



iF3 Pan American regional group — 23 September 2025

Date	23 September 2025
Format	Video call
CF3	Simon Damborg, President
iF3 Pan American regional group	Gretchen Kittelberger, Gerardo Torres, Kason Morris, Paolo

WHY WE MET

Canada is one of the active federations in the Americas. CF3 joined an iF3 regional discussion on whether a championship for the Americas could be developed in future.

WHAT WE TALKED ABOUT

Regional interest in a championship for the Americas and what it would take to deliver one. Scheduling around other major fitness competition calendars so athletes can actually attend. Format options, including a mix of traditional and medley formats across age groups. Open registration and scaled divisions to broaden who can take part.

WHAT IT MEANS FOR MEMBERS

A possible additional international stage for Canadian athletes between the national and world championships, closer to home than Worlds.

WHAT HAPPENS NEXT

Proposal development continues within iF3's regional group. CF3 will share its event-delivery experience, check the Canadian calendar against potential dates, and tell athletes as soon as anything is formally announced. CF3 has made no commitment.