CaRMS R-1 eligibility and document checklist

For CMG, USMG and IMG applicants: the eligibility and document steps CaRMS names for the R-1 match, ticked as you go. CaRMS and the programs decide.

NAME

DATE

MY GROUP (CMG, USMG, IMG)

MATCH CYCLE

PROVINCES I AM ELIGIBLE IN

DOCUMENT DEADLINE

Document or step (CaRMS page)	Done	Date	Notes
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SOURCES (CHECKED 2026-11-27)

The official R-1 Main Residency Match page describes the R-1 match as the process for entry-level postgraduate training positions. It says the match encompasses more than 4,800 applicants and 30 programs at Canadian medical schools every year. Official timelines, registration, documents, interviews, ranking and match-day steps are on CaRMS's own R-1 pages. This site does not estimate match chances.
https://www.carms.ca/match/r-1-main-residency-match/ (checked 2026-11-27)
The official R-1 eligibility page says the R-1 match is the national application and matching process for entry into Canadian postgraduate medical training programs (PGY-1). It names three main applicant types: Canadian Medical Graduates (graduates of Canadian medical schools), U.S. Medical Graduates (graduates of U.S. allopathic medical schools), and International Medical Graduates (graduates of medical schools outside Canada). Basic eligibility it lists includes being a Canadian citizen or a permanent resident of Canada, with some exceptions, and obtaining a medical degree by 1 July of the match year from an institution that meets the criteria on that page. First iteration is described as open to applicants who meet basic eligibility and have had no previous RCPSC, CFPC or ACGME accredited postgraduate training, with some exceptions. Second iteration is described as also open to applicants who are only eligible for the second iteration based on provincial criteria and/or who have previous accredited postgraduate training. A Medical Identification Number for Canada (MINC) is required. Provinces and programs may add requirements, including language proficiency, Casper, or the Family Medicine Professional Choices Assessment (FMProC). Official pages win if anything here is out of date. https://www.carms.ca/match/r-1-main-residency-match/eligibility-criteria/ (checked 2026-11-27)