

OWA Junior Team Bulletin # 2

Date : November 15, 2012
From: Larry Sheppard, OWA Junior Development Coordinator
Re: Ontario Junior team selection and current rankings

We are still in the process of selecting Ontario's contingent to the 2013 Canadian Junior Weightlifting Championship. This tournament is being held on Saturday, January 19, at the University of Toronto in Mississauga.

It should be known that at the Canadian Juniors a provincial team can have 6 males (maximum) and 4 females (maximum). The competition format also states that a province may enter two teams of either gender. So, in years when we do not have to factor in high transportation costs (air fares), Ontario usually attempts to field two males and female squads (A and B).

To choose our athletes we look at results in designated contests from mid-August until the first weekend in December. Initially, we look at the athletes who have reached our minimum performance standard (see below). Then we go to weight divisions and place the top ranked lifters in each category (4 female classes and 6 male divisions). Next, we go back to the % of standard and name the remainder to the squad.

Of course, there are possible scenarios which must be considered. For example, we cannot have more than two athletes of the same gender on either the A or B team in the same division. So, we could have four 77 kg males – 2 on the A team and 2 on the B team; but, we cannot enter one on the A team, and three on the B squad.

The final selection is made at the Ontario Junior's each year. This is the last qualifying event and any athlete wishing to be named to the provincial contingent must compete at this competition. This contest is being held on Saturday, December 01, at Variety Village.

At the close of the competition the 2013 Provincial Junior Weightlifting team members will be announced.

Minimum Performance Standards Females

Class	48	53	58	63	69	75	+75
Total	79	85	91	97	102	106	120

Minimum Performance Standards Males

Class	56	62	69	77	85	94	105	+105
Total	155	167	179	191	202	211	220	240

After the Ontario Open these are the rankings of athletes who have met standard:

Males

- #1 . 139.810 % of the standard - **Justin B. Spencer**, Toronto WLC - 94 kilo class – total 295 – Nov. 03, Ontario Open
- #2 127.748 % **Khalil Sabayle**, Variety Village WLC – 77 kilo class – total 250 – Nov. 03, Ontario Open
- #3. 126.946 % **Carl Aplacador**, Toronto WLC – 62 kilo class – total 212 – Oct. 13, Ray Hamilton Classic
- #4 123.036 %, **Aaron Rose**, Variety Village WLC – 77 kilo class – total 235 – Oct. 13, Ray Hamilton Classic
- #5 117.318 % **Boady Santavy**, We Are Weightlifting, Sarnia- 69 kilo class – total 210- Nov. 03, Ontario Open
- #6 116.336 % **Logan Baker**, Norsemen WLC – 85 kilo class – total 235 – Oct. 13, Ray Hamilton Classic
- #7 110.994 % **Tyler Nassiri**, Toronto WLC- 77 kilo class – total 212 – Nov. 03, Ontario Open
- #8 103.35 % **Dominic Picciotto**, Toronto WLC – 69 kilo class- total 185 – Oct 13, Oct . 13, Ray Hamilton Classic
- #9 102.094 % **Nico Winter**, School of Champions, Ottawa – 77 kilo class -total 195, Nov. 03, Ontario Open

Females

- #1 163.725% of the standard **Maya Laylor** , Toronto WLC – 69 kilo class – total 164 – Oct. 13, Ray Hamilton Classic
- #2 149.748 % **Taylor Findlay**, Variety Village WLC – 53 kilo class – total 127 – Aug. 19, Blue Mountain Open
- #3 142.156% **Nancy Kozorezova**, School of Champions- Ottawa – 63 kilo class – total 145- Nov. 03, Ontario Open
- #4 149.833 % **Kelly McGillis**, Cornwall WLC - +75 kilo class – total 169 – Nov. 03, Ontario Open
- #5 138.461 % **Michelle Picciolotti**, Toronto WLC – 58 kilo class – total 126 – Nov. 03, Ontario Open
- #6 136.708 % **Bronwynn Sheppard**, Valkyries WLC – 48 kilo class – total 108 – Aug 19, Blue Mountain Open.
- #7 134.065 % **Abby Jurchuck**, Cornwall WLC – 58 kilo class – total 122- Nov. 03, Ontario Open
- #8 125.882 % **Jessica Jean**, Toronto WLC – 58 kilo class – total 118 – Oct 13, Ray Hamilton Classic.
- #9 114.117 % **Paulina Rizk**, Toronto WLC, -53 kilo class – total 97 – Aug 19, Blue Mountain Open
- #10 111.320% **Alyson Sylvestre**, Leap High Performance –Pembroke – 75 kilo class - total 118 – Oct 13, Ray Hamilton Classic