



Information for Coaches & Athletes

Sunday, 25th October 2015

October 7, 2015

TO ALL ATHLETES, OFFICIALS and VOLUNTEERS

As the organiser for this event it gives me great pleasure to welcome you to Queenstown for the first National Masters Weightlifting Championships to be held in New Zealand.

It is hoped that this competition will not only provide Masters Athletes with an opportunity to demonstrate their athleticism but also help to raise the profile of Masters Weightlifting as we build towards the 2017 World Masters Games in Auckland.

Events such as this one cannot exist without the support of athletes and I thank you all for entering this year. I am delighted to announce that your support will be rewarded with cash prizes totaling \$1,000 for the top three ranked men and women.

Finally I would like to thank Garry Marshall and the OWNZ Executive Board for sanctioning this event, and the numerous volunteers and technical officials who are graciously providing their time and support. This event would not be possible without their contribution.

I look forward to meeting you all.

Yours in sport,

A handwritten signature in black ink, appearing to be 'L Hubbard', written in a cursive style.

Laurel Hubbard
Southern Districts Weightlifting Club

Competition Venue

The competition will be held at the Queenstown Events Centre in Frankton. The Events Centre is a modern and impressive multi-sport facility that is operated by the Queenstown Lakes District Council.

The Events Centre is located at: 33 Joe O'Connell Drive.



Transport

The Events Centre is approximately 7km from downtown Queenstown.

The easiest and most convenient way for visiting competitors to access the competition venue is via rental car. Alternately the Connectabus company runs public buses regularly between Frankton and other areas. For bus route information and timetables, please visit the following link:

<http://connectabus.com/timetables>

Car Parking

The Events Centre has approximately three hundred public car parks available on site. The car parks are free to use and have no time limits.

Opening Hours

The Events Centre opening hours are as follow.

Monday to Friday: 6.00am to 9.00pm

Weekends and Public Holidays: 8.00am to 8.00pm

Entry Fees

Competitors are welcome to use any of the facilities at the Events Centre during their stay in Queenstown, but please be aware that a casual entry fee will be required if you wish to use the swimming pools and/or gym facilities. The Events Centre reception staff will assist you with any enquires and payments to use the facilities.

The competition will be held in a dedicated area. Spectators can enter the competition area for free at any time.

Pre-competition Training

If competitors want to train before the event, they can access a dedicated training hall with Weightlifting equipment during the following days and times:

Friday 23 October: 6.30pm – 9.00pm

Saturday 24 October: 1.00 pm – 7.00pm

Please contact Laurel Hubbard at laurel@barbell.club if you would like to arrange access to the training facilities.

Alternately there are two Crossfit boxes in Queenstown that may be able to accommodate drop-in sessions. Please contact Queenstown CrossFit or Remarkables CrossFit for more information:

<http://www.crossfitqueenstown.co.nz/>

<http://www.remarkablescrossfit.co.nz/>

Competition Timetable

The Verification of Final Entries meeting will be held at the Events Centre on Saturday 24 October between 5.00 - 6.00pm.

A briefing for the Technical Officials will be held immediately following the Verification of Final Entries meeting.

The competition will be divided into four sessions that will all be held on Sunday 25 October.

A group dinner for prize giving and award presentation will be held at 7pm on the evening of Sunday 25 October.

Verification of Final Entries Meeting

This meeting presents the last opportunity for athletes or their coaches to make last minute changes to an athlete's bodyweight division. It is also an opportunity to check that the athlete's details have been recorded correctly. If you cannot attend the meeting, you can submit the changes to Laurel Hubbard via TXT: 021 619 211 or email: laurel@barbell.club

Technical Officials Briefing

A briefing will be held at 6.00pm following the Verification of Final Entries Meeting. All technical officials are encouraged to attend this briefing if their travel plans permit their attendance. Refreshments will be served.

Competition Sessions

| Session | Category | Weigh in | Session Start Time |
|----------------|-----------------|-----------------|---------------------------|
| 1 | Women – Group 1 | 8.00 - 9.00 | 10.00 |
| 2 | Men – Group 1 | 10.00 - 11.00 | 12.00 |
| 3 | Women – Group 2 | 11.30 - 12.30 | 1.30 |
| 4 | Men – Group 2 | 1.30 - 2.30 | 3.30 |

Weigh-in Room

The competition weigh-in will be conducted within a dedicated room adjacent to the competition area. The room will be well sign-posted so that you cannot miss it.

The competition scales will be available for athletes to check their body weights on Saturday 24 October between 1.00pm – 7.00pm. Athletes are also welcome to use the scales on the day of competition (outside of the official weigh-in session times).

In accordance with the IWF Masters technical rule 2.5.3, athletes will be permitted to move up to a higher weight class on the day of competition if they cannot make weight. For more information see:

http://www.iwfmasters.net/rules/2012_iwf_masters_rulebook.pdf

Uniform Standards

Competitors will be required to compete in apparel that complies with the IWF technical rules. All competitors must wear a lifting suit and suitable footwear. The lifting suit:

- must be one piece
- must be collarless
- must not cover the elbows
- must not cover the knees

Shorts may be worn under or outside of the lifting suit. A collarless tee-shirt or tight fitting unitard may be worn under the lifting suit. However a tee-shirt and shorts cannot be worn instead of a lifting suit.

Weight belts may be worn but must not exceed 12cm at their widest point.

For more detailed information about the rules that regulate lifting apparel, please refer to the IWF technical regulations:

<http://www.iwf.net/wp-content/uploads/downloads/2015/01/IWF-TCRR-2013-2016.2015.01.22.pdf>

Warm-up Area

A dedicated warm-up area will be provided behind the main competition platform. Access to this area is restricted to athletes and their coaches only.

The warmup room will contain four training platforms with bars and weights. Competitors are asked to respect the needs of the other athletes and share the equipment as required.

Competition Change Table

A change table will be used in the warm-up room to record and manage any changes to the athlete's declared attempts. The changes will then be relayed to the scoreboard operator via radio.

Please familiarize yourself with the general operation of the change table system before your session begins. If you have never used a change table then the technical officials on duty will be happy to teach you how to use the system.

Informal Advice for Competitors

Because this is a national championship event, competitors are asked to:

- Refrain from swearing on the competition platform.
- Respect the equipment i.e. please do not slam or mistreat the warmup or competition bars & weights.

An electronic timing and refereeing system will be used at this competition. Competitors are reminded to:

- Wait for the visual & audible down signals before you finish your lift.
- Be aware that the electronic timing system will briefly sound a buzzer when 30 seconds are remaining.

Medal Presentation

The athletes in each session will be presented with a medal and certificate at the end of each session. If the competition is running behind schedule, the medal presentation may be moved to the end of the following session.

Prize Money

All of the competitors in this event will be ranked using the Sinclair-Malone-Meltzer formula to determine the best athletes.

Cash prizes will be awarded to the top ranked athletes in the competition for the following performances:

- 1st ranked man and woman - \$500 each
- 2nd ranked man and woman - \$200 each
- 3rd ranked man and woman - \$100 each

Prize-giving and Awards Dinner Function

A prize-giving and awards dinner function will be held at the conclusion of the competition. Attendance at the prize giving is optional but is a good opportunity to meet other competitors and enjoy the friendships that are built through sport.

Tickets to the awards dinner are available through Laurel Hubbard at laurel@barbell.club

The venue for the prize-giving function will be advised shortly. However it is expected that the doors will open at 7pm with dinner served at 8pm.

Competition Equipment

Eleiko competition grade bars and weights will be used at this event.

Eleiko training bars and weights will be available in the warm up areas.

A lightweight Eleiko 10kg technique bar & weight set will be available for use by competitors to warm-up at this event.

Toilets, Showers, and Changing Rooms

The Events Centre contains numerous toilets, showers, and changing rooms. Toilet facilities will be available for use by competitors, coaches, spectators, and technical officials within easy access of the competition areas.

Competitors will be provided with changing rooms and showers on the ground floor of the Events Centre.

Competitors Area

A room will be available beside the warm up area for athletes to store their bags and other possessions during the event.

Electrical outlets will be available for charging mobile phones, cameras, and other equipment.

Technical Officials Area

A dedicated room will be provided for the use of technical officials and event staff. Lunches will be provided along with access to tea and coffee during the day.

Food, Coffee and Refreshments

A catering company has been organized to provide high quality food, barista made coffee, and other refreshments to spectators and athletes within the competition area. Payment can be made via cash or eftpos.

Alcohol & Smoking

Competitors and spectators are advised that alcohol cannot be sold or consumed within the Events Centre.

Smoking is prohibited within the facilities and grounds of the Events Centre.

Onsite Physiotherapist & Sports Massage

A qualified physiotherapist will be available on the day of competition to provide physio and sports massage services to competitors. Please note that there will be a small fee to use this service (which will be set and collected by the physio).

Accident & Emergency Care

In the event of a minor injury a trained first aid practitioner and first aid kit will be available. A sports physiotherapist will be available to assist with strapping or other orthopedic issues. An AED device will also be available.

An ambulance will be called in the event of a serious accident or emergency. The Queenstown Hospital is located approximately five minutes drive from the Events Centre.

All competitors are strongly encouraged to lift within their abilities.

Drug Free Sport NZ

All competitors at this event are required to abide by the rules and regulations of Drug Free Sport NZ (DFSNZ), the World Anti-Doping Agency (WADA) and Olympic Weightlifting New Zealand (OWNZ).

Athletes must comply with the instructions of DFSNZ staff at all times. A private sample collection room will be available for use by athletes and DFSNZ staff.

Further Enquires

If you require any additional information, please contact:

Laurel Hubbard
laurel@barbell.club
021 619 211

Event Organiser
Southern Districts Weightlifting Club
PO Box 4, Queenstown 9348