

**CWFHC & PROVINCIAL CALENDAR OF EVENTS 2018 – 2019**  
Sources : AWA – BCWA – MWA – NBWA - NFWA – NSWA– OWA – SWA – FHQ

SDC: competition subject to doping control		VAAP: valid competition for Athletes Assistance Program (AAP – PAA)			
<b>2018</b>					
January 6	Variety Village Open	X	Toronto, ON		OWA
January 13	The Igloo Open	X	Paradise, NL		NLWA
January 20	Canadian Junior Championships	X	Halifax, NS		NSWA
January 27	College/University WL Extramural	X	Scarborough, ON		OWA
January 27	SWA provincials – Synergy Strength Open	X	Saskatoon, SK		SWA
January 28	La Coupe du Voyageur	X	Winnipeg, MB		MWA
January 28	Hokkaido Cup	X	Edmonton, AB		AWA
February 3	New Brunswick WL Champ.	X	Moncton, NB		NBWA
February 3-4	Winterlift	X	Toronto, ON		OWA
February 10	Gordon Kay Masters	X	Calgary, AB		AWA
February 17	Quebec Master Championships	X	Sherbrooke, QC		FHQ
February 18-23	Saskatchewan Junior Winter Games		North Battleford, SK		SWA
February 24	Ontario Masters Open	X	St-Thomas, ON		OWA
February 24	British Columbia Championships	X	Surrey, BC		BCWA
February 24	Champ. Juvénile du Québec (17 & -)		L'Anc. Lorette, QC		FHQ
March 1-3	Ontario Winter Games		Orillia, ON		OWA
March 3	Last chance qualifier	X	Oakville, ON		OWA
March 3	Peak Power Open	X	Calgary, AB		AWA
March 10	B. C. Master Provincials		North Vancouver, BC		BCWA
March 17					
March 24	BC Last chance Nationals Qualifier	X	Burnaby, BC		BCWA
March 24	Newfoundland Championships	X	Paradise, NL		NLWA
March 24	The Atlantic Cup	X	Enfield, NS		NSWA
March 24	Western Canadian Championships	X	Winnipeg, MB		MWA
March 24	Classique Haltérophile Québécoise	X	Sherbrooke, QC		FHQ
March 24-25	Ontario Championships	X	Toronto, ON		OWA
<b>MARCH 25</b>	<b>END OF QUALIFICATION PERIOD FOR 2018 – CANADIAN SENIOR CHAMPIONSHIPS</b>				
March 31	(Easter Holiday)				
April 4-15	XXIth Commonwealth Games	X	Gold Coast, AUS		IWF
April 7					
April 14	Farmstrong Open	X	Edmonton, AB		AWA
April 14	Quebec High Schools Championships (18 & under)		Brossard, QC		FHQ
April 21					
April 28					
May 5	Young Louis-Cyr Tourn. (16 & -)		Lachute, QC		FHQ
May 12 - 19	Pan-American Senior Champ. & Qualif. Event - 2019 Pan-Am Games	X	Santo Domingo, DOM		PWF
May 18	CWFHC Annual General Meeting		Mississauga, ON		OWA
May 19-20	Canadian Senior Championships	X	Mississauga, ON		OWA
May 26	Manitoba Closed		Winnipeg, MB		MWA

DATE	DESCRIPTION	SDC	LOCATION	VAAP	ORGANIZER
June 2					
June 9					
June 16	OPF Open	X	Edmonton, AB		AWA
June 16	Sabaria Summer Open	X	Oakville, ON		OWA
June 16-17	Vancouver Classic		Vancouver, BC		BCWA
June 23	East Coast Games		Saint John, NB		NBWA
June 30					
<b>JULY 01</b>	<b>BEGINNING OF QUALIFICATION PERIOD FOR 2019 – CANADIAN JUNIOR CHAMPIONSHIPS</b>				
July 6 - 14	Junior World Championships - JRW	X	Tashkent, UZB		IWF
July 7					
July 14					
July 21					
July 28					
August 4					
August 11	Renfrew Open		Lantz, NS		NSWA
August 17 – 19	14 <sup>th</sup> Annual Ogoopogo & Western trial for SRW-2018		Lake Country, BC		BCWA
August 18	Summerfest & Eastern trial for SRW-2018	X	Toronto, ON	X	OWA
August 25					
September 1					
September 8					
September 15					
September 20-23	6 <sup>th</sup> FISU World University Champ.	X	Biala Podlaska, POL		IWF
September 22	Maritime Open		TBD, NB		NBWA
Sept. 27 – Oct. 1	Interclub Challenge		Province wide		BCWA
September 29					
<b>October 6</b>	<b>BEGINNING OF QUALIFICATION PERIOD FOR 2019 – CANADIAN SENIOR CHAMPIONSHIPS</b>				
October 6	Saskatchewan Junior Champ.		TBD, SK		SWA
October 13	Valhalla Open		Calgary, AB		AWA
October 20					
October 27	Alberta Junior Provincials		Edmonton, AB		AWA
November 1-10	Senior World Championships - SRW	X	Ashgabat, TKM	X	IWF
November 3	Moustache Open		Saskatoon, SK		SWA
November 3	Quebec Senior Championships	X	La Prairie, QC		FHQ
November 3-4	Fall Classic		Toronto, ON		OWA
November 3-4	Island Classic		Nanaimo, BC		BCWA
November 10					
November 17	Alberta Senior Provincials		Calgary, AB		AWA
November 17	Nova Scotia Championships		TBD, NS		NSWA
November 24					
Nov. 30 – Dec. 3	Voodoo Weightlifting Open		Saskatoon, SK		SWA
December 1	Ontario Junior Championships		Toronto, ON		OWA
December 1	Quebec Junior Championships		Saint-Hyacinthe, QC		FHQ
December 8	B.C. Junior/Youth Champ.		TBD, BC		BCWA

DATE	DESCRIPTION	SDC	LOCATION	VAAP	ORGANIZER
<b>DECEMBER 9</b>	<b>END OF QUALIFICATION PERIOD FOR 2019 – CANADIAN JUNIOR CHAMPIONSHIPS</b>				
December 15					
December 22					
December 29					
<b>2019</b>					
January 5					
January 12	A & R Memorial		Port Alberni, BC		BCWA
January 19	Canadian Junior Championships	X	Brossard, QC		FHQ
January 26	Hokkaido Cup		Edmonton, AB		AWA
February 2					
February 9	SWA provincials		TBD, SK		SWA
February 9	Gordon Kay Masters		TBD, AB		AWA
February 9	New Brunswick WL Champ.		TBD, NB		NBWA
February 16	BC Provincial Championships		TBD, BC		BCWA
February 16					
February 23	Quebec Master Championships	X	Sherbrooke, QC		FHQ
March 2	Peak Power Open		Calgary, AB		AWA
March 6-9	Quebec Games (13-17)		Quebec, QC		FHQ
March 9					
March 16					
March 23					
March 30	Western Canadian Championships		TBD, BC		BCWA
March 30	Classique Haltérophile Québécoise	X	Sherbrooke, QC		FHQ
March 30	Ontario Championships		TBD, ON		OWA
March 30	Atlantic Cup		TBD, NS		NSWA
<b>MARCH 31</b>	<b>END OF QUALIFICATION PERIOD FOR 2019 – CANADIAN SENIOR CHAMPIONSHIPS</b>				
April 6					
April 13	Farmstrong Open		Edmonton, AB		AWA
April 13	Quebec High Schools Championships (18 & under)		Brossard, QC		FHQ
April 17	High Schools Championships		TBD, AB		AWA
April 20	Prince Albert Open		Prince Albert, SK		SWA
April 21	(Easter Holiday)				
April 27					
May 4	Young Louis-Cyr Tourn. (16 & -)		Lachute, QC		FHQ
May 11					
May 17	CWFHC Annual General Meeting		La Prairie, QC		
May 18 – 19	Canadian Senior Championships	X	La Prairie, QC		FHQ
May 25					
June 1 - 8	Junior World Championships - JRW		Suva, FIJ		IWF
June 8					
June 15	OPF Open		Edmonton, AB		AWA
June 22					
June 29					
<b>JULY 6</b>	<b>BEGINNING OF QUALIFICATION PERIOD FOR 2020 – CANADIAN JUNIOR</b>				

<b>CHAMPIONSHIPS</b>					
DATE	DESCRIPTION	SDC	LOCATION	VAAP	ORGANIZER
July 13					
July 20					
July 26 – Aug. 11	Pan-American Games		Lima, PER		PWF
July 27					
August 3					
August 10					
August 17					
August 24					
August 31					
September 7					
September 14					
September 16-25	Senior World Champ. & Ol. Qu. Ev.		Pattaya, THA		IWF
September 21					
September 28					
<b>OCTOBER 5</b>	<b>BEGINNING OF QUALIFICATION PERIOD FOR 2020 – CANADIAN SENIOR CHAMPIONSHIPS</b>				
October 5					
October 12					
October 19					
October 26					
November 2					
November 9					
November 16					
November 23					
November 30					
December 7					
<b>DECEMBER 8</b>	<b>END OF QUALIFICATION PERIOD FOR 2020 – CANADIAN JUNIOR CHAMPIONSHIPS</b>				
December 14					
December 21					
December 28					

The Provincial Associations must comply with the requirements to confirm the validity of these events like sending the CWFHC form “REGISTRATION FOR ANTI-DOPING CONTROL” in proper delay (30 days prior to your event) and sending the results in a period of two (2) weeks after the competition.

The organizer / provincial association who will not respect these basic requirements may have is event declare non-valid.

All provinces hold an Annual General Meeting and a Senior Provincial Championships as required by CWFHC Constitution.

We also recommend having Junior Championships per season.

**MORE INFORMATION: WEB SITE**  
 International Weightlifting Federation (IWF): [www.iwf.net](http://www.iwf.net)  
 International Olympic Committee (IOC): [www.olympic.org](http://www.olympic.org)

International University Sports Federation (FISU): [www.fisu.net](http://www.fisu.net)  
Pan-American Wl Federation (PWF): <http://www.panamwf.org>  
Sport Canada: <http://canada.pch.gc.ca>  
Coaching Association of Canada: [www.coach.ca](http://www.coach.ca)  
Canadian Olympic Committee: [www.olympic.ca/](http://www.olympic.ca/)  
Commonwealth Games Canada: <http://www.commonwealthgames.ca/>

2019 - [Pan-American Games](#) – July 26 – August 11 - Lima, PER  
2020 – [Olympic Games](#) – July 24 – August 9 Tokyo, JPN  
2022 – 22<sup>nd</sup> Commonwealth Games – July 27 - August 7 – Birmingham, GBR

2020 Canadian Junior Championships – January 18 - Edmonton, AB  
2020 Canadian Senior Championships – May 16-17 - Lake Country, BC

#### WEB SITE OF PROVINCIAL ASSOCIATIONS

Alberta Weightlifting Association: [www.albertaweightlifting.ca/](http://www.albertaweightlifting.ca/)



British Columbia Weightlifting Association: [www.bcweightlifting.ca/](http://www.bcweightlifting.ca/)



Manitoba Weightlifting Association: [www.mbweightlifting.net/](http://www.mbweightlifting.net/)



Newfoundland Weightlifting Association: <https://www.nlweightlifting.net/>



New Brunswick Weightlifting Association : <https://nbweightlifting.wordpress.com/>



Nova Scotia Weightlifting Association: <http://www.nsweightlifting.ca/>



Ontario Weightlifting Association: <https://www.onweightlifting.ca/>



Saskatchewan Weightlifting Association: <http://www.saskweightlifting.com/>



Federation d'halterophilie du Quebec: [www.fedhaltero.qc.ca](http://www.fedhaltero.qc.ca)

Canadian Weightlifting Federation - CWFHC

[www.canadianweightlifting.ca/](http://www.canadianweightlifting.ca/)

This calendar will be also available on this site – Calendar section