



Kia ora koutou, 2024 will see the **very first** Waikato Secondary School Weightlifting Championships, an opportunity for our rangatahi to represent their Schools in the sport of Olympic-style Weightlifting.

Key information

Date: Sunday June 23 2024

Hosted by: [Kotahi Barbell Club](#)

Competition Venue: CrossFit Kotahi, 100 Duke Street, Frankton, Hamilton 3204

Entries Open: 08:00 Monday 15 April

Entries Close: 22:00 Friday 7 June

Verification of Entries: Tuesday 18 June

Entry Fee: \$40

Session Start Times* and Categories (see category explanation in this document)

Time	Category	Who
09:00	New to Sport	All athletes
11:30	Male Competitive	All Ages
14:00	Female Competitive	All Ages

*Event schedule is subject to change following close of entries and confirmed numbers

Entry Requirements Checklist

- Completed Entry and Payment (one entry per student)
 - [New to Sport Entry Form](#) or;
 - [Competitive Entry link](#) (redirects to Weightlifting New Zealand- Weightlifting New Zealand membership required)
- [School Sign off Complete](#) (one form per School)
- [Drug Free Sport Level 1 Education](#) (competitive athletes only)

Category information

New to Sport

The New to Sport category is for those athletes who are familiar with the snatch and clean & jerk however do not wish to compete within a weight class and/or are unfamiliar with the process of competing. Generally these athletes are within their first year of weightlifting (please note that experience performing the snatch and clean & jerk *is* required!).

07:50 Athlete check-in (no weigh-in)
08:00 Competition process workshop
08:30 Team warm up and opener selection begins
09:00 Presentation
09:10 First lift
10:30 Prizegiving

Athletes will follow the usual competition process of 3 attempts in the snatch and three attempts in the clean & jerk, with their heaviest successful snatch and clean & jerk contributing towards their total.

Following the completion of the session (approximately 10:30) a prizegiving will take place, acknowledging all athlete's participation, with additional recognition of those athletes who demonstrated technical excellence. The purpose of this session is to enable a positive and supportive first experience within competitive weightlifting. This session is not sanctioned by Weightlifting New Zealand and athletes are not required to register with Weightlifting New Zealand in order to participate.

Competitive

The competitive sessions require athletes to be familiar with the technical regulations of weightlifting.

Estimated Session timing (confirmed following close of entries)		
	Male	Female
Weigh In	10:30-11:00	13:00-13:30
Presentation	11:30	14:00
First Lift	11:40	14:10
Prizegiving	13:30	16:00

Athletes will compete within 14 and under, 15-16 and over 16 age categories.

The age an athlete *turns* this year will determine which age group they fall within. Following the completion of the session athletes will be ranked by Sinclair Score (which takes bodyweight and achieved total into account) with medals awarded to the top three finishers. Please note that these sessions are sanctioned by Weightlifting New Zealand and athletes

must be registered with Weightlifting New Zealand in order to enter (entry is via the Weightlifting New Zealand membership portal)

Uniform Requirements

All participating athletes have the option to compete in either;

- The School PE or other Sport uniform
- A weightlifting suit

Please note knees and elbows must be visible to referees, and shirts tucked in.

Team Management

All competitors must have a teacher or responsible adult with them at the event. This person must be aware of student medical information and emergency contact details as well as supervising students when not competing. Competitors without supervision may not be able to compete.

Rules

- In attending this event all athletes are bound by Weightlifting New Zealand and Drug Free Sport New Zealand rules and regulations
- Entry fees must be received before the close of entries in order to take part
- By entering, schools, students and caregivers consent to feature in event photography and videography. This event will not be livestreamed due to the participation of students under the age of 15, in accordance with Secondary School Sport New Zealand regulations
- The event will run in accordance with the IWF rules of competition

Following the close of entries School and athlete contacts will be sent further information regarding specifics of this event, including confirmation of event schedule.

Questions and Contact

Please get in touch with any questions to Event Organiser Gabi Peach, who can also provide support linking students in with competition preparation opportunities if needed.

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