



# 2017 NZ Masters Weightlifting Championships

**DECEMBER 9TH AND 10TH 2017**

Nelson Weightlifting Club, Results Gym 1 Kinzett tce Nelson



# 2017 National Masters Weightlifting Championships

Saturday 9<sup>th</sup> and Sunday 10<sup>th</sup> December.

## Athlete & Coach Information Pack

### Preliminary Competition Schedule

Day	Session	Age Groups	Weight Classes	Weigh-in	Presentation
Saturday	1	Womens 35 – 39	All classes	9am	11am
		Womens 40 – 44	All classes		
		Womens 45 – 49	Up to under 63kg		
	2	Womens 45 – 49	Under 69kg and above	11.30am	1.30pm
Womens age groups above 50 years		All classes			
Sunday	3	All mens age groups	All classes	9am	11am

### Verification of Entries

Changes to bodyweight classes must be made by 3pm on Friday 8<sup>th</sup> December by either texting or emailed Ed Keen.

Please note that the competition schedule may change after 3pm on Friday.

Normal IWF Masters Weight Class Change Rules apply however, we would appreciate it if you notified us of these changes prior to weigh in, just in case this influences the competition schedule.

Contact Ed on 0275707033 or e-mail [cpedk@slingshot.co.nz](mailto:cpedk@slingshot.co.nz)

## Womens Start List

Full Name	Club	Age Category	Weight Category	Entry Total
Natassia Soares	Functional Strength Olympic	35 - 39	Women 53kg	93
Abbie Cederman	Nelson Weightlifting Club	35 - 39	Women 75kg	150
Tracey Kai	41 Degrees Weightlifting Club	40 - 44	Women 58kg	105
Odette Smith	Functional Strength Olympic	40 - 44	Women 58kg	125
Samantha Archer	OWNZ Independent	40 - 44	Women 69kg	115
Janna Jansen	Epsom Strength	40 - 44	Women 75kg	120
Florence Alesana	Waitakere Olympic Weightlifting	40 - 44	Women 90kg+	110
Molly Konui	Otara Barbell Club	40 - 44	Women 90kg+	115
Genice Paullay-Beazley	Waitakere Olympic Weightlifting	45 - 49	Women 63kg	100
Paule Poulin	41 DWC/Guest	45 - 49	Women 63kg	130
Sylvia Dovaston	OWNZ Independent	45 - 49	Women 69kg	65
Suzanne Clark	OWNZ Independent	45 - 49	Women 69kg	80
Victoria Blair	Canterbury Strength Institute	45 - 49	Women 69kg	110
Virginia page	Canterbury Strength Institute	45 - 49	Women 75kg	120
Selueni Ormsby	Otara Barbell Club	45 - 49	Women 90kg	97
Janita Tatana	OWNZ Independent	45 - 49	Women 90kg+	135
Vicki Charles	Christchurch City Weightlifting	50 - 54	Women 63kg	65
Michelle Willetts	OWNZ Independent	50 - 54	Women 63kg	80
Kirsten Jane Walker	OWNZ Independent	50 - 54	Women 69kg	95
Tania Lee Hodges	Otara Barbell Club	50 - 54	Women 90kg+	110
Lyndsay Cunningham	OWNZ Independent	60 - 64	Women 53kg	56
Anne Haw	Functional Strength Olympic	60 - 64	Women 58kg	67
Cherry Anne Wilson	Functional Strength Olympic	65 - 69	Women 58kg	60

## Mens Start List

Full Name	Club	Age Category	Weight Category	Entry Total
Alex Stewart	Otara Barbell Club	35 - 39	Men 105kg	153
Frazer Clarke	Nelson Weightlifting Club	35 - 39	Men 105kg	205
Daniel Nemani	Otara Barbell Club	35 - 39	Men 105+kg	300
Johan Handwerk	OWNZ Independent	40 - 44	Men 105+kg	215
Chris Dallyn	Nelson Weightlifting Club	40 - 44	Men 77kg	165
Ehsan Bayati	Guest Lifter	45 - 49	Men 69kg	170
Ed Keene	Nelson Weightlifting Club	45 - 49	Men 77kg	178
Grant McKay	Canterbury Strength Institute	45 - 49	Men 77kg	197
Lee Attrill	Canterbury Strength Institute	45 - 49	Men 85kg	210
Darren Crombie	OWNZ Independent	50 - 54	Men 85kg	110
Lindon Johnston	OWNZ Independent	50 - 54	Men 94kg	87
Michael Mudgway	OWNZ Independent	55 - 60	Men 85kg	130
Michael Cairns	Canterbury Strength Institute	55 - 60	Men 85kg	135

## IWF Masters & IWF Rules

### Age Classification

A weightlifter can enter the Masters Category on the 1st January in the year he or she becomes 35 years of age regardless of the fact that the birth date may be as late as the 31st December. The same principle applies when an athlete reaches the next age group.

### Weight Class Change

A masters athlete can move up to a higher body weight category at the time of the weigh in. In order to do this the athlete must first attend the weigh in for the body weight category he or she has entered and then also attend the weigh in for the next body weight category above.

An athlete is not allowed to go down a body weight category at the weigh in.

### Tie Breaker

In the event of a tie on totals the lifter who reached the total first is the winner.

## **Athlete Information**

International IWF rules apply.

Uniform requirements as specified by IWF standards.

In brief;

- A one-piece suit must be worn
- A collarless t-shirt may be worn underneath but cannot cover the elbows
- Socks cannot cover the knees
- Weightlifting shoes must be worn
- Maximum belt width is 12cm
- Maximum wrist bandage coverage is 10cm
- Maximum knee wrap coverage is 30cm

The IWF computer programme will be used with visual and aural down signals, a 30 second call will be computer generated.

## **Medal Ceremonies**

After each session there will be a medal ceremony for each age division and weight class. All competitors must be available for this.

All competitors will receive a participation certificate.

## **Final Prize Giving**

After the final session on Sunday the best Male and Female lifters will be announced.

## **Drug Free Sport NZ**

If a drug free sport NZ representative approaches you after your session please follow their instructions, they will escort you to a drug testing room onsite.

## **Toilets and Showers**

Toilets and showers will be open to lifters, officials and spectators, please keep these clean. For your own security don't leave anything unattended in these rooms.

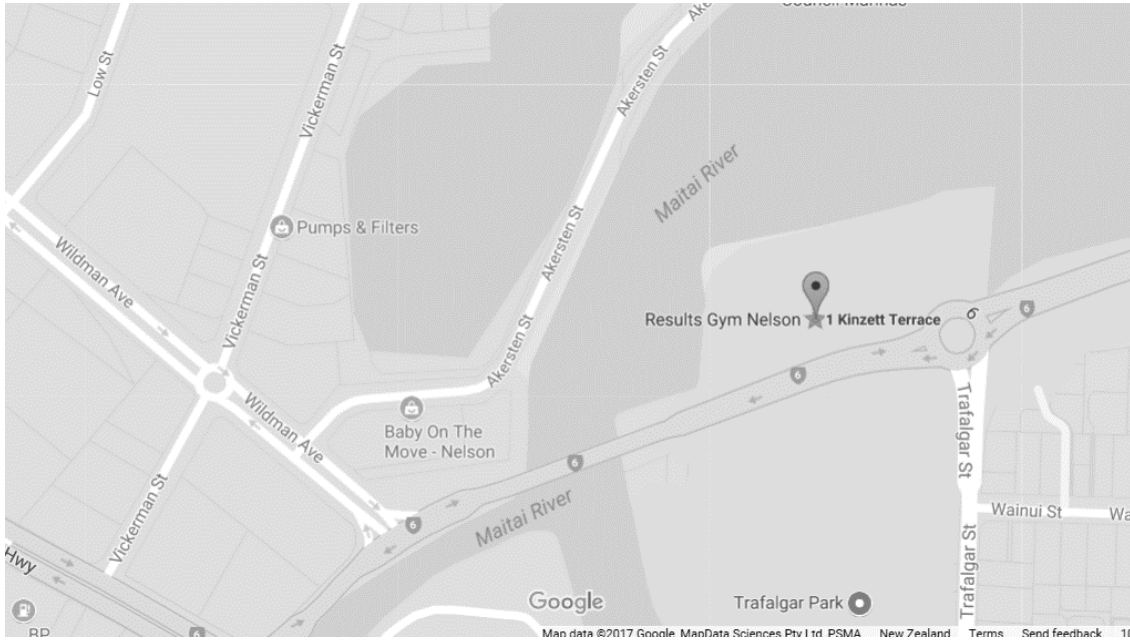
## **Media**

Photographers and media will be present over the weekend. Photos and Videos will be on sale after the event. Contacts for these will be advertised on social media.

## Massage / Physio

We are hoping to have a masseuse or physio on site over the weekend and these will be sign posted inside the gym area.

## Competition Location



Venue: Results Gym Address: 1 Kinzett tce, Nelson

The venue is 5 minutes' walk into Nelson CBD.

Trafalgar street has plenty of accommodation between the gym and the CBD. Early booking is recommended at this time of year.

Free parking at venue both days.

Free entry for spectators both days.

## Opening Hours

Results gym will be open to their members from 9am till 1pm both days, please keep this in mind for your safety and theirs.

The 5<sup>th</sup> sense café will be open selling coffee and healthy food and drink options inside the gym.

Please don't leave valuables unattended inside or outside the gym area.

## Athlete Weigh-In

The athlete weigh-in room will be located inside Results gym and will be sign posted so you can't miss it.

Lifters will not have access to the scales when officials are weighing in a session but can use them outside of these times to check body weights.

## Warm Up Area

The warm up area is located inside Results gym and will be roped off for lifters and coaches only. Coach allocation is as follows:

1 athlete = 2 coaches passes

More than 1 athlete from the same club = 1 extra coach pass per athlete.

## Event Contact

Ed Keene

Nelson Weightlifting Club President

Phone: 0275707033

E-mail: [cpedk@slingshot.co.nz](mailto:cpedk@slingshot.co.nz)

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