

Wellington Champs 2025 - Information Sheet

Competition Details

- **Date:** 8th February 2025
- **Potential Early Session:** Friday, 7th February 2025
- **Location:** The Fitness Portal Tawa (10 Surrey Street, Tawa)
- **Entry Fee:** \$50
- **Competition T-Shirt:** \$60
- **Close of entries:** 27th January 2025
- **VFE:** 5th February 2025. (All athletes must complete the 2024 eLearning Sport Integrity Commission education before entering. Non-compliant athletes will be removed from the final entry list.)
- **Final Entries and Schedule:** After VFE, the final list will be updated, and the final schedule and start list will be emailed out and posted on the Wellington Champs Facebook Event.
- **Weight Classes:** Competition athlete entries will be under the new IWF BWT categories

Athlete Eligibility

- **Current WNZ Membership:** Only athletes with active WNZ membership are eligible to compete.
- **Entry via WNZ Website:** Ensure entries are completed through the WNZ website
- **No On-the-Day Entries:** Athletes cannot enter the competition on the day.
- **Non-Members:** Non-members are not permitted to compete.
- **Non-Wellington Based Club:** To be eligible for Wellington Champs placings you must be affiliated to a club that resides in the Wellington Region. Any lifters that are registered to clubs in other regions will be considered guest lifters.
- **Overseas Athletes:** Athletes from foreign weightlifting federations must contact info@weightlifting.nz for approval to enter. Communication will also be sent to the hosting club for confirmation.

Technical Officials (TO)

- **Roles and Compliance:**
 - **National Level Officials Required:** Three Referees, Technical Controller, and Marshall must be National level or higher.
 - **Other Officials:** Timekeeper, Tabulator, and Manual Tabulator can be non-TO members if approved by Barbara.
 - **TO Uniforms:** All Technical Officials are required to wear uniforms. ie blue trousers or skirt with white shirt or blouse
 - **Warmup Area Access:** Only WNZ members may access the warmup area

Coaches and Support Personnel

- **Warmup Area Access:** Only WNZ members allowed.
- **Loader Safety:** All loaders must wear closed-toe shoes for safety.

Health and Safety

- Health and Safety procedures will be presented at registration/weigh in.

Competition Specifics

- **Weigh-In:**
 - **Timeframe:** 2 hours before each session.
 - **Start Weights:**
 - Men: 26 kg (20kg bar + collars + two 0.5 kg discs)
 - Women: 21 kg (15kg bar + collars + two 0.5 kg discs)
- **Lifting Attire:**
 - **IWF Rules:** Athletes must wear a full lifting suit as per IWF rules.
- **Time Limit for Lifts:** 60/120 seconds for each attempt.

Competition Procedure

- **Results:**
 - **Medals and Certificates:** Medals and Certificates will be awarded at the end of each session based on total performance.
 - **NZ Records:** Records can be set during the competition.
 - **Qualification for Nationals & International Events:** Athletes may qualify for future events based on their performance.
- **Snatch Performance:** Athletes who fail in the Snatch may be allowed to continue with the Clean & Jerk

Weigh-In Process

- **Pre-Weigh-in:** Athletes must wear their lifting suits without footwear.
- **Weigh-In Procedure:** Athletes must be weighed in by a Technical Official.
- **Bodyweight Category:** Athletes who do not meet their entered weight category may return to the weigh-in room as necessary during the weigh-in period.
- **Eligibility for Guest Participation:** Athletes who fail to make weight may still be allowed to compete as Guests.

For any additional questions or clarifications, please contact the Fitness Portal or WNZ Technical Official Manager.

Note: All information is subject to change. Please refer to the Wellington Champs Facebook event for updates closer to the event.