



AUCKLAND
SECONDARY SCHOOL
OLYMPIC
WEIGHTLIFTING CHAMPIONSHIPS

Weightlifting Competition Entry & Competition Information 2022

Dates & Venues

28th May 2022

Avondale College, 51 Victor Street, Avondale, Auckland 1026

Schedule*

9:00am	Session 1 –New to Sport (combined)
11:30am	Session 2 – Competitive Girls
2:00pm	Session 3 – Competitive Boys
4:30pm	Prizegiving

**Please note, event schedule is not finalised until entry numbers are confirmed.*

Age Groups & Grades

Age Groups	<ul style="list-style-type: none">• 14 & Under• 15-16• over 16
Grades	<ul style="list-style-type: none">• New to Sport (combined)• Competitive Girls• Competitive Boys

Entries / Team Registration

- Entries must be submitted online via Enter Now by 10am, Tuesday May 17th.
1. Athletes withdrawn after the entries closing date may be liable for the entry fees.
 2. By entering any College Sport Auckland competition schools give permission for College Sport Auckland to use images taken at events/competitions on the College Sport website and social media platforms.
 3. Refer to the College Sport Auckland [Bylaws](#).

Team Management

All competitors must have a teacher or adult with them the competition. This person must be aware of any medical problems of students in the team, implement the rules of the competition, and supervise the students. Competitors without supervision may not be able to compete.

Competition Format

All athletes will complete 3 attempts in the Snatch and 3 attempts in the Clean & Jerk, with their heaviest Snatch and heaviest Clean & Jerk contributing towards their Total.

- **New to Sport**
Only athletes attending their first major weightlifting event are eligible; Athletes have either never competed before, or only competed in club-level competitions.
The competition will run as in a round-robin format for attempts with order randomly assigned. Scoring will be both by athlete Total/Sinclair score and lift quality, with an emphasis on technical excellence rather than maximal attempts.
- **Competitive**
For athletes with some experience and are comfortable following the traditional competition format.
The competition will run in the standard format of an ascending bar from lightest to heaviest attempt, with lifts scored as 'good lift' or 'no lift' and placing determined by Total/Sinclair score.

Uniforms

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.

Rules

- In attending this event all athletes are bound by Weightlifting New Zealand and Drug Free Sport New Zealand rules and regulations
- All athletes and coaches must hold a current Weightlifting New Zealand membership. Please direct any questions on this requirement to sport@weightlifting.nz
- Athletes are required to weigh in for this event. Weigh in will take place between two and one hours before the start of the athlete's session. Athletes may weigh in in light clothing, or underwear, and can choose to have a trusted adult present with them during weigh in
- The competition will run in accordance with the IWF rules of competition. Competition rules in the New to Sport Category have been adapted from the previously established British Weightlifting under-13 rules of competition

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