



**THE TOWER INSURANCE
2019 JUNIOR AND SENIOR NEW ZEALAND
OLYMPIC WEIGHTLIFTING CHAMPIONSHIPS
PROUDLY HOSTED BY FUNCTIONAL STRENGTH OLYMPIC**

EVENT INFORMATION PACK



*Celebrating 80 years of strong men and women
Whakanuia i te waru tekau tau mo nga Tama me nga Wahine Toa*

@fsolympic
#OWNZChamps19

This document includes all relevant pre-event information known at the time of publication. Further updates will be posted on the event Facebook page and sent via email to all registered athletes and clubs. An updated version of this document will be distributed following the close of entries.

Represented clubs will be contacted via the email address on file with OWNZ. It is the responsibility of competing athletes and clubs to ensure their contact details are correct and relevant information is passed on to coaches, helpers and supporters.

CONTACT INFORMATION

Event Coordinator: Gabrielle Peach (0273443020)

Alternative Contact: Pip Patterson (0212551966)

All enquiries: fshq@functionalstrength.co.nz



Please be aware that if your question can be answered from within this document, your email enquiry will be directed to this document.

Facebook Event: 'The 2019 Tower Insurance Olympic Weightlifting NZ National Champs'

EVENT ENTRY

Registration

All registrations and payments are to be made via the online registration platform <https://eventplus.net/WNZ19>. Registration opens Friday August 23rd, and closes 11:59pm on Monday October 7th. Qualification criteria must be met at a recognised 2019 event on or before October 6th 2019 in order for athlete registration to be accepted. No registration or order is confirmed without payment. For full registration conditions please visit the link above.

Teams Competition

A club team competition will be run throughout this event alongside individual weight categories. Teams include Junior Men, Junior Women, Senior Men, and Senior Women. Junior athletes can be entered in both a Junior and Senior team

provided they have met Senior qualifying criteria. Team points will be awarded according to IWF Rules.

All OWNZ affiliated clubs with two or more athletes in any category will automatically be entered into the teams competition.

- Teams may include a *maximum* of 10 athletes
- No more than two athletes per weight class may be included

Any clubs able to exceed either of these limits will be required to declare their team. Clubs will be emailed team entry information following the close of entries.

Final Verification of Entries

Amendments to personal details including weight category and entry total can be made via the Event Plus registration platform until 11:59pm on Friday October 25th. Any changes **after this time must be made in person** at final verification of entries, which will be *between 5-6pm on Thursday October 31st* at the competition venue.

Changes to team selections can also be made at this time.

COMPETITION VENUE

Functional Strength Olympic

Functional Strength HQ

7a Piermark Drive

Rosedale

Auckland 0632



Instagram: @FSOLYMPIC

Facebook: @Functional Strength Olympic

Venue opening hours will be confirmed once the competition schedule is established. There is limited carparking available at the venue in addition to on-street parking. On-street parking will be very limited during business hours on Thursday October 31st and Friday November 1st. Training opportunities at the competition venue will be during specified times only on Thursday October 31st. There may be opportunities to train at other local facilities, the details of which we will circulate in the weeks leading up to competition.

Spectator Entry

Free throughout competition. No spectators beyond coaches and helpers are permitted at the competition venue during any scheduled training times.

Onsite Facilities

Bathroom facilities are limited to toilets only. Site toilets will be restricted to athlete and Drug Free Sport New Zealand use throughout competition. There will be four portable toilets available for spectator use.

Food and Drink

There will be food and drink available for purchase onsite throughout the event, the specifics of which will be circulated prior. The competition venue is in close proximity to cafes, restaurants, and supermarkets.

Scales

Competition scales in the weigh-in room will be the only scales onsite throughout competition. Where athletes wish to check their bodyweight please be aware there will be no access to scales during official weigh-in periods. Scales will be available for athletes to check bodyweight during to be confirmed times on Thursday October 31st.

Sauna

There is no sauna onsite at the competition venue. Please visit <https://www.aucklandleisure.co.nz/locations/north/albany-stadium-pool/> for opening hours and prices to use the local council facilities.

Anti-Doping

All OWNZ events are subject to drug testing by the Drug Free Sport New Zealand Anti-Doping Authority.

Emergency Procedures

The Announcer will provide a briefing before the start of each session regarding actions in case of an emergency. Please remain calm and follow the instructions given by our event officials.

COMPETITION INFORMATION

Weigh-In

Weigh-in will begin two hours before the scheduled session start and will be for a duration of one hour. Athletes will be called to weigh in by their randomly allocated lot numbers. In the event the competition is running behind time weigh-in will still adhere to the competition schedule finalised after verification of entries. Athletes are required to weigh in wearing no more than underwear and will be weighed by an official of the same sex. Athletes are welcome to have a support person with them. During weigh-in athletes will declare their opening snatch and clean and jerk attempts, and will receive their competition number, coach passes, and event goody bag.

Warm-Up Area

Due to limited space in the warm-up area, for comfort and safety athletes will be permitted a limited number of helpers with them. Anyone who does not have a warm-up area pass will be asked to leave the warm-up area immediately. Passes will be given to athletes at weigh-in.

Pass allocation:

1 athlete = 2 passes

2 athletes from one club = 3 passes

3 or more athletes from one club = 2 passes per athlete

Following weigh-in, athletes will be provided allocated warm-up platforms. Following the completion of the session all athletes and coaches/helpers are expected to clear their platform and place gear away ready for the next session.

Competition Rules

- Athletes are not required to compete in the weight class in which they qualified
- Any athlete unable to make their weight class (confirmed following verification of entries) by the end of the official one-hour weigh-in will not be allowed to compete
- Any athlete who fails to register a snatch will not be permitted to continue to the clean and jerk portion of the competition.
- The IWF 6.6.5 20kg rule applies; the total from opening snatch and clean and jerk lifts must equal or exceed 20kg below the athlete's declared total.

- Uniform requirements are to be of IWF standard. For details visit <http://olympicweightlifting.nz/wp-content/uploads/2018/06/IWF-TC-PPT-Athletes-Outfit.pdf>. Any non-compliant athletes will not be permitted to compete until requirements are met.

Disruption and refusal to follow event rules may result in the delay of start of competition, or an athlete being removed from competition.

Session Prizegiving

After each session there will be a prizegiving for the weight classes represented and a session photo; all athletes are expected to be available for this. Top three placings for Junior and Senior in each weight category will receive a medal. All competitors will receive a certificate commemorating their attendance at the event.

Medals for any weight class with a B session will not be awarded until after completion of the A session.

EVENT COVERAGE

Livestream and Photography

The competition will be livestreamed on multiple platforms and professional photographers will be present. Athletes, coaches and spectators are welcome to collect their own footage however this is not to impede any professional coverage.

Media

We expect media to be present throughout competition. Media will not be allowed in the warm-up room to allow athletes adequate preparation. Athletes and coaches are encouraged to give interviews if they wish and to talk about their personal preparation and performances.

We ask that you please refer any requests for comments on OWNZ, other athletes or higher policies to the OWNZ Sport Manager Natassia Soares, or the High Performance Manager Simon Kent.

ADDITIONAL INFORMATION

Schedule and Start Lists

Preliminary event schedule and athlete start lists will be released as soon as practical following the close of entries. Event organisers cannot guarantee any weight category will be contested within a specified timeframe until entrant numbers are confirmed. We will endeavour to schedule weight categories in ascending order however participating athletes are expected to be available to compete at any point between 8am Friday November 1st and 5pm Sunday November 3rd.

Any preliminary competition schedule and start list will be subject to change following verification of entries on Thursday October 31st and it is the responsibility of competing athletes and coaches to check.

OWNZ Annual General Meeting

Friday November 1st 7pm

Functional Strength Olympic HQ

After Function and 2019 OWNZ Prizegiving

\$35 (athletes \$20 when purchased with event entry)

Sunday November 3rd 6:30pm

All Day Trader, Don McKinnon Drive Albany

Dinner and house drink provided. Please bring ID.

Event T-Shirt

\$35

Event t-shirts are available for purchase with or separately to registration as a black shirt in male or female fit and white or grey logo and text. All t-shirt orders must be made by the close of entries on Monday October 7th. Collection of t-shirts is during available times from Thursday October 31st to Sunday November 3rd only. No shirts will be posted after the event and must be collected in person or on behalf.



The link to purchase an event t-shirt or attend the after function is the same as for athlete registration <https://eventplus.net/WNZ19>. No attendance at the after function will be permitted without prior registration and payment.