

**CANADIAN WEIGHTLIFTING FEDERATION HALTÉROPHILE CANADIENNE
(CWFHC)**

TO:	CWFHC Provincial directors of provincial associations who enter an athlete and a coach
DATE:	May 5th, 2015
OBJECT:	2015 Canadian Senior Championships - CCSR-2015 SCHEDULE

The Organising committee has received your final entries for the CCSR-2015. Thank you for your cooperation.

For your information, we reached 202 athletes after the final entries, which is unusual after the preliminary entries. The challenge was to review and adjust the schedule without too many modifications between the B and C group already announced (Friday).

There were some e-mails exchanged with the VP admin, Mr. Craig Walker, to make sure that every athlete register in the final entries completed the CWFHC athlete agreement to register in the NAP database, completed the CCES online anti-doping course and sent the waiver forms. These steps delayed the usual process of schedule preparation. They are all new procedures!

- 1) Find in the annex the schedule with the identification of athletes in the B-C and D groups. We used their declared totals to rank the athletes. We grouped the athletes using the total declared enabling faster running of the competition.
- 2) Instead of the usual technical meeting on Friday evening, we will proceed with a verification of entries at 2h00 PM at the competition site. Each team leader will check his or her list and sign it to scratch / confirm the athletes and their respective categories.
- 3) Please review the list of participants to make sure that every name on your final entry form appears. We thank the provincial directors who already informed us about athletes who have withdrawn from the competition. Final entries and cheques have already been submitted, and the Org. Comm. will issue no refunds.
- 4) The provincial directors are responsible for circulating this schedule and starting list among their team members.

5) We thank the provincial directors who confirmed their participation in the CWFHC – Annual General Meeting on Friday, May 15. The agenda of the meeting will be adjusted to this reality of the increased number of participants, and considering the fact that some provincial directors have duties to their own provincial team (as team leaders, referees or coaches).

Regards.

Translated by C. Walker, CWFHC v.-p. administration

FOR: CWFHC executive committee

By: A. Brassard, directeur – FHQ admin@fedhaltero.qc.ca

Fédération d'haltérophilie du Québec

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DISTRIBUTION LIST (same has April 21, 2015) (sent by e-mail only)		
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2015 Canadian Senior Championships

Schedule – III (May 5)

COMPETITION SITE: University of Toronto - Mississauga Campus 3359 Mississauga Road North, Mississauga, ON L5L 1C6 http://www.utm.utoronto.ca/					
Friday May 15, 2015					
2:00 PM verification of entries (competition site – replace the technical meeting. Team leader verified the list of their athletes and signed the form).					
SESSION	GENDER	CATEGORIES	NBR ATHL.	WEIGH-IN	COMPETITION
1	Men	69B – 77D kg (8 + 10)	18	2 :30 – 3 :30 pm	4 :30 pm
2	Men	77C – 85B kg (9 + 7)	16	4 :30 – 5 :30 pm	6 :30 pm
	* Presentation : 4 :15 pm		34		End : 8h30
Saturday May 16, 2015					
SESSION	GENDER	CATEGORIES	NBR ATHL.	WEIGH-IN	COMPETITION
3	Men	56 – 62 kg (2 + 9)	11	7:00 - 8:00 am	*9:00 am
4	Men	69A – 77B kg (12 + 4)	16	8 :30 – 9 :30 am	10 :30 am
5	Men	77A – 105B kg (11 + 5)	16	10 :30 – 11 :30 am	12 :30 pm
6	Men	85A kg	15	12 :30 – 1 :30 pm	2 :30 pm
7	Men	94B kg	13	2 :00 – 3 :00 pm	4 :00 pm
8	Men	94A - +105B kg (10 + 2)	12	4 :00 – 5 :00 pm	6 :00 pm
	* Presentation : 8 :45 am		83		End : 8h30 pm
Sunday May 17, 2015					
SESSION	GENDER	CATEGORIES	NBR ATHL.	WEIGH-IN	COMPETITION
9	Women	48 - 53 kg (3 + 13)	16	7:00 - 8:00 am	*9:00 am
10	Women	58B – 63B kg (8 + 9)	17	9 :00 – 10 :00 am	11 :00 am

11	Women	58A – 69B kg (9 + 8)	17	11 :00 – 12 :00 pm	1 :00 pm
12	Women	63A kg	11	1 :00 – 2 :00 pm	3 :00 pm
13	Women	69A – 75 - +75 kg (5 + 5 + 2)	12	2 :30 – 3 :30 pm	4 :30 pm
14	Men	105 - +105 kg (6 + 6)	12	4 :00 – 5 :00 pm	6 :00 pm
	* Presentation : 8 :45 am		85		End : 8h30 pm
		Total :	202		

Note :	With 9 athletes and more in a group, there will be no break between snatch and clean & jerk.				
10.1	Reminder: "A competitor who, within the time allocated for the weight-in, fails to make bodyweight of the category in which he or she is officially entered (declare at the technical meeting) is excluded from the actual competitions".				
10.2	IWF 2013 – 2016 Regulation 6.6.5 - The total weight of the starting attempts declared and actually taken in the Snatch and the Clean & Jerk cannot be less than fifteen (15) kg below the verified Entry Total for women and twenty (20) kg below the verified Entry Total for men. The Jury will exclude the athlete from the competition if this rule is not adhered to. The above rule is commonly referred to as the "15/20 Kilo Rule".				
W-58B (8)	(140 to 144 kg)	Francine Grabinsky, Mylene Bourget, Danielle Goldman, Gabryelle Boudreault-Lafortune, Bulsara Fereshteh, Orienté K. Laflamme, Stéphanie Salerno, Helena Billen			
W-63B (9)	(145 to 157 kg)	Amy Sped-Andrews, Erin Lambert, Courtney Berg, Pénélope Makropulos, Rachel Rottger, Taryn Haggerstone, Andréanne Messier, Michèle Lachance, Jeanne Robitaille			
W-69B (8)	(150 to 168 kg)	Stéphanie Peter, Julia Boggie, Abra Thompson, Michèle Masson-Trottier, Nancy Kozorezova, Whitney Darchuk, Ayesha Sabayle, Elma Ducic			
M-69B (8)	(210 to 215 kg)	James Cabusao, David Cho, Raphaël Boucher, Olivier Do Duc, Christopher Luu, Cheng Xu, Jeffrey Ortiz, Nouhad Soubrad			
M-77D (10)	(230 to 234 kg)	Kyle Pichie, Kevin Wallace, Carlos Pareja, Luka Lafleur, Jérôme Bell, Pierre-Alexandre Bessette, Maxime Huot, Lucas King, Guillaume Bilodeau, François St-Pierre			
M-77C (9)	(243 to 235 kg)	Curtis Howden, Gabriel Thibault-Flamand, Claude Caouette, Gabriel Bouchard-Vincent, Francis Caron-Racicot, Félix Darsigny-Morissette, Maxime Tanguay, Ben Truner, Alex Tossun,			

M-77B (4)	(244 to 253 kg)	Alexandre Vachon, Jonathan Reid, Albert Pilon, Richard Kam
M-85B (7)	(237 to 245 kg)	Nathan Kew, Andrew Pretty, Martin Berberov, Troy Appleton, Marc-André Monast, Jerdy Lemire-Lamontagne, Dany Marineau
M-94B (13)	(255 to 276 kg)	Kyle Gentle, David Spurr, Pierre-Luc Doré, Alex Tymoshneko, Raphaël Dozzi, Jonathan Gibbons, Tim Enfield, Thomas Angelitti, Nick Pawliuk, Justin Janda, Alex Kaumeyer, Laurent Goyette-Demers, Maxime Leblanc
M-105B (5)	(260 to 261 kg)	Shane Stoneman, Dong Lu, Vincent Gendron, Znak Oveden, Ryne Cristovao
M-+105B	(277 to 280 kg)	Blake Wilson, Mark Sicard

Based on final entries				
CAT.	Nbr of athl.		CAT.	Nbr of athl.
48 kg	3		56 kg	2
53 kg	13		62 kg	9
58 kg	17		69 kg	20
63 kg	20		77 kg	34
69 kg	13		85 kg	22
75 kg	5		94 kg	23
+75 kg	2		105 kg	11
			+105 kg	8
	73			129
202 athletes				

	Name	PROV	Y o B	CAT.
1	Amanda Braddock	ON	1989	48
2	Caroll-Anne Paul	QC	1993	48
3	Anne-Marie Young	MB	1986	48
1	Jessica Ruel	QC	1991	53
2	Rachel Bazinet-Leblanc	QC	1988	53
3	Cynthia Barrette	QC	1997	53
4	Esther Dalle	ON	1980	53
5	Ann-Maxime Bouffard	QC	1998	53
6	Adrienne Arnaud	ON	1987	53
7	Valerie Hoang	ON	1988	53
8	Jenn Lymberger	ON	1989	53
9	Rosalie Laurin-Larouche	QC	1978	53
10	Heather Amundrud	ON	1974	53
11	Lisa Ha Nguyen	QC	1985	53
12	Elizabeth Pike	QC	1994	53
13	Sarrah Hill	SK	1983	53
1	Lacey Van Der Marel	ON	1987	58
2	Tali Darsigny	QC	1998	58
3	Marilou Dozois-Prévost	QC	1986	58
4	Taylor Findlay	ON	1993	58
5	Caroline Lamarche-McClure	QC	1995	58
6	Ariane Gervais	QC	1994	58
7	Florence Lavoie	QC	1992	58
8	Mélanie Clarke	NS	1983	58
9	Jeenat Billen	BC	2001	58
10	Helena Billen	BC	1995	58B
11	Stéphanie Salerno	ON	1988	58B
12	Orienté K. Laflamme	QC	1987	58B
13	Fereshteh Bulsara	QC	1986	58B
14	Gabryelle Boudreault-Lafortune	QC	1993	58B
15	Danielle Goldman	QC	1987	58B
16	Mylene Bourget	ON	1978	58B
17	Francine Grabinsky	AB	1990	58B
1	Maude Charron	QC	1993	63
2	Isabelle Despres	ON	1980	63
3	Jessica Jean	ON	1996	63
4	Catherine Darsigny	QC	1994	63
5	Adee Zukier	ON	1990	63
6	Érika Letendre	QC	1986	63
7	Pery Hanlon	ON	1993	63
8	Maggie Cumetti	QC	1995	63
9	Magalie Roux	QC	1999	63
10	Jocelyn Rylee	SK	1983	63

11	Audrey Michaud	QC	1991	63
12	Jeanne Robitaille	ON	1987	63B
13	Michèle Lachance	QC	1987	63B
14	Andréanne Messier	QC	1999	63B
15	Taryn Haggerstone	BC	1990	63B
16	Rachel Rottger	AB	1989	63B
17	Pénélope Makropoulos	QC	1993	63B
18	Courtney Berg	SK	1992	63B
19	Erin Lambert	ON	1985	63B
20	Amy Speed-Andrews	AB	1976	63B
1	Marie-Josée Arès-Pilon	MB	1982	69
2	Kristel Ngarlem	QC	1995	69
3	Maya Laylor	ON	1995	69
4	Rachel Siemens	BC	1989	69
5	Nicole K. Barnett	ON	1988	69
6	Elma Ducic	ON	1983	69B
7	Ayesha Sabayle	ON	1990	69B
8	Whitney Darchuk	SK	1987	69B
9	Nancy Kozorezova	ON	1994	69B
10	Michèle Masson-Trottier	QC	1992	69B
11	Abra Thompson	SK	1989	69B
12	Julia Boggia	ON	1990	69B
13	Stéphanie Peter	ON	1985	69B
-	Taryn Romanowich	SK	1988	69
1	Marie-Ève Beauchemin-Nadeau	QC	1988	75
2	Prabdeep Sanghera	BC	1993	75
3	Snimerdeep Sanghera	BC	1995	75
4	Emma Barnes-Crevier	QC	1986	75
5	Kerry Macgowan	AB	1990	75
1	Juliya Kachaeva	QC	1990	+75
2	Samantha Schulz	AB	1993	+75
	Name	PROV	Y o B	CAT.
1	Kevin Rivard	QC	1996	56
2	Ralph Soriano	BC	1989	56
1	Nikolai A. Varbanov	ON	1999	62
2	Ian Haya	ON	1982	62
3	Chad Langan	ON	1992	62
4	Brent Maclachlan	ON	1988	62
5	Jeffery Woo	SK	1991	62
6	Joel Hugh	BC	1985	62
7	Peter Li	AB	1988	62
8	Albert Min	AB	1991	62

9	Maxime Caouette	QC	1998	62
1	Francis Luna-Grenier	QC	1987	69
2	Samuel Pietracupa	QC	1987	69
3	Alex Bellemarre	QC	1998	69
4	Nicolas Vachon	QC	1996	69
5	Dave Earle	ON	1987	69
6	Olivier Dupuis	QC	1997	69
7	Jason Trinh	SK	1984	69
8	Edouard Freve-Guerin	QC	1996	69
9	Yatin Parasher	ON	1988	69
10	Royce Rabanal	ON	1993	69
11	Ken Smith	ON	1982	69
12	Daniel Frankel	ON	1995	69
13	Nouhad Soubra	QC	1991	69B
14	Jeffrey Ortiz	ON	1993	69B
15	Cheng Xu	AB	1990	69B
16	Christopher Luu	AB	1987	69B
17	Olivier Do Duc	QC	1984	69B
18	Raphaël Boucher	QC	1996	69B
19	David Cho	BC	1995	69B
20	James Cabusao	BC	1989	69B
	Jasvir Singh	BC	1977	69
1	Jean-Marc Béland	QC	1984	77
2	Jimmy Niro-Demers	QC	1997	77
3	Darryl Conrad	MB	1984	77
4	Félix-Antoine Bouffard	QC	1996	77
5	Jérôme Boisclair	QC	1991	77
6	Adam Masse	BC	1991	77
7	Roody St-Pierre	QC	1992	77
8	Michael Zachary	MB	1987	77
9	Billal Ouyahia	QC	1988	77
10	Khalil Sabayle	ON	1993	77
11	Vincent Pietracupa	QC	1991	77
12	Richard Kam	BC	1986	77B
13	Albert Pilon	ON	1981	77B
14	Jonathan Reid	AB	1991	77B
15	Alexandre Vachon	QC	1994	77B
16	Alex Tosun	ON	1995	77C
17	Ben Turner	BC	1987	77C
18	Maxime Tanguay	QC	1987	77C
19	Félix Darsigny-Morissette	QC	1991	77C
20	Francis Caron-Racicot	QC	1992	77C
21	Gabriel Bouchard-Vincent	QC	1987	77C
22	Claude Caouette	QC	1971	77C
23	Gabriel Thibault-Flamand	QC	1990	77C

24	Curtis Howden	AB	1983	77C
25	François St-Pierre	QC	1988	77D
26	Guillaume Bilodeau	QC	1994	77D
27	Lucas King	SK	1993	77D
28	Maxime Huot	QC	1986	77D
29	Pierre-Alexandre Bessette	QC	1999	77D
30	Jérôme Bell	QC	1990	77D
31	Luka Lafleur	QC	1990	77D
32	Carlos Pareja	ON	1985	77D
33	Kyle Pichie	ON	1987	77D
34	Kevin Wallace	ON	1984	77D
1	Pascal Plamondon	QC	1992	85
2	Boady Santavy	ON	1997	85
3	Simon Pratte	QC	1996	85
4	Christopher Di Pietrantonio	ON	1995	85
5	Zachary Marino	ON	1991	85
6	Frank Longo	ON	1984	85
7	Samuel Espinoza	QC	1994	85
8	Alexandre Boucher	QC	1994	85
9	John Schwenker	ON	1990	85
10	Mathieu Courchesne	QC	1991	85
11	Ryan Allan	ON	1980	85
12	Bruno Lavergne	QC	1991	85
13	Erik Bullanoff	BC	1994	85
14	Adam Chin	BC	1991	85
15	Bogdan Mitoi	BC	1995	85
16	Dany Marineau	QC	1988	85B
17	Jerdy Lemire-Lamontagne	QC	1993	85B
18	Marc-André Monast	QC	1989	85B
19	Troy Appleton	SK	1987	85B
20	Martin Berberov	AB	1989	85B
21	Andrew Pretty	AB	1992	85B
22	* Nathan Kew (23 & under)	ON	1996	85B
-	Erie Mazur	MB	1993	85
-	Jason Cain	SK	1978	85
-	Kevin Hartwick	AB	1989	85
1	David Samayoa	SK	1992	94
2	Gilles Caza	QC	1997	94
3	Gabriel Dagenais	QC	1997	94
4	Jocelyn Dewar	QC	1984	94
5	Richard Gonsalves	ON	1990	94
6	Geoffrey Yee	BC	1990	94
7	Justin H. Spencer	ON	1981	94
8	David Courchesne	QC	1992	94
9	Logan Baker	ON	1993	94

10	Corey Chandler	SK	1987	94
11	Maxime Leblanc	QC	1991	94B
12	Laurent Goyette-Demers	QC	1990	94B
13	Alex Kaumeyer	AB	1998	94B
14	Justin Janda	ON	1991	94B
15	Nick Pawliuk	AB	1987	94B
16	Thomas Angelitti	QC	1990	94B
17	Tim Enfield	ON	1983	94B
18	Jonathan Gibbons	ON	1987	94B
19	Raphael Dozzi	BC	1984	94B
20	Alex Tymoshneko	ON	1993	94B
21	Pierre-Luc Doré	QC	1994	94B
22	David Spurr	SK	1983	94B
23	Kyle Gentle	ON	1983	94B
	Justin Ott	BC	1983	94
	Mark Mahon	MB	1994	94
	Mare Rose	MB	1989	94
1	Ryan Meidl	AB	1987	105
2	Zurab Avtandilashvili	QC	1979	105
3	Alexandre Caza	QC	1995	105
4	Markus Nielsen	AB	1996	105
5	Colby Broeckel	ON	1992	105
6	Dalee Hopkins	SK	1981	105
7	Ryne Cristovao	ON	1990	105B
8	Znak Ovenden	ON	1992	105B
9	Vincent Gendron	QC	1993	105B
10	Lu Dong	AB	1987	105B
11	Shane Stoneman	BC	1987	105B
	Derek Herridge	BC	1992	105
	Michael Sydoryk	AB	1991	105
1	Georges Kobaladze	QC	1976	+105
2	Gabriel Auclair	QC	1984	+105
3	Geoff Gray	MB	1994	+105
4	Matthew O'brien	ON	1990	+105
5	Richard Davidson	ON	1994	+105
6	Miklos Bencsik	BC	1989	+105
7	Mark Sicard	ON	1983	+105B
8	Blake Wilson	ON	1986	+105B

Qualified athletes on March 31, 2015

	PROVINCES	WOMEN	# PROV.	MEN	# PROV.	TOTAL
ON	Ontario	33	1	49	1	82
AB	Alberta	6	2	21	2	27
BC	British Columbia	10	3	24	3	34
MB	Manitoba	2	4	6	4	8
NL	Newfoundland	0		0		0
NS	Nova Scotia	1	5	2	5	3
QC	Quebec	35	6	57	6	92
SK	Saskatchewan	7	7	11	7	18
	Total	94		170		264

Preliminary entries (April 13, 2015)

	PROVINCES	WOMEN	# PROV.	MEN	# PROV.	TOTAL
ON	Ontario	19	1	25	1	44
AB	Alberta	5	2	15	2	20
BC	British Columbia	6	3	17	3	23
MB	Manitoba	2	4	6	4	8
QC	Quebec	31	5	53	5	84
SK	Saskatchewan	6	6	9	6	15
NS	Nova Scotia	1	7	0		1
	Total	70	7	125	6	195

Final entries (April 27, 2015)

	PROVINCES	WOMEN	# PROV.	MEN	# PROV.	TOTAL
ON	Ontario	23	1	38	1	61
AB	Alberta	5	2	13	2	18
BC	British Columbia	6	3	14	3	20
MB	Manitoba	2	4	4	4	6
QC	Quebec	31	5	53	5	84
SK	Saskatchewan	5	6	7	6	12
NS	Nova Scotia	1	7	0		1
	Total	73	7	129	6	202

REMINDER
IN CANADA, ANTIDOPING CONTROLS ARE ADMINISTERED BY THE CANADIAN CENTRE FOR ETHICS IN SPORT - CCES.
Telephone : (613) 521-3340 Fax : (613) 521-3134 1-800-672-7775 www.cces.ca
E-mail: info@cces.ca
Information on substances: substances@cces.ca
All athletes participating in the competition can be tested because it is a competition subject to doping control.
Athletes and coaches are strongly encouraged to familiarize themselves with the procedures and rules. For more information go to the website: http://www.cces.ca/en/antidoping
If you take supplements, drugs (Ritalin 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.
Authorization to use for therapeutic exemption: tue-aut@cces.ca
A new Canadian anti-doping policy CADP came into force on January 1 st , 2015. New rules will be applied in the coming months. So you have to meet deadlines in ADAMS, for example. For more information:
http://www.cces.ca/en/2015cadp
The International Weightlifting Federation IWF has also adopted a new anti- doping policy under the new anti-doping policy World Antidoping Agency WADA.
REMEMBER: YOU ARE RESPONSIBLE FOR WHAT YOU CONSUME