



## WEIGHTLIFTING

### Athlete Selection Criteria for each District Team

**Competition:** 2026 Saskatchewan Winter Games

**Competition Dates:** February 18-21, 2026

**Location:** Kopahawakenum Elementary School

**Qualifying Period:** October 1 2025- January 24, 2026

- Lifter's best lift achieved at sanctioned competitions between October 1, 2025 and January 24, 2026 will be used for ranking and selection.

**Team Selection:** Athletes will be contacted via email no later January 27, 2026 and advised of their selection status.

**Team size per District: Athletes:** 8 Female and 8 Male

Coaches and Managers: 2 coaches and 1 manager

- Each district must have a minimum of 1 coach/team manager per gender.
- A maximum of 2 athletes per weight category

**Athlete ages:** 10 - 18 YOA (DOB 2008-2016)

*age as of first day of games - February 15, 2026*

### Eligibility Criteria

1. All Athletes wishing to be considered for selection must complete and submit the 2026 Sask Games Submission of Interest Form ([HERE](#)) on or before January 1, 2026
2. Must be a registered member of Saskatchewan Weightlifting by January 10, 2026
2. Must remain as a registered member in good standing with their Training Centre, Sask Weightlifting, and Canada Weightlifting, up to and including the Games.
3. Have competed in at least one sanctioned competition between Oct 1, 2024 and January 24, 2026 to be eligible for selection. Only results from sanctioned competitions will be considered for selection.
4. Athletes who have been selected for the National Team at Canada Weightlifting

*Note regarding district selection: Athletes are selected to their district team based on their domicile residence, not the district for the Training Centre that they are a member of (i.e. a swimmer living in White City might be a member of CrossFit Regina but is not eligible for the Regina District for the*

*Games, he/she would be eligible for the South East District; OR a swimmer living in Martensville might be a member of a Saskatoon Training Centre but is not eligible for the Saskatoon District for the games, he/she would be eligible for Prairie Central District.*

### **Athlete Selection**

The athletes with the highest % of the marker from a qualifying competition will be named to the team, with a maximum of two (2) per IWF bodyweight category.

