

1. CWF needs athletes to be registered into ADAMS and entering WHEREABOUTS, 3 months before World Championships and 2 months before other International Competitions.

2. Victor Twynstra, Sport Services Coordinator (ADAMS)
+1 613 521 3340 x3217
vtwynstra@cces.ca

3. Athletes must pay \$100 admin fee to CWFHC by e-transfer. (treasurer@cwfhc.ca)

4. Athletes must declare interest to compete before the deadline.
(cwalker@cwfhc.ca)

5. Athletes must meet or exceeds qualifying standard (80% to represent Canada)