a randomly generated LOT number will be assigned to each athlete under the direction of the Competition Secretary who will then distribute the categories into as many sessions as required. A preliminary start list and schedule will be distributed to athletes via the CWFHC-MC website

(<http://www.cdnmastersweightlifting.org>) and the IWF – Masters website

(<http://www.iwfmasters.net>) and the panamgaspe2018.ca website

(<http://www.panamgaspe2018.ca>).

PRIOR to May 15<sup>th</sup> 2018

## 10. COMPETITION RULES AND REGULATIONS

10.1 The latest IWF, IWF Masters, and Pan American Masters Federation rules govern the Competition, subject to the following:

10.1.1 The Canadian Masters Championships allow athletes aged 30+ to participate.

10.1.2 Pan Am Masters weightlifters who do not achieve a total in the Snatch will not be allowed to continue to the clean and jerk.

10.2 Weight Category Change

Please note that according to IWF Masters Rules, an athlete may increase or decrease his/her bodyweight category at the Technical Meeting (Thursday June 14th at 7:00pm)

After the Technical Meeting, an athlete may increase BUT NOT DECREASE his/her bodyweight category. The athlete must notify the Competition Secretary and report to the weigh-in of the original weight category to confirm the change to the heavier category.

10.3 Minimum Starting Totals

Please refer to the Minimum Starting Totals Charts on pages 7, 8 and 9.

10.4 Required Documents

10.4.1 At the time of weigh-in, each lifter must present to the Competition Secretary or her delegate, one of the following documents: Passport, driver's license, birth certificate, or government ID showing front face and date of birth. Lifters who do not show documentation to the Competition Secretary or her delegate at the time of their weigh-in agree that they will only participate as Extra Lifters in the competition.

10.4.2 As the Competition is subject to drug testing, if applicable, a copy of your Therapeutic Use Exemption Form (TUE) is required if you are taking, for medical reasons, a substance that would normally be banned. Visit [www.cces.ca](http://www.cces.ca) for further information.



## 11. EQUIPMENT

\*\*\*Please note the number of entries may necessitate the use of 2 competition platforms. \*\*\*

Competition stage elevation	3 feet
Competition platform	Regulation
Competition barbell	Eleiko
Gradin	Second floor Seats first floor Pool first floor with saunas Doping control second floor Relaxing room first floor
Referee Lights	Modern electronic system
Scoreboard	Projected
Attempt Board	Projected
Clock	Electronic
Warm-up area	Same floor
Warm-up platforms	10
Warm-up barbell makes	Eleiko
PA System	Same one used in Competition
Scale	Electronic-digital (A weigh-in scale will be available at the host hotel and at the competition venue.)
Results Package	To be distributed at the banquet
Final Results	Excel
Sinclair Results	Excel
Announcing	The same system is used in both areas

## 12. MEDICAL

- 12.1 Certified First Aid Staff will be on duty each day of the Competition.

## 13. ANTI-DOPING

- 13.1 The Competition is registered for IWF-Masters drug testing. Collection of samples and testing of same will be completed by CCES personnel.



### 14. FINANCIAL RESPONSIBILITIES

- 14.1 CWFHC-MC and the Club Halt-Héros Gaspé
- 14.2 The participants will be responsible for their registration and banquet fees and hotel charges.

### 15. LOCAL ORGANIZING COMMITTEE

#### Competition Director

Yves Carignan

Tel. (418) 368-2948 ([yvescarignan119@gmail.com](mailto:yvescarignan119@gmail.com))

#### Competition Secretary

Mario Robitaille

Tel. (819) 277-2757 ([robitaille.mario2@hydro.qc.ca](mailto:robitaille.mario2@hydro.qc.ca))

#### Chief Refery

Yvon Chouinard ([yvonchoui@videotron.ca](mailto:yvonchoui@videotron.ca))

#### Assistants Directors

John Case ([mjohncase@rogers.com](mailto:mjohncase@rogers.com)) (Canadian weightlifting masters federation)

Corrine Grotenhuis ([cgroten@hotmail.com](mailto:cgroten@hotmail.com)) (Pan-American weightlifting masters federation)

### 16. TECHNICAL CONGRESS

- 16.1 A Technical Pan-am Congress will be held under the guidance of the local organization comity on Thursday, June 14th at 7:00 pm at the Hotel des Commandants
- 16.2 National Chairmen will verify the final entries.
- 16.3 After all entries are received, a randomly generated LOT number will be assigned to each athlete under the direction of the Competition Secretary who will then distribute the categories into as many sessions as required. The number of entries may necessitate the use of two competition platforms.
- 16.4 The Competition Secretary will publish the official Start List and distribute same, as well as update the information on the internet.
- 16.5 Technical Officials and aides will be assigned to the various sessions by the Competition Secretary.





### 17. CLOSING BANQUET

- 17.1 The closing banquet will be held at the Hotel des Commandants, Sunday, June 17th at 7:00pm
- 17.2 The cost of the banquet is NOT included in the registration fees. Tickets may be ordered by entering the required number of tickets on the Entry Form. Each ticket costs \$35.00 USD
- 17.3 Those who officiate at the contest will have free banquet.

### 18. ACCOMMODATION

#### HOST HOTEL Hotel des Commandants

178 rue de la Reine

Gaspé, (Québec), G4X 1T6

(less than 10 minutes walking to Pavillon des sports)



418-368-3355

1-800-462-3355



[www.hoteldescommandants.com](http://www.hoteldescommandants.com)



[mreservations@tdvhs.com](mailto:mreservations@tdvhs.com)

**Accommodation** \$113.00 CAD for a regular room (1 bed) per night  
**Costs from :** \$123.00 CAD for 2 bed (with view on the bay)  
\$133.00 CAD for a superior room  
\$143.00 CAD for a junior suite  
\$158.00 CAD for the suite

**with a continental breakfast included.**

**Distance :** From the hotel to the competition venue: 5 minutes walking

**Notes :** Indicate you are with the Gaspé Pan American weightlifting group.

Rooms are limited so please book early. Prices are for June 12th to June 20th 2018



## 2018 Canadian Masters and Pan American Masters Weightlifting Championships



*Host Hotel: Hotel des commandants*



### 19. ALTERNATE ACCOMMODATIONS

Other accommodations available on our website <http://panamgaspe2018.ca>

With special price for Panam Gaspé participants

#### GASPE AIRPORT

627 boul de York S

Gaspé, Qc, G4X 2L3

Tel.: 418-368-8880

<b>Distance :</b>	5 minutes by car from downtown Gaspé
<b>Notes :</b>	We will provide a shuttle from the airport to all the Gaspé Hotel  Please send us our time of arrival and departure to Yves Carignan at tel. (418) 368-2948 or <a href="mailto:yvescarignan119@gmail.com">yvescarignan119@gmail.com</a>

### 20. CWFHC-MC Annual General Meeting

The AGM will be held at Hotel des Commandants on Friday, June 15th at 7:00pm

Please send agenda items to John Case [mjohnncase@rogers.com](mailto:mjohnncase@rogers.com)



## 2018 Canadian Masters and Pan American Masters Weightlifting Championships

Registered For IWF-Masters Drug Testing  
June 15-16-17, 2018  
Gaspé, Québec, Canada

Individual Official Entry Form For **Canadian** Athletes Please  
TYPE or **PRINT clearly** all information.  
Fill in the blanks for the Championship(s) of your choice.

Please enter me in the \_\_\_\_ kilogram class \_\_\_\_ age group \_\_\_\_ male \_\_\_\_ female of the  
**2018 Canadian Masters Weightlifting Championships.**

**OR**

Please enter me in the \_\_\_\_ kilogram class \_\_\_\_ age group \_\_\_\_ male \_\_\_\_ female of the  
**2018 Canadian Masters and Pan American Masters Weightlifting Championships.**

In consideration of my entry in this competition and any and all activities related to it, I, the undersigned, acknowledge, confirm, appreciate and agree that:

1. The risk of injury from the activities involved in the competition is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, coaching and personal discipline may reduce these risks, the potential for injury does exist.
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, and I assume full responsibility for my participation in the Competition.
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the CWFHC-MC, Pan American Masters Federation or its officials immediately.
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS the IWF-M, Pan American Masters Weightlifting Federation, Canadian Weightlifting Federation d'Haltérophilie Canadienne, CWFHC-Masters, the Club Halt-Héros Gaspé, C.E.G.E.P de la Gaspésie les Iles, the city of Gaspé, and the Directors, Representatives, and Successors, and/or Assigns and Sponsors of the Competition, their respective officers, directors, officials, agents and/or employees, volunteers, other participants, sponsoring agencies, sponsors and advertisers (the "RELEASEES"), WITH RESPECT TO ANY AND ALL INJURIES, DISABILITY, DEATH, OR LOSS OR DAMAGE TO PERSON OR PROPERTY, FOR EXPENSES OF MEDICAL TREATMENT, HOSPITALIZATION, AND OTHER COSTS, DAMAGES OR LOSSES SUFFERED OR INCURRED BY ME IN CONNECTION WITH MY TRAVEL TO AND FROM THE COMPETITION AND MY PARTICIPATION IN THE COMPETITION AND RELATED ACTIVITIES.

I agree that the IWF Masters, Pan American Masters, Canadian Weightlifting Federation d'Haltérophilie Canadienne, CWFHC-Masters and their agents (including competition personnel and volunteers) may make judgements with appropriate input from available medical personnel as to my



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treatment, hospitalization or other medical care in the event of my illness or accidental injury in connection with my participation in the Competition should I be disabled or incompetent to make necessary and appropriate decisions concerning such treatment, hospitalization or other care. I authorize the IWF Masters, Pan American Masters, Canadian Weightlifting Federation d'Haltérophilie Canadienne-Masters, CWFHC and its agents (including competition personnel and volunteers) to make decisions for me as though they stood in a relationship to me of parent, guardian, or next of kin should circumstances require the aforementioned to make judgements and provide that my next of kin cannot be timely and/or conveniently contacted to participate in the making of such judgements. I hereby, release and agree to hold the IWF Masters, Pan American Masters, Canadian Weightlifting Federation d'Haltérophilie Canadienne-Masters, CWFHC and their agents (including personnel and volunteers) harmless for all expenses, causes of actions, liability, claims, and demands arising from good faith judgements made by the aforementioned concerning my treatment, hospitalization and medical care in the event of my illness, injury and/or other emergency circumstances in connection to the Competition.

I agree that I will be financially responsible for the treatment, hospitalization and other medical care received by me in the event of my illness, injury and/or other emergency circumstances in connection with the Competition: except to the extent my injury and medical expenses, if any, are covered by accidental death, dismemberment, loss of sight, and medical reimbursement policies: in which event, I will nevertheless continue to be financially responsible for expenses of treatment, hospitalization and other medical care in excess of such policies' limits.

I agree to be filmed and photographed under conditions approved and authorized by the IWF Masters, Pan American Masters, Canadian Weightlifting Federation Haltérophilie Canadienne-Masters, CWFHC to include the use of my name, biological information, public appearances, interviews, photographs, portraits, motion pictures and television recordings of my weightlifting performances and grant to the IWF, Pan American Masters, Canadian Weightlifting Federation Haltérophilie Canadienne-Masters, CWFHC, its right to record and make sure of the same and to authorize others to do so in promoting the competition and the success of the weightlifting team on which I compete to promote the image of the IWF Masters, Pan American Masters, Canadian Weightlifting Federation Haltérophilie Canadienne-Masters, CWFHC, its sponsors, advertisers, and the sport of Olympic Weightlifting and to fund the activities of the IWF Masters and my National Masters Program. Furthermore, I declare that I agree to the contents of the IWF Masters Rule Book, pursuant to its latest revision at the time of this competition and, in particular, to Section 15 Anti Doping Policies: 15.1 The IWF Masters recognizes the right of any member country to conduct tests on any lifter selected for drug testing at any IWF Masters organized event or at any other time. 15.16 All lifters must sign on the entry form for the IWF Masters organized event, a statement that the IWF Masters has the authority and the right to test for banned substances. **Drug testing will be strictly enforced.**

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT INDUCEMENT.

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_





## 2018 Canadian Masters and Pan American Masters Weightlifting Championships

### PLEASE PRINT CLEARLY Canadian Athlete's Registration Form

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LAST NAME :  FIRST NAME :

ADDRESS :  CITY :

PROVINCE :  POSTAL CODE :

PHONE NUMBER :

EMAIL ADDRESS :

DATE OF BIRTH : DAY  MONTH  YEAR

AGE AS OF DECEMBER 31, 2018 :

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BEST OFFICIAL TOTAL MADE BETWEEN JUNE 6th 2017 AND MAY 1st 2018:  KGS

NAME AND DATE OF MEET

(FOR THOSE ENTERING THE PAN AMERICAN MASTERS) QUALIFYING TOTAL FOR MY AGE GROUP AND  
BODYWEIGHT CATEGORY  KGS

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If you are a referee willing to officiate, what is your level ?

National Level ☐ IWF Cat.1 ☐ IWF Cat. 11 ☐

I am willing to officiate anytime. ☐ I am willing to officiate only after I lift. ☐

The Competition Secretary, Mario Robitaille, will be contacting officials prior to the competition to fill the referee assignments. Please contact him ([mrobitaille.mario2@hydro.qc.ca](mailto:mrobitaille.mario2@hydro.qc.ca)) if you require more information or are willing to help him with the competition.

#### FEES :

I am entering ONLY the Canadian Masters Championships (\$75.00 USD)

I am entering the Canadian Masters and Pan American Masters Championships (\$125.00 USD)

I am ordering  banquet tickets at (\$35.00 USD) each.  X \$35.00 USD =

**TOTAL**

Having read and understood all of the above and stated provisions, I hereby submit my Entry Form.

Signature  Date

#### Registration fees are non-refundable.

PLEASE MAKE YOUR CHEQUE OR MONEY ORDER PAYABLE  
TO John Case  
Forms must be received by the first may 2018.

#### Please include page 17, 18, 19 with your payment and mail to:

Pan American Masters/Canadian Masters  
John Case (National chairman)  
474 Victoria Street  
London, Ontario  
N5Y 4B3



### TECHNICAL MEETING

The Pan-am Technical Meeting will be held Thursday, June 14th at the Hotel des Commandants. The meeting will take place at 7:00pm.

The Canadian annual meeting will be held Friday, June 15th at Hotel des Commandants. The meeting will take place at 7:00pm.

### OPENING CEREMONIES

Opening ceremonies are scheduled for 8.30 am on Friday morning, June 15th at the competition venue

### SCHEDULE AND START LIST

Competition will take place on Friday, Saturday and Sunday June 15,16,17 at Pavillon des Sports Marcel Bujold of the Collège de la Gaspésie et des Îles. The Start List and schedule will be OFFICIAL after all entries are in. Will be on the Canadian, world and <http://panamgaspe2018.ca> web site.