



Ville de Gaspé

A Word From the Mayor of Gaspé, Daniel Cote



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 Cote



***A Message from the President
Of the Canadian Masters Weightlifting – John Case***

On behalf of the Canadian Masters Weightlifting Federation, I welcome all the competitors, coaches, officials, volunteers and family members who have joined us for this historic event at Gaspé, Quebec.

Although you will be focused on your event we invite you to see all of the many beautiful and safe places you may wish to travel while you are here.

Please check in with the organizer for more details on all the local attractions, sights and adventures here in Gaspé.

You will not want to miss the chance to take in the whale watching or checking out the beautiful scenery.

Good luck to you all and good lifting.



2018 PAN AMERICAN MASTERS WEIGHTLIFTING CHAMPIONSHIPS
REGISTERED FOR IWF-MASTERS DRUG TESTING
June 15-17, 2018.
Gaspé, Québec, Canada

National Chairman: **John Case** johncase@rogers.com

Competition Director: **Yves Carignan** yvescarignan119@gmail.com Secretary
of Competition: **Mario Robitaille** robitaille.mario2@hydro.qc.ca Competition

Head Referee: **Yvon Chouinard** yvonchoui@videotron.ca

Entries and technical director: **Mario Robitaille** robitaille.mario2@hydro.qc.ca

Pan Am director: **Corinne Grotenhuis** Cgroten@hotmail.com

**Athletes: Please send your entry forms and registration fee to your respective
National Chairman no later than MAY 15th, 2018.**

Registration fee per athlete	125.00 USD
Registration fee per team (Chairman Only)	75.00 USD
Banquet, Sunday, June 17 th , 2018	35.00 USD
Hotel des Commandants at 7:00 pm.	

Proof of entry: In the event of a dispute regarding the timely submission of the Entry Form, all lifters must have proof of having mailed the Entry Form to their National Chairman. To ensure evidence of timely submission, you are encouraged to mail the entry form by Certified Mail and Return Receipt Requested or hand-in to your Chairman in person

Eligibility: All master lifters properly registered with their respective National Master's Program who are at least 35 years of age on or before December 31, 2018. Participants must show proof of age and current registration in their respective National Weightlifting Federation at the time of weigh-in Age Groups.

Competition Venue

The competition will take place in the gymnasium of the **Pavillon des Sports** Marcel Bujold of College de la Gaspésie et des îles, Gaspé . **Also included:** Saunas for women and men, relaxing room, pool, pre-official scale room, official room, anti-doping room etc.

Depending of the number of participants we may have a two platform competition set-up. Age group days on preliminary schedule will not change

Hotel

Main Hotel **Hotel des Commandants** **178 rue de la Reine, Gaspé, Québec, Canada, G4X-1T6**

Telephone: +1 800 462 3355
 1 418 368 3355

Note from Canadian Masters Weightlifting Federation: Please do not send in Hotel Registration Money with this application. Please register and pay for your own Hotel accommodation. Thank you.

Room rate:	Regular room (1 bed)	\$113 CAD
	Regular room with view (2 beds)	\$123 CAD
	Superior room	\$133 CAD
	Junior suite	\$143 CAD
	Suite	\$158 CAD

For all room: Continental breakfast includes

Price are effective from June 12th 2018 to June 20th 2018

Note: Rooms are limited so please book on time.

Important: Mention that you are with the Pan Am Championship group

There are other hotels and accommodations with special prices for the participants of the Panam Gaspé championship. Those others accommodations will be on the web site with all the details www.panamgaspe2018.ca

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Airport

Michel-Pouliot Gaspe Airport (**YGP**) is 5 minutes from downtown,
Free transportation Shuttle. **Please indicate flight number and time arrival by e-mail to**
yvescarignan119@gmail.com or phone 418 368 2948, cell 418 368 9208

Served by Air Jazz of Air Canada Airline (other company may supply depending of the
number of the demand).

Address: Boulevard de York S. Gaspé (Québec), Canada, G4X-2K6

PHONE: 418-368 2104

Technical Congress

Thursday June 14th in the Hotel des Commandants at **7:00 pm**.
(It will be the last time to decrease your body weight category). Schedule of competition
and start list will be shown one month before the competition www.panamgaspe2018.ca

Opening Ceremony

The opening ceremony is scheduled for Friday June 15th at **8:30am**. At the
competition venue, Gymnasium of Pavilion des sports Marcel Bujold.

Banquet

Will take place on Sunday June 17 at **7:00 pm**. (Cost \$35.00 USD) at the
Hotel des Commandants

Volunteers, Officials will be provided with the banquet. please indicate your role

Annual Congress

The Annual Congress will take place during the Banquet Sunday at **7:00 pm**. Awards will be
given to the best athlete in all age group, also to the 3 first national team, and also to the
best female and male weightlifter. And an additional category of awards for team trophies
will be awarded by province. Calculation will be Sinclair-Metzler formula.

Competition days

June 15-16-17th 2018. Depending of the number of entries, we may have a two platforms
competition.

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Qualifying standards have to be made between

June 9, 2017 and May 1, 2018

Age Groups

Men: M35-39 M40-44, M45-49, M50-54, M55-59, M60-64, M65-69, M70-74
M75-79, M80+

Women: W35-39, W40-44 W45-49 W50-54, W55-59, W60-64, W65-69, W70+

Qualifying Totals for Men

(Minimum start weight in Snatch and Clean & Jerk is 26kg)

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

At the 2018 Pan American Masters Men's Weightlifting Championship, no athlete 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~~ table

Lowest Starting Attempt Total

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

**2018 PAN AMERICAN MASTERSWEIGHTLIFTING CHAMPIONSHIPS
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Qualifying Totals for Women

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

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

At the 2018 Pan American Masters Women's Weightlifting Championship, no athlete will be allowed to start in the competition unless her first attempt Snatch plus her first attempt Clean and Jerk equals or is greater than a total 10 kilograms below the Qualifying Standards as summarized in the Lowest Starting Attempt Total table

Lowest Starting Attempt Total

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

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Individual Official Entry Form

Please clearly TYPE or PRINT all information

Please enter me in the kilogram _____ CLASS IN AGE GROUP M _____ OR F _____ TO THE 2018 Pan American Masters Weightlifting Championships at Pavillon des Sports, College de la Gaspésie les îles.

In consideration of my entry in this competition, I do hereby waive, and release the IWF Masters, Pan American Masters Committee, Canadian Masters Weightlifting Federation and their directors, officers, and agents, the meet director, competition personnel, volunteers, and all other related parties from any and all actions, liability, claim, and demands of every kind and nature that I or my heirs or personal representatives may have for bodily injury, 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 meet and my participation in the competition and related activities.

I agree that the IWF Masters, Pan American Masters Committee, Canadian Masters Weightlifting Federation and their agents, including competition personnel and volunteers, may make judgments with appropriate input from available medical personnel as to my 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 Committee, Canadian Masters Weightlifting Federation, 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 judgments and provide that my next of kin cannot be timely and / or conveniently contacted to participate in the making of such judgments. I hereby, release and agree to hold the IWF Masters, Pan American Masters Committee, Canadian Masters Weightlifting Federation, and their agents (including competition personnel and volunteers) harmless for all expenses, causes of action, liability, claims, and demands arising from good faith judgments 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 with 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.

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I agree to be filmed and photographed under conditions approved and authorized by the IWF Masters, Pan American Masters Committee and Canadian Masters Weightlifting Federation, to include the use of my name, biographical information, public appearances, interviews, photographs, portraits, motion pictures and television recordings of my weightlifting performances and grant to the IWF Masters, Pan American Masters Committee and Canadian Masters Weightlifting Federation, the right to record and make use of the same, and to authorize others to do so in promoting the competition and the success of weightlifting team on which I compete, to promote the image of the IWF Masters, Pan American Masters Committee and Canadian Masters Weightlifting Federation, 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 the "IWF MASTERS ANTI DOPING" section 1.1 which states "The IWF Masters and Continental Masters follow the WADA and IWF Rules on Anti Doping" and 3.1 which states "The IWF and Continental Masters will liaise with the Championship Organizing Committees to ensure that the NADO (National Anti Doping Organization) of the country where the championship is taking place will cooperate to enable anti doping to be conducted and using the NADO DCO's (Doping Control Officers)."

I HAVE READ THIS RELEASE OF LIABILITY AND RISK ACCEPTANCE AND CONFIRM FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE COMMITTED MY SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGNED IT FREE AND VOLUNTARILY WITHOUT PREJUDICE.

SIGNATURE _____ DATE _____



2018 PAN AMERICAN WEIGHTLIFTING CHAMPIONSHIP
 REGISTERED FOR IWF-MASTERS DRUG TESTING JUNE
 15-17 2018.

Gaspé Quebec Canada
PLEASE PRINT CLEAR

LAST NAME _____
 FIRST NAME _____
 STREET _____
 CITY/TOWN _____
 COUNTRY _____
 POSTAL/ZIP CODE _____

PHONE HOME _____ PHONE WORK/CELL _____

PHONE EMERGENCY _____
 BIRTHDATE DAY _____ MONTH _____ YEAR _____ (MUST BE 1983 OR LATER)
 AGE AT DECEMBER 31th 2018 _____
 BEST TOTAL BETWEEN JUNE 6TH 2017 AND MAY 15TH 2018 _____ kg
 WEIGHT CLASS M ___ OR F ___
 NAME AND DATE OF THE COMPETITION _____ DATE _____
 ATHLETE ENTRY TOTAL _____ kg

ARE YOU WILLING TO SERVE AS OFFICIAL YES ___ NO ___
 LEVEL: NATIONAL ___ IWF1 ___ IWF2 ___

I AM READY TO SERVE A ANY MOMENT _____
 I AM READY TO SERVE AFTER MY COMPETITION _____

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

IWF -MASTERS RULE: Lifters cannot do the clean jerk after three failures in three
 snatches.

Fees: I register in the 2018 Pan American Masters Weightlifting Championship
 at \$125 USD

Registration fees \$125 _____ USD

Banquet person ___ X \$35 USD _____ USD

TOTAL _____ USD

SIGNATURE _____ DATE _____

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At the time of weigh-in, each lifter must present to the Competition Secretary one of the following documents:

Driver's license, passport, birth certificate, national membership card or government ID showing their date of birth. Lifters who do not show documentation to the Competition Secretary at the time of their weigh-in agree that they will only participate as Extra Lifters in the competition.

Making changes to bodyweight class: According to IWF Masters Rules during the technical congress the athlete can move the bodyweight class from where was registered. A lifter can move up or down a bodyweight class during the technical congress. The athlete cannot move down his/her bodyweight class after the technical congress but has to inform to the Secretary of Competition and attend to the lower bodyweight for moving to the heavier. If there is any question, the athlete must consult with his/her National Chairman.

Before the technical congress the National Chairmen will be ask to submit to the Competition Director the team entry list together with the fee of \$75 (USD) for men and women.

Any athlete who has not paid his/her entry fee before the technical congress won't be able to participate in the Championships

Awards: Medals will be presented to first, second, and third place for totals only. Best lifter for each age group (male and female)
Team awards for first, second, and third (male and female)

Training: All lifters may train at the competition venue.

Medals: Will be presented between sessions.

Weigh-In: All weigh-ins will take place at the official weigh-in assigned place at the competition venue.

Scale: There will be a check scale at the warm-up area adjacent to the official weigh-in room and at the competition hotel.

For more information go to website www.panamgaspe2018.ca

FOR U.S. RESIDENT, SEND YOUR ENTREY FORM AND MONEY TO:

HOWARD COWEN, NATIONAL CHAIRMAN OF THE U.S. MASTER WEIGHTLIFTING FEDERATION.
130 Brandywine Road
Savannah, Georgia, 31405
United States of America