

POST'S  
GUIDE  
*to the*  
PAN AM  
GAMES



WEIGHTLIFTING

# GUIDE TO THE GAMES

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**BY NICK FARIS, NATIONAL POST**

## **Venue**

Oshawa Sports Centre

## **Venue acronym**

OBX

## **Landmark status**

*Medium*

In another bit of Pan Am white-washing, this is usually known as the General Motors Centre, home to the Oshawa Sports Hall of Fame and the Memorial Cup champion Oshawa Generals junior hockey club.

## **Other events at venue**

Boxing

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## **Transit options**

GO train east to Oshawa, then No. 90 GO bus northeast to venue.

For exact directions, try:

[Triplinx.ca](http://Triplinx.ca)

[TTC trip planner](#)

## **Schedule**

*July 11* Women's 48kg, and men's 56kg and 62kg competitions

*July 12* Women's 53kg and 58kg, and men's 69kg competitions

*July 13* Women's 63kg, and men's 77kg and 85kg competitions

*July 14* Women's 69kg and 75kg, and men's 94kg competition

*July 15* Women's 75+kg, and men's 105kg and 105+kg competitions

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[See the full competition schedule at the Pan Am website](#)

## **How it works**

Strong people lift large amounts of weight. Competitions feature two types of lifts: snatch, where the bar is lifted immediately above the head, and clean and jerk, where lifters raise the weight to their shoulders, then power it above their head.

## **Nations competing**

A total of 125 weightlifters — 69 men and 56 women — from 24 countries have qualified to lift. The Canadian and Colombian contingents are set to be the largest, at 13 entrants each.

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## **Canada's team**

### *Women*

Amanda Braddock, Brampton, Ont.; Jessica Ruel, Abitibi-Ouest, Que.; Kristel Ngarlem, Montreal; Marie-Ève Beauchemin-Nadeau, Candiac, Que.; Marie-Josée Arès-Pilon, Lorette, Man.; Prabdeep Sanghera, Surrey, B.C.

### *Men*

Boady Santavy, Sarnia, Ont.; Darryl Conrad, Winnipeg; David Samayoa, Regina; Francis Luna-Grenier, Montreal; George Kobaladze, Montreal; Jérôme Boisclair, Sherbrooke, Que.; Pascal Plamondon, Ascot Corner, Que.

## **Tournament format**

Split by gender and weight class, lifters get three tries at both types of lifts, with the goal of hoisting

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the heaviest amount of weight. Their best snatch and clean and jerk scores form their final total.

## **Results from 2011 Pan Ams**

Colombia, Cuba and Ecuador split 10 gold medals between them; oddly, Cuba won the most gold with four, but took home no silver or bronze medals. Elliot Lake, Ont.'s Christine Girard won the women's 63kg competition. Venezuela came agonizingly close to a top haul: their lifters earned eight silver medals, but only cracked first spot on the podium in one event.

## **Why it's worth watching**

Strong people lift large amounts of weight. It's an extraordinarily impressive feat, and the stakes

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only increase as each event continues. By the end, top lifters will know exactly what they need to lift to win a medal; actually lifting it will be the hard and captivating part.

## **Competition outlook**

Cuba's all-or-nothing effort from 2011 will not be replicated, as it only qualified four lifters (and no reigning gold medallists).

Nor is Girard around to gun for a third straight Pan Am podium at 63kg. Given those absences, look for Colombia to make a push for most gold and total medals.